

YOGA

Improves Physical Balance and Alignment of Body: Yoga helps you to achieve a new awareness of your posture. A yoga practice corrects muscle imbalances resulting from high impact training; it improves the structure and alignment of your entire body to increase your running performance.

Improves Chance of Running Injury Free: Proper stretching through yoga rejuvenates and counteracts the stiff, shortened muscles caused by running that inhibit the movement of joints and prohibit the full contraction of opposing muscle groups. Yoga conditions the body to prevent pain and injury and is also useful to runners who are rehabilitating an injury.

Improves Athletic Performance and Efficiency: The practice of yoga builds strength, stamina and flexibility, reduces muscle fatigue and deactivates stress response preparing the cardiovascular system and muscles for peak performance while efficiently training the mind for competition with improved confidence and focus.

Increase in Lung Capacity: The breath work in Pilates can help increase lung capacity and, of course, deeper breaths will improve your running in general.

PILATES

Increase in Core Strength: When your legs get tired, strong abs and back muscles, can kick in to help move tired legs, helping to prevent injuries.

Increase in Flexibility: Short tight muscles can create a downward spiral of pain, minor woes, and can turn into major injuries which may keep you from doing what you love. This runner's series focuses on stretching muscles that are used specifically for running: hamstrings, quads and IT band.

Increase in Lung Capacity: The breath work in Pilates can help increase lung capacity and, of course, deeper breaths will improve your running in general.