Why Stretch?
1. It feels good
2. To help prevent muscles from shortening and the issues caused by shortened muscles (such as a decrease in the range of motion of joints and/or pain)
3. To help decrease excessive muscle tone
4. To help keep you running pain and injury free

Static Stretching: A stretch that is held in a challenging but comfortable position for a period of time (usually 30–60 seconds). Helps to increase flexibility.

Dynamic Stretching: A stretch that is performed by moving through a challenging but comfortable range of motion repeatedly, usually 10–12 times. Helps with increasing functional range of motion.

Considerations for Stretching:

When stretching, you should feel a stretch or pulling sensation, NOT pain. If you feel pain, don't stretch so far; if you still feel pain, STOP the stretch.

Stretch WARM muscles (after a run, workout, walk, shower, etc.).

Don't bounce! Move into position until you feel a stretch and then hold still for 30–60 seconds (static stretching).

If you are doing speed work or hill work, then after a warm-up jog, you can do dynamic stretching to help prevent injury during the workout.

Avoid static stretches before your run. Dynamic stretching can be done before or after your run.

Stretching Examples:

Dynamic:
The following video shows 16 dynamic stretches you could do before a run. It only shows the stretches for one leg, you'd need to complete the same moves for both legs.
https://www.youtube.com/watch?v=pZYmiEnDFX8

Static:
This is a 12-minute video you could follow along with for a runner-focused stretching routine.
https://www.youtube.com/watch?v=W9YtvgIjfyY

This is a summary of five good post-run stretches with images.
https://www.runnersworld.com/training/g20862016/cool-down-routine/

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