

Foam Rolling Guide

Post-Run Recovery Routine for Runners

Foam rolling (self-myofascial release) helps reduce muscle tension, improve flexibility, and speed recovery. Spend 30-60 seconds on each muscle group, rolling slowly and pausing on tender spots. Avoid rolling directly on joints or bones.

Essential Foam Rolling Routine

Perform this routine after every run, or as a standalone recovery session on rest days. Total time: 10-15 minutes.

Muscle Group	Technique	Duration	Tips
Calves	Sit on floor, place roller under one calf. Cross other leg on top for pressure. Roll from ankle to knee.	45-60 sec each leg	Rotate foot in/out to hit medial and lateral calf muscles
IT Band (outer thigh)	Lie on your side with roller under outer thigh. Roll from hip to just above the knee.	45-60 sec each side	This can be intense! Support weight with hands. Don't roll over the knee.
Quadriceps	Lie face down with roller under front of thighs. Roll from hip to just above knee.	45-60 sec	Shift weight left/right to target inner and outer quads separately
Hamstrings	Sit on roller placed under back of thighs. Roll from glutes to just above the knee.	45-60 sec	Cross one leg over the other for more targeted pressure
Glutes (piriformis)	Sit on the roller. Cross one ankle over opposite knee (figure-4). Lean toward the crossed side and roll.	45-60 sec each side	Excellent for runners with tight hips or sciatica-like symptoms
Hip Flexors	Lie face down. Place roller at front of hip/upper thigh crease. Gently rock side to side.	30-45 sec each side	Be gentle here - the hip flexors are often very tight in runners
Upper Back (thoracic)	Lie on your back with roller under upper back. Arms crossed over chest. Roll from mid-back to shoulders.	45-60 sec	Great for posture. Keep core engaged to protect lower back.
Adductors (inner thigh)	Lie face down. Extend one leg to the side with roller under inner thigh. Roll from groin to just above knee.	30-45 sec each side	Often neglected but critical for runners prone to groin strains

