



Yoga is Good For Runners and Walkers!

Yoga is the ideal complement to running and walking. Not only will you learn to breathe more efficiently, but you can use yoga for cross training to strengthen your core (power yoga or kundalini core strengthening) or to help you recuperate more quickly from your running/walking and protect your joints (yin yoga).

Yoga as Cross Training

Vigorous styles of yoga like power, vinyasa or ashtanga are an excellent complement to running and can be used as a cardio or strength building session - equivalent to cross training but without the high impact of running. The extra benefit is that you will build up your quadriceps, hamstrings, core & shoulder strength as well as improve the flexibility in your groin and back. You will also learn to use your lungs to their full capacity - this can allow you to get 8 times more oxygen into your lungs as compared to chest breathing.

Yoga to Help You Recuperate From Running & Protect Your Joints

Yin yoga is an excellent complement to running and walking because it helps you to strengthen and lengthen connective tissues (ligaments, tendons and fascia). Through the careful

application of safe stresses on ankle, knee, hip, back & shoulder joints, you will create micro tears in the tissues which will grow back both longer and stronger. After practicing yin yoga for a month or two, you will notice a tremendous difference in your flexibility as well as the strength of your joints. If you practice yin yoga after a run or walk, it will help you recover more quickly and allow you to do more running and walking over-all.

How to Incorporate Yoga Into Your Running Schedule

If you have the time, I would recommend 3-5 runs per week, 2-3 power yoga sessions per week & 2-3 yin yoga sessions. The yoga sessions can be as short as 20 minutes, but the impact will be big.

Personally, I would not be able to do the running and walking that I do without also doing yoga on a regular basis throughout the week. I typically alternate running and power yoga & do yin yoga on the days that I run.

Please feel free to visit our site & download sequences for free.

Barb