**STRETCHING AND EXERCISES**

\*All exercises have example videos for you to view

Stretches & Strength

[Dynamic Calf Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/dynamic-calf-stretch-1)

[Push-ups](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/push-ups)

[Crunches](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/crunches)

[Squats](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/squats)

[Lunges](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/lunges)[Jumping Jacks & Jumping Trunk Twists](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/jumping-jacks-jumping-trunk-twists)

[Torso Twist](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/torso-twist)

[Toe Touches](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/toe-touches)

[Neck & Shoulder Warm-up](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/neck-shoulder-warm-up)

[Leg Swings](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/leg-swings)

[Dynamic Calf Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/dynamic-calf-stretch)

[Ankle Stretches](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/ankle-stretches)

[Seated Trunk Twist](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/seated-trunk-twist)

[Quad Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/quad-stretch)

[Calf & Achilles Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/calf-achilles-stretch)

[Glute Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/glute-stretch)

[Cobra & Childs Pose](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/cobra-childs-pose)

[Butterfly Stretch](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/butterfly-stretch)

[Arms Over Head](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/arms-over-head)

[Arm Stretches](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/arm-stretches)

[Pre-Run Breathing](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/pre-run-breathing)

[Arm Scissors](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/stretches-strength/arm-scissors)