

CORE WORKOUT FOR RUNNERS

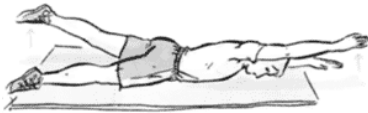
1. PLANK

Elbows under shoulders, abs tight, rest on toes, hold as long as possible (30-60sec) 3 times



2. SUPERMAN

Lie facedown with your legs extended straight behind you, with your toes pointed and your arms extended straight overhead. Hold your head straight in line with your spine and lifted off the floor at a comfortable level.



Slowly raise your right arm and your left leg at the same time until both are a few inches off the floor. Hold, then slowly return to the starting position. Repeat with the other arm and leg. Alternate arms and legs throughout the exercise until you have completed 8-10 with each side.

3. PRONE MARCH

Lie face up with your head supported by a pillow or foam roller. Begin with your legs bent 90 degrees and your thighs perpendicular to the floor. Engage your deep abs by drawing your navel toward your spine. While holding this contraction, slowly lower your right foot to the floor, return slowly to the starting position, and then lower the left foot. If you find this easy, you are failing to hold the contraction.

4. FLOOR CRUNCHES (or on Stability Ball)

Lie on your back with your knees bent, feet flat on the floor. Place hands so that your fingers are by your ears (rather than cupping your head in your hands). Contract the abs and curl forward to lift both shoulders off the floor without tucking your chin to your chest (keep chin pointing up). Hold for two counts and then lower. Do two sets of 10 to 20 repetitions.



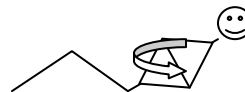
5. BICYCLE CRUNCHES (or Oblique Crunches on Stability Ball):

Lie on your back, knees bent, feet flat on the floor, and hands on the sides of your head. Contract your abdominal muscles as you bring your knees up to a 45-degree angle. Straighten and bend your knees as you alternate crossing and touching right elbow to left knee, then left elbow to right knee. Do two sets of 10 to 20 repetitions for each leg.



6. HALF UP TWISTS

Sit up, put your hands on top of your knees and then lean back until your arms are straight. Cross your arms in front of you (each hand holding an elbow) and start twisting! Each side counts as 1/2 of a rep.



7. BIRD DOG WITH TUCK

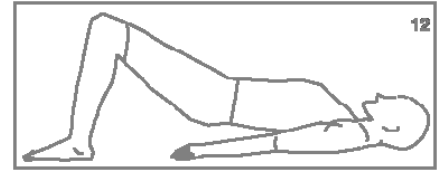
Get on all fours (hands below shoulders, knees below hips). Keeping abs engaged, hips still and back flat, extend right leg behind you, left arm forward (both in line with back). Pull right knee and left elbow in toward each other; extend again. Do 12 to 16 reps; alternating between sides.



8. SUPINE BRIDGE

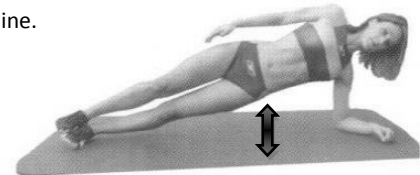
Lie face-up on the floor, with your knees bent 90 degrees, your feet on the floor. Lift your hips and back off the floor until your body forms a straight line from your shoulders to your knees. Squeeze your glutes at the top of the movement, and don't let your spine sag. 10 times holding each bridge 15-20 seconds.

Make It Harder: Straighten one leg once your hips are lifted.



9. SIDE PLANK DIPS

Get into a side plank position: Stack feet, brace abs, keeping your body in a straight line. Lower your hips so they just touch (but not rest on!) the ground and then lift again into the side plank position. Keep the movement smooth and slow.



10. STAIR DROP CRUNCH (HIP HIKE)

Stand sideways on a step, with your right foot on the step and your left leg hanging off the side. Contract the abs and curl the pelvis into a posterior pelvic tilt (your butt should be tucked in), then raise the left hip up and lower it. Keep your right leg straight throughout the movement, which is very small and results in your foot rising and falling just an inch or two in either direction. Repeat 10 to 15 times, then switch sides and repeat 10 to 15 times with the left foot on the step and the right hip lifting up and down.



A couple single leg exercises to engage core while balancing...

UPPER STAR

Imagine a clock, you are standing 2 feet behind the 12:00 on your right foot, left leg bent to 90 degrees. Place right hand on right hip. Keeping a straight back and braced abs, bend forward at hips and at knee to bring right knee over your toes (single-leg squat). Reach out with your left arm toward the 9:00- don't reach down, but rather to the side so your hand is over that position of the "clock"- then, keeping your left foot off the ground, return to upright. Now reach toward the object at 10:00, then return to standing. Repeat around the hours until you get to 3:00. Then start with your right arm at 3:00 and work toward 9:00. Switch legs, and repeat sequence.

LOWER STAR

Again imagine a clock, but as a semicircle to the side of you (6:00-12:00). Stand about 2 feet across from the 9:00 spot (but facing up toward 12:00 so that the 9:00 spot is to the side of you). Balance on right foot (clock will be to the left), keeping hands on hips and back straight, brace abs. Bend right knee so it is lined up over toes (not too far forward so knee goes ahead of toes) – in single leg squat position. Reach back with left foot toward the 6:00 hour –hinging at your hips and without touching toe to ground. Stand back up and then squat and reach back to the 7:00 hour and stand back up. Repeat until you get to the 12:00 hour and work your way back to the 6:00. Repeat cycle on opposite foot- imagining the clock on your right side.