

■ Mobility for Mountain Runners – Mini Course

A 5-Day Mobility Progression to Support Trail Efficiency, Recovery & Injury Prevention

Day 1 – Hips & Glutes: Deep lunge holds, pigeon pose, banded hip openers

Day 2 – Ankles & Feet: Toe lifts, calf wall stretches, mobility circles

Day 3 – Thoracic Spine: Thread the needle, foam roll upper back, cat-cow

Day 4 – Hamstrings & Quads: Elevated hamstring stretch, couch stretch, active leg swings

Day 5 – Total Flow & Breath: Full-body yoga flow, breath pacing, legs-up-the-wall