

CORE WORK FOR RUNNERS

S

IS FOR "SPECIFIC"

Do the exercises below three times per week.

M

IS FOR "MEASURABLE"

Measure your progress by how many repetitions you can do. Start low and build each week.

A

IS FOR "ACTION ORIENTED"

Plan a solution to help you work out. Find a workout buddy who will help you stay accountable.

R

IS FOR "REALISTIC"

If three core workouts is unrealistic, plan for one to two sessions instead.

T

IS FOR "TIME ORIENTED"

After following this plan for four to six weeks, revamp your workout.

BY
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GOAL: GET A STRONG AND FUNCTIONAL CORE IN 2011

METHOD: USE THE SMART SYSTEM OF GOAL SETTING!

DO TWO TO THREE SETS OF EACH EXERCISE

THE SMART PLAN!



BRIDGE WITH "MARCH"

Lie on your back with your arms by your side, knees bent and feet on the floor. Engage your bum and abdominal muscles and lift your hips off of the ground. This is your starting position. Lift your right leg while simultaneously pushing your left arm into the floor. Lower the leg and switch side. Repeat twenty to thirty times.

FORM TIP: keep your pelvis level as you lift your leg.



FRONT PLANK WITH LEG EXTENSION

In a front plank position alternate lifting one leg off of the ground at a time. Do 10-20 reps.

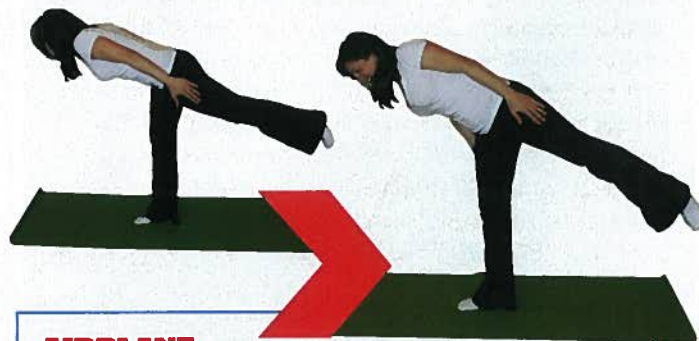
FORM TIP: don't arch or round your back as you lift your leg.



SIDE PLANK WITH LEG LIFT

Lie on your left side with your forearm on the ground and your knees bent and stacked on top of each other. Lift your hips off of the ground. This is your starting position. Lift and lower your top leg ten to fifteen times. Switch and repeat on the opposite side. Lift and lower your top leg ten to fifteen times. Switch and repeat on the opposite side.

FORM TIP: if you are able to keep your pelvis and shoulders still as you lift your top leg, straighten your legs and do the exercise from a full side plank position.



AIRPLANE

Stand on your right leg. Hinge forward at your right hip until your left leg is straight out behind you. Hold the hinged forward position and rotate your chest and left leg up towards the ceiling and back down towards the ground. Do eight to twelve reps and then switch sides.

FORM TIP: your back leg, pelvis and upper body should form a straight line as you do the rotations. Also, don't let the knee of the leg that is supporting you rotate in or out.