

YOGA LOCAL | CLASS TAKEAWAYS

Yoga Local Programme: YOGA FOR ATHLETES

Class: Focus on Run 30/4/18

Class covered:

- How to use yoga to get more from your running workouts.
- Tips on when to incorporate yoga
- How to mix up intensity
- How to bring balance back into your training
- Hip mobilising and spine decompression techniques
- Sun Salutation variations.
- Quad, glute and lateral strength builders
- Power sequence for rest days
- Using static hamstring, glute and quad stretches for post hill and speed work
- Meditation as a physical and mental break from training

Yoga Class Decoder:

- **Why yoga?** Use yoga as a prehab avoid rehab. Achieve a normal level of mobility (super flexibility not as important as good range of motion). Improve strength, stability, coordination and proprioception. Prevent injury. Build awareness – respond to your needs, make choices that move training in an evolutionary direction.
- **What yoga?** If you are training intensely or have injuries – gentle yoga, deep stretching that will restore muscles to resting length. If you want to build strength – focus on poses that use body weight and balance to build strength. Increase the challenge progressively. If you want to improve cardio, make your practice dynamic and fast flowing.
- **When yoga?** Dynamically if muscles aren't warm. Post run, static deep stretching to restore muscles to resting length. Meditate – to relax and optimise your recovery and be run-ready for the next training day.

Class Asana in Brief:

Knee to chest,
Hip opener
Knee down twist
Sun Salutation Variations
Twisting lunge
Runners lunge
Crescent Lunge

Three-legged dog
Tree Pose
Scissor Fold
IT Band Lunge
Lateral Lunge
Lunging dips
Leaning Lunge
Leaning Warrior
Warrior 3
Triangle Variation
Savasana (Final rest/Mediation)