

Yoga for Distance Runners

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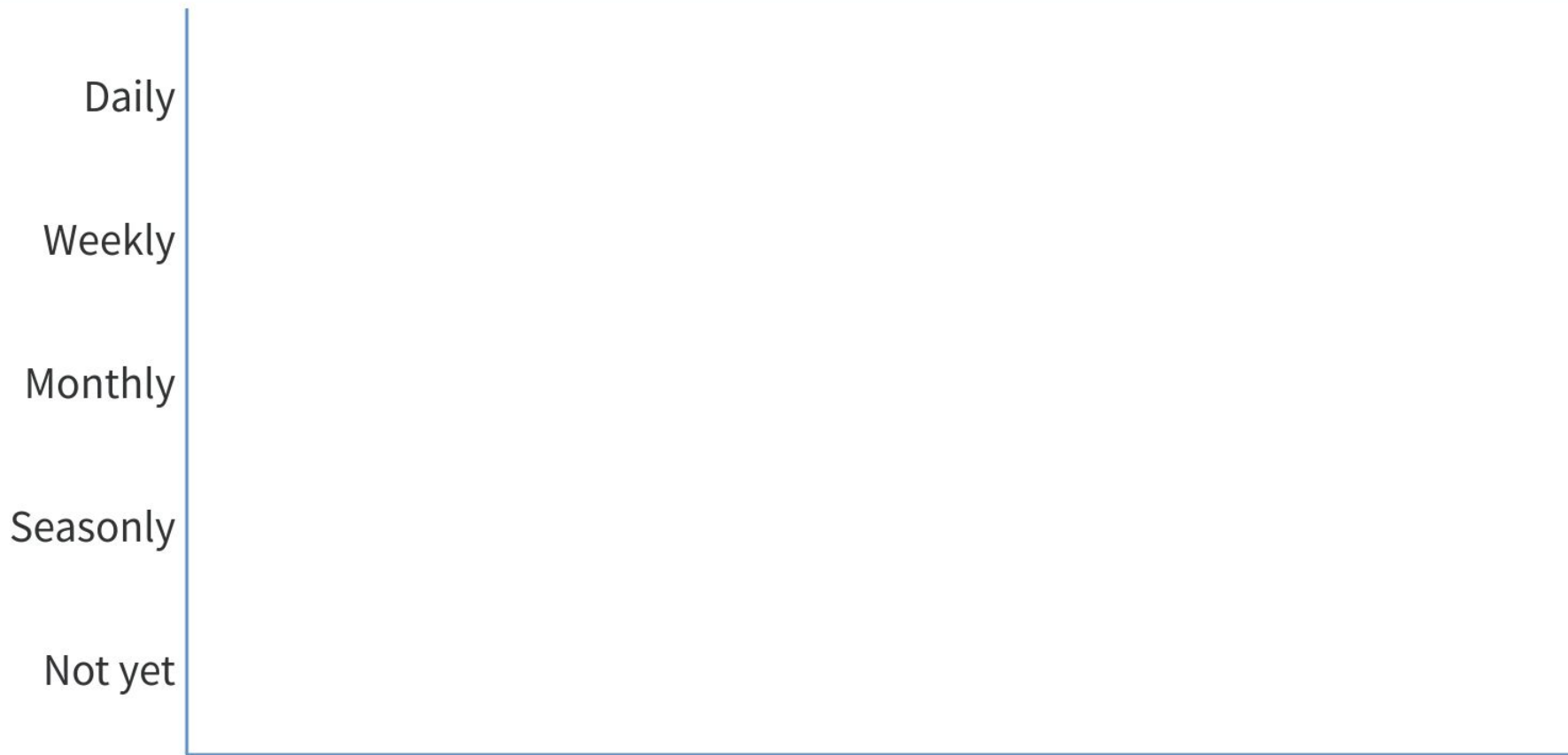
<http://bit.ly/distancerunnersyoga>


Do your runners currently practice yoga?

Yes

No

How often do your runners practice yoga?



A group of people, mostly young women, are practicing yoga outdoors on a grassy field. They are standing on colorful mats, performing a pose with one leg raised and arms extended upwards. In the background, there is a calm lake and a line of trees under a clear sky. A large, bright yellow, torn-edge graphic is overlaid on the center of the image, containing the text "Why practice yoga?".

Why practice yoga?



Mindfulness

Focus

Flexibility

Strength

Balance

Mindfulness

- One of the most potent performance inhibitors is the inability to be in the moment...
- Consider the following from Phil Jackson...
 - **“The most we can hope for is to create the best possible conditions for success, then let go of the outcome. The ride is a lot more fun that way.”**
 - **“The soul of success is surrendering to what is.”**
- The perception of pressure can detract from the ability to control what we can control, in practice and in meets...
- Many aspects of our athletes' lives serve as distractors from living in the present moment...





Nothing is more precious
than being in the

present moment.

Fully alive, fully aware.

Thich Nhat Hanh

Focus on what can be controlled...

Control what you can control.

This is a central organizing point for our program.

In order to do this, athletes must be able to be mindful in the most stressful situations.

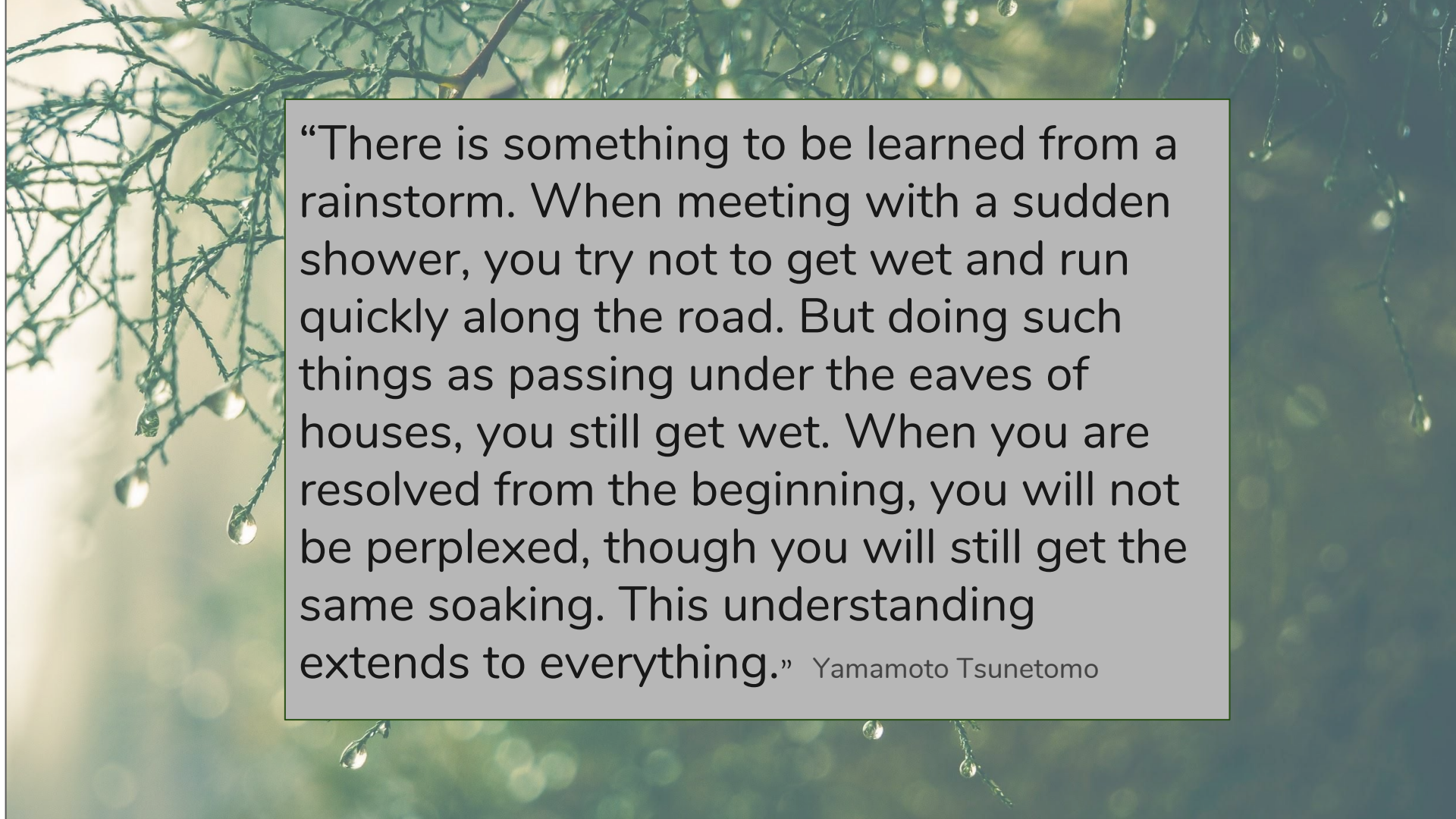


Focus on what can be controlled...

They must be able to determine what can be controlled as events happen around them.

Only through practiced focus and mindfulness can this occur.

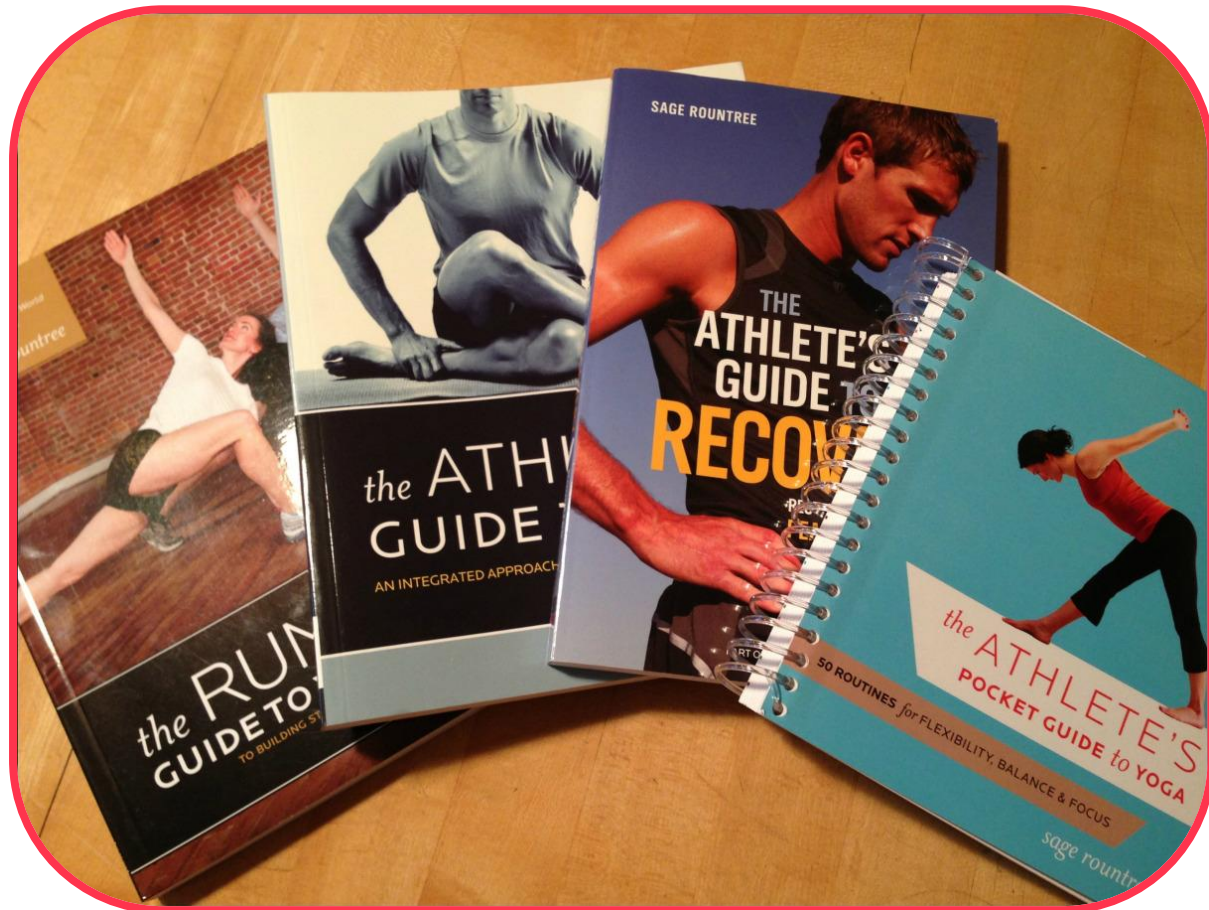




“There is something to be learned from a rainstorm. When meeting with a sudden shower, you try not to get wet and run quickly along the road. But doing such things as passing under the eaves of houses, you still get wet. When you are resolved from the beginning, you will not be perplexed, though you will still get the same soaking. This understanding extends to everything.” Yamamoto Tsunetomo



Sage Rountree



Flexibility

Injury prevention:
tight spots and
repetitive use

Encourage full-range
of motion

Mindset



Sample Flexibility Sequence

Lunge Series

Low lunge

Balancing low lunge

Crescent lunge

Quadriceps stretch in lunge

Prayer twist from lunge

Groin stretch from lunge

Runner's lunge, toes down

Runner's lunge, toes up

Strength

Closed-chained
Joint stability
through static and
flow movements



Sample Strength Sequence

Sun Salutations with Warrior I

Mountain pose

Forward fold

Half-forward fold

High plank

Low plank

Upward-facing dog

Downward-facing dog

Warrior I (right-side)

High plank

Low plank

Upward-facing dog

Downward-facing dog

Warrior I (left-side)

Half-forward fold

Forward fold

Mountain pose

Balance

Proprioception

Being rather doing



Sample Balance Sequence

Standing Balance Series

Dancer

Eagle

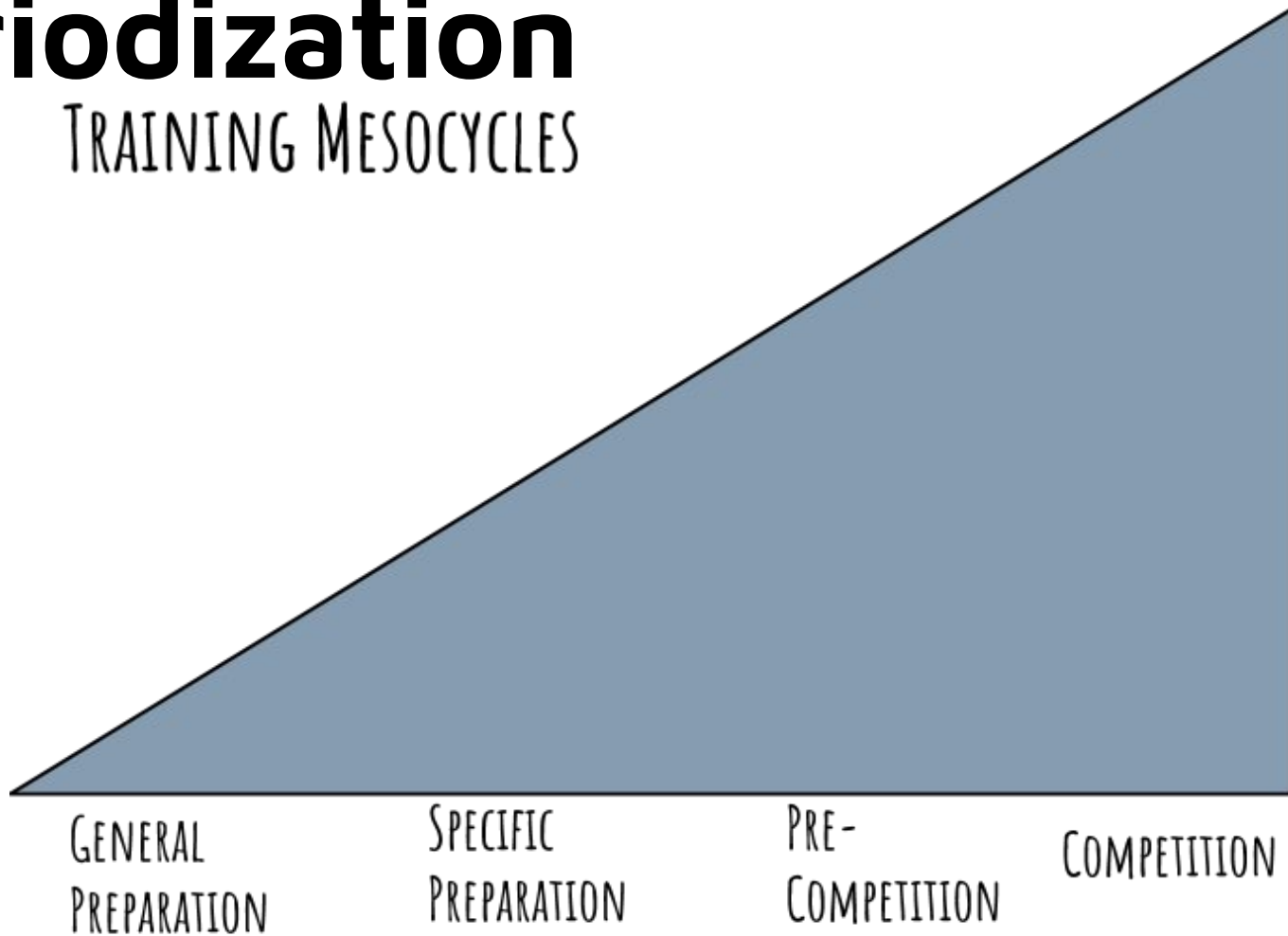
Intense side stretch

Triangle



Periodization

TRAINING MESOCYCLES



Periodization

POWER

FLEXIBILITY

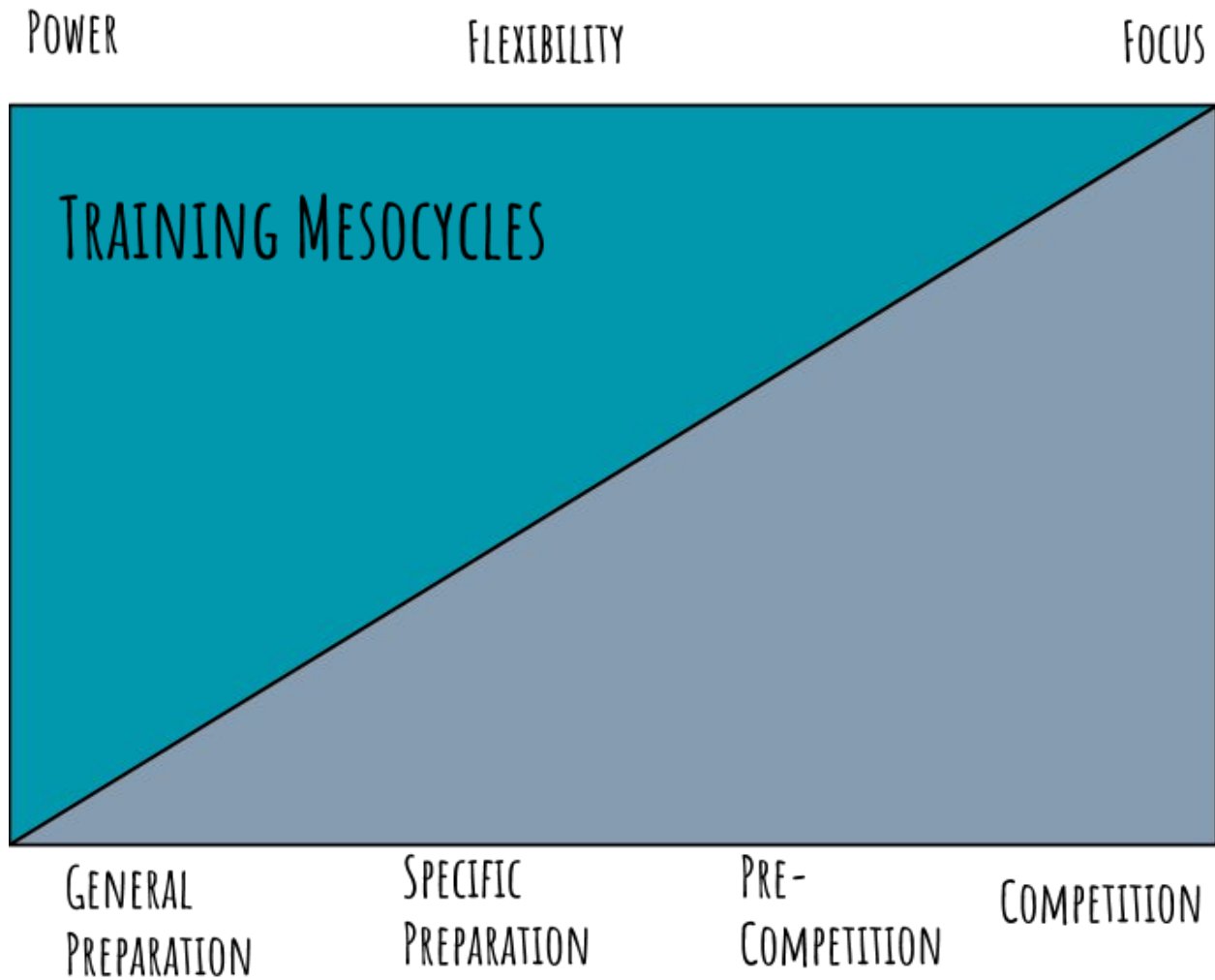
FOCUS



YOGA

MESOCYCLES

Periodization



Yoga for Distance Runners at NNHS

Daily mindful breathing exercises

Three set 8-10 min yoga routines done post-workout

- One for workout days, with added core focus option
- One for recovery days
- One for long run days

Weekly extended yoga session including a periodized theme and usually guided visualization

Considerations for putting together a yoga program for distance runners...

Numbers

Space

Frequency

Time

Periodization

Precision



What is one thing you could put into practice for the upcoming season (winter running, indoor track, outdoor track, summer training, cross country)?

Contact Us!

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