

Yoga for Runners: Stability

Why Mobility first?

What is Stability in Runners?

- The ability to resist changes in form, abnormal movements, and form break down.
- Comes from the muscles around all of your joints. These muscles hold your posture tall and keep your stride efficient.
- Poor Stability is like diving off a canoe floating in the water – you don't go very far and the canoe moves.
- Good Stability is like diving off a dock – you go a lot further than off the canoe and the dock stays still. The muscles we are working on today for good stability are going to be your solid “dock”.

Good Stability



Poor Stability



Why should runners care about Stability?

- Instability causes
 - Loss of power
 - Loss of speed
 - Inefficient stride – YOU ARE WORKING HARDER than you need to for your fitness level
 - INJURIES
- What can working on Stability do for you?
 - IMPROVES SPEED
 - IMPROVES POWER
 - IMPROVES RUNNING FORM – YOU ARE MORE EFFICIENT
 - RUNNING IS EASIER FOR YOU
 - PREVENTS INJURIES AND PAIN
 - RESEARCH SHOWS THAT IMPROVING STABILITY AND STRENGTH MAKES YOU FASTER!

Foot / Ankle, Knee, Hips, Core, Chest / Back









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