



COOLDOWN GUIDE

The cooldown is an important part of the recovery process. Cooling down expedites the recovery process by bringing nutrient and oxygen-rich blood to the muscles. This helps reduce soreness so athletes can train at optimal levels during the following days. Your Kilometer Kids should begin cooling down directly after the end of their runs. This includes the Big Five static stretches, which target each of the major muscle groups. Hold each stretch for 15-20 seconds.



Hamstrings: While standing, rotate your toes outward and reach down toward your feet with your legs as straight as possible. Repeat this process with the toes pointed inward and straight.



Quadriceps: While standing on your left leg, pull your right leg back behind you to bring your heel near the glute.



Glutes: Stand on your left leg with the knee slightly bent. Pull up your right leg and place that ankle across the left knee. Repeat on both sides.



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Continued



Hip Flexors: Take a small lunge step with your right leg in front of you and left leg behind you. The right leg should be bent and the left leg should be nearly straight. Raise the left hand straight into the air. Repeat on both sides.



Calves: While standing, bend your left knee slightly and extend your right leg straight in front of you. Bend down toward your right foot and pull upward on the toes. Repeat this process on the left side.