

Core Work for Runners/Walkers (using body weight for resistance)

Front (and sides)

	<u>Start With</u>	<u>Sets</u>	<u>Increase</u>
Crunches (done w/ feet on the floor, legs straight up and bent or straight and hands cupping ears - keep head off floor and lift straight up)	15	1	Reps
Side Crunches (done on back w/ legs bent and body twisted to allow legs to lie on the floor)	15	1 per side	Reps
Bicycles/Crossovers (done on back alternately extending each leg while other knee to chest - reach for the knee with opposite elbow)	10 per leg	1	Reps
Cherry Pickers (done on rear - lean back - knees bent - feet off floor - chin to chest - touch on alternating sides w/ interlocked hands)	15 per side	1	Reps
Lemon Squeezers (same position as Cherry Pickers but simultaneously lean back while extending legs out and return to start position)	10	1	Reps
Leg Raises (done on back with head/legs slightly off floor - together or alternately raise straightened leg(s) to vertical and lower and repeat)	10	1	Reps
or Leg/Knee Raises (done on Roman Chair if available or on back w/ legs straight - alternately raise a leg/knee one at a time or do both)	10/20	1	Reps

Back

Ramps (done on back with feet flat 6" from rear - raise hips off floor - after 2 wks do 1 increasing set of alternately extending each leg)	10 secs	3	Time
Supermen or women (done on hands and knees - alternately fully extend opposite arm and leg pairs parallel to the floor)	10 secs	3	Time
Seals (done on belly while simultaneously raising head and straightened legs off floor - 3rd set extend arms and alternately flutter)	10 secs	3	Time
or SuperSeals (cross between supermen & seals - on belly - alternately raise/lower opposite arm/leg pairs repetitively or raise all limbs)	10 per pair	1	Reps
Back Extensions (done on apparatus if available - if not, on a bench, face down w/ upper body on bench, hold on and raise/lower both legs)	15	1	Reps

Miscellaneous

Planks (holding the body straight while on toes or heels and elbows/forearms only - 4 positions - front (hold longer), each side, and back)	1 per pos.	1	Time
Clam Shells (done lying on side w/ body straight and hips forward to isolate TFL - raise/lower leg repeatedly or knee w/ legs bent)	15 per side	1	Reps
Walking Lunges (walking forward w/ extended steps & repeated lowering and raising of body - ankle under knee - don't lean forward)	10 per leg	1	Reps
Wall Sit (back against wall w/ knees bent near 90 degrees - looks like you are sitting in a chair - weight on heels - slide up wall to rest)	15 secs	3	Time

Notes:

Run or walk first - do core work afterwards while still warm (warm-up if not following a run/walk with a minimum of 5 minutes of cardio).

Before each exercise, brace inner core muscles (transverse abdominus - sacrum tip forward, pelvic floor - stop urination, & lumbar multifidus - sacrum tip back).

Lift body relatively quick for concentric contractions - lower more slowly than gravity would dictate for eccentric contractions.

Don't let head touch on front core exercises - no resting.


If your core muscles tire and you can't maintain inner core brace, cease exercise to protect lumbar spine.

Alternate exercises between front/back of body.

Don't forget to breathe!

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