

How to cool down

After you've crossed the finish line and completed your run, it's tempting to do nothing but sit and relax! After you've caught your breath, make sure to cool down properly. This will not only stretch out your muscles and improve suppleness, it will also prevent muscles from aching the day after!

Complete the following series of stretches after the run. Each stretch should be held for 6-10 seconds.

Stand with feet hip distance apart. Slowly roll head down and let your shoulders and upper body follow. Slowly bend until your fingers are touching your toes (or as near as possible). Breathe and relax for a few seconds.

Hamstring stretch. Lay on the floor with feet stretched out in front of you. Bring up right leg and hold it as straight as you can, pulling it towards you. Hold the stretch gently for a few seconds and swap legs.

Buttock stretch. Lie on the floor. Bring knees up to your chest and cross your right knee over your left thigh. Using hands to pull your legs towards you to feel a gentle stretch. Hold and swap legs.

Thigh stretch. Lie on your right side facing forwards. Bend your left knee and pull your foot behind you to stretch the front of your thigh, with your heel towards your buttock. Keep knees together. Hold and repeat on other side.

Side stretch. Lie flat on the floor. Cross your right knee over your body as far as you can. Stretch out your left arm to keep you balanced. Turn your head and face right, so you can feel a gentle stretch down your body. Hold this position for up to 30 seconds and switch sides.

Bring yourself back up to the standing position and stretch out your neck by turning your head left, right, front and back to complete the cool down.

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