

# Running Mobility Plan



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## Hello, Runner!

We're glad you're checking out ProRehab's Mobility Plan — built for runners, walkers, and interval athletes.

Why stretch instead of just stacking miles?

Because mobility lowers injury risk, boosts speed and endurance, aids recovery, and helps you keep running strong for years.

How to use it:

Do these after runs, after strength sessions, or on rest/mobility days. Aim for 10–15 minutes, 3–4 times per week. Pick a few moves, then add more as you go.

There are endless stretches out there, but we chose these to target mobility in the spine, hips, knees, and ankles — key areas every runner needs to keep flexible.

As a bonus, we've included a dynamic warm-up to use before your run. Pair that with the Mobility Plan after your run for the best results.

Keep an eye on @prorehablou for exercise demos (featuring some of your favorite PTs 🥰).

— **Your ProRehab Team**

Don't forget to tag us during your running journey!

 @ProRehabLou

 @ProRehabLou

# MOBILITY STRETCHES

EXERCISE	INSTRUCTIONS	SETS/ REPS
<b>90/90 STRETCH</b>	<ol style="list-style-type: none"> <li>1. Sit with knees bent, feet wider than hips, leaning back on hands</li> <li>2. Drop one knee inward, press gently for stretch</li> <li>3. Return to neutral, switch sides</li> </ol>	20 each side 2 sec. hold 3x weekly
<b>HIP FLEXOR DRIVERS</b>	<ol style="list-style-type: none"> <li>1. Stand facing a step/box, place right foot on top</li> <li>2. Shift hips forward, stretch hip. arms overhead</li> <li>3. Shift hips back, lower arms – repeat 10x</li> <li>4. Next 10x: hips forward + arms overhead + side bent right</li> <li>5. Last 10x: hips forward + arms at shoulder height + rotate right</li> </ol>	1 set of 30 total no hold 3x weekly
<b>CALF DRIVERS</b>	<ol style="list-style-type: none"> <li>1. Stand facing wall, hands on surface</li> <li>2. Place ball of right foot on rolled towel</li> <li>3. With right knee straight, tap left toes front/back 20x</li> <li>4. Tap left toes side/side 20x</li> <li>5. Repeat on other side (can bend knee for lower calf stretch)</li> </ol>	20 in each direction no hold 3x weekly
<b>HALF KNEELING ADDUCTOR ROCKS</b>	<ol style="list-style-type: none"> <li>1. Kneel on right knee, left leg straight to the side</li> <li>2. Place hands on ground, hinge forward</li> <li>3. Rock gently forward/back, stretch inner thigh</li> <li>4. Do 20 reps, then switch sides</li> </ol>	20 rocks each side no hold 3x weekly May also hold position w/o rocking for 20 sec. 3x
<b>STANDING HAMSTRING STRETCH</b>	<ol style="list-style-type: none"> <li>1. From standing, place one heel on step/box</li> <li>2. Keep knees straight, hinge forward at waist until stretch is felt in back of raised leg. Hold</li> </ol>	3x 30 sec. 3x weekly
<b>THORACIC EXTENSION</b>	<ol style="list-style-type: none"> <li>1. Place foam roller on ground horizontally</li> <li>2. Sit about 12" in front, hands behind head, lean back to mid-back on roller</li> <li>3. Lean further for gentle spine stretch, hold 10 sec.</li> <li>4. Return to sit</li> </ol>	6x 10 sec. 3x weekly
<b>SEATED FIGURE 4 STRETCH</b>	<ol style="list-style-type: none"> <li>1. Sit tall in sturdy chair, feet flat</li> <li>2. Cross one ankle over opposite knee</li> <li>3. Lean forward with straight back to stretch glute/outer hip</li> <li>4. Return upright, switch sides</li> </ol>	3x 30 sec. 3x weekly

## PRE-RUN ACTIVE WARM-UP

<b>SKIP A (HIGH KNEE SKIP)</b>	Skip forward while driving one knee toward your chest	20-40 total
<b>BUTT KICKS</b>	Run in place while lifting your heels toward your glutes	20-40 total
<b>SIDE TO SIDE HIP SWINGS</b>	Stand facing wall with hands on it, swing one leg side to side lifting out. Keep leg relaxed, swing like a pendulum	20 each side
<b>SINGLE LEG CYCLE</b>	Stand next to wall with hand on it, lift outer leg and pedal like riding a bike	20 each side
<b>THORACIC WALL SLIDE</b>	Stand facing wall with feet wide, left hand on wall above shoulder, rotate right arm back, then thread under left arm, look over left shoulder and repeat other side.	15-20 each side