

WEEK

13

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 7 Miles	Pool Foot Exercises	Run 8 Miles	3 Miles Intervals	Rest	Run 16.5 Miles

Stretch More; Longer

As you work out, your muscle fibers break down and rebuild. Most of the time, this process shortens your muscles, making them feel tighter. You might notice your joints getting stiff, feel a twinge in the back of your leg, or suffer from a foot cramp. In extreme cases, you might tear a muscle.

To help alleviate these problems, stretch out your muscles sufficiently after you run. Not only does stretching maintain muscle elasticity and length, it also opens up tight spaces to allow more blood flow into damaged cells.

In order to adequately stretch, your whole body should be warmed up. At first, your muscles will pull back against the stretch. This reflex continues for several seconds as the stretch receptors try to return your muscle to its natural length. Be patient. After the stretch receptors relax, you will be able to stretch a little farther. Several weeks of consistent stretching will make a big difference in your flexibility and your comfort.



Downward Dog

Tilt hips forward as body bends; pull toward thighs to increase stretch on back of legs; pull heels and shoulders down.

Get a Full Body Yoga Stretch

Yoga is a wonderful way to give your body the full stretch it needs. In addition, yoga helps train your mind to deal with some of the difficult thoughts and emotions of training and running a marathon.

As you practice patience through intense poses, you will develop a peaceful self confidence and a more positive awareness of your whole body.

Find a yoga class and learn how these poses can work wonders for your mind and body as part of a regular routine.



Triangle

Rotate hips in line with the plane of the legs; hinge forward at pelvis; open chest and extend both arms.

