

# Core Routines

## Goal:

Core training will allow you to run more efficiently because the strength in your core is not allowing for wasted movement or energy during the activity of running. Core training trains the muscles around the mid-section of your body connecting your lower body and upper body. The general muscle groups are the stomach (abdominals), Side of your stomach (obliques) and Low Back (erector spine). We should train these in a variety of stresses either actively or statically.

## Core Basics:

Active Exercises: (10-20 rep with 2 sets for each exercise, minimum rest between sets)

- Basic Crunch (knees bent feet on ground hands behind your head lift shoulder blades of ground)
- Cross-Over Crunch (one knee bent with foot on ground the outside of the other ankle on the front of the knee that is on the ground with the hand of the leg that is on the ground behind head other arm extend at 90 degrees away from shoulder. Lift the back of shoulder diagonally up and across toward the knee that is off the ground.)
- Feet up Crunch (same as basic crunch with both legs off the ground in a straight position over hips – L position)
- Feet up Cross-Over Crunch (same as cross over but with legs off the ground in a straight position over hips – L position)
- Hyperextension Opposite Arm/Leg (lie on your stomach lift your opposite arm and leg off the ground even lifting a bit of your chest at the same time come down and do the other opposite arm and leg)

Static Exercises: (hold 20-30 seconds each exercise, repeat 2 times)

- Basic Plank (resting on your elbows and toes with your legs and body a straight as a board)
- Side Moving Plank (same position as basic plank but move three steps on your elbows and toes to one side then back in the opposite position three times always keeping your body straight as a board, continuing for designated time.)
- Up & Down Plank (same position as basic plank but push up into a straight arm position with each arm and then come back down onto each elbow always keeping your body straight as a board, continuing pattern for designated time)

While there are any number of core workout routines, the following pages are descriptions of the routine we did at camp.



# Core Work Routine

## For The New Balance Running Academy

### **Bicycles**

Start in crunch position with legs off the floor, bent at 90 degrees, hands behind the head. Crunch the right knee in to the chest and send the left leg long, straight as a board with toe pointing. At the same time the right knee crunches in, the opposite shoulder lifts off the mat, twisting through the middle to meet it. After the crunch, send the right leg long and the left knee tucks in.



### **Front plank** (optional single leg lifts)

Keep weight on your toes and your forearms and make sure keep your glutes and abs tight.



### **Superman/"Prone Cobra**

Back extensions with both arms and both legs.



### **Side plank** Oblique

Keep your weight on the side of your foot and your forearm and keep your hips and body as straight as possible. (optional leg lifts of top leg)



### **Swimmers**

Start lying face down on a mat. Body should be in a straight line with arms in front of you. Simultaneously lift your upper body and lower body off the floor. Keep your arms by your ears. Then quickly move your arms and legs in opposition, to create the swimming motion. Do this exercise for 20-30 seconds then return to mat and rest. You can go for 2-3 reps if you'd like.



### **Reverse plank** (optional leg lifts)

Start by sitting with your legs extended in front of you and your palms on the floor slightly behind you, outside your hips. Press into your hands, lift your hips and squeeze your glutes. Keep your body in a straight line from head to toe (i.e., neutral spine) with your arms and legs straight and toes pointed. Brace your midsection and hold the position, just like with a standard plank.



## Crunches

Start with your eyes at the sky (or ceiling), press the small of your back into the floor and lift your chest (not your neck) off the ground. Pretend you have an apple between your chin and your neck to keep your head straight.



## Forward lunge

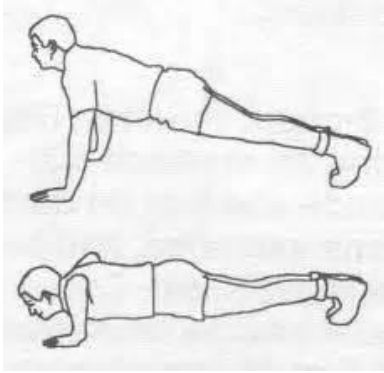


*Fig 28. Forward lunge*

Keep your weight on the front heel and back toe and concentrate on your hips going straight up and down. Keep your knee over your front toe and let your back knee barely touch the ground.



## **Push ups**



Begin face down on the floor with hands shoulder-width apart. Keeping your body straight, lower it to the floor by bending arms at the elbows then raise your body up off the ground by pushing through your palms. Concentrate on keeping your stomach tight so your body remains straight.

## **Guidelines:**

- Always do some light warm up before beginning these exercises.
- Focus on the muscles being strengthened.
- Each exercise can be performed for 30 seconds for beginners and add 10 seconds each week until you reach 60 seconds for the more advanced.
- Remember to check with your coach or an upperclassman to make sure you are using correct form.
- You will get more benefit from doing 30 seconds correctly than 1 min incorrectly and you can end up hurting yourself if you do these exercises wrong.



## Alternate Core Routines:

- **2 Minute Core:**

Exercises: (1 set per exercise for 10 reps no rest between exercises)

- Basic Crunch x 10
- Legs Straight-Horizontal Crunch x 10
- 90 Degree Leg Crunch x 10
- Legs Straight & Crossed Crunch x 10 (1 set per side)
- Legs Straight & Split x 10
- V-Sit-Up x 10
- Feet-up Crunch (arms extended & straight) x 10
- Static One Leg Straight Other Slightly Bent x 10 (one set per side)
- Static One Leg Bent (90 Degrees) The Other Straight x 10 seconds (1 set per exercise)
- Bicycle Crunch x 10

- **Medicine Ball:**

Exercises: (1 set per exercise for 10 reps), MB = Medicine Ball

- MB wall throw overhead arm length from wall
- MB wall throw overhead arm length from wall slightly from the right or left
- V-Crunch with MB in hands
- MB good mornings
- MB toss with inside of foot & leg externally rotated – standing
- Single leg lifts with arms extended holding MB – standing
- MB twist passes – partner
- MB groin throws with one leg bent other leg straight – sitting
- MB superman position throws
- MB back roll into overhead throw into wall landing with legs in straight straddle position
- MB leg extension on back with leg tuck into chest (partner drops and catches MB)



- **Pedestal:**

Exercises: (1 set per exercise for 10 – 30 seconds)

- Elbow plank straight leg with single leg lifts
- Straight arm side planks with outer leg lifts
- Reverse elbow plank with single leg lifts
- Facing floor resting on elbows hips flexed knees bent single leg extension
- Reverse elbow plank with bent knees and single leg lift with bent knees
- Straight arm planks with single leg lifts
- Straight arm reverse planks with straight leg lifts
- Basic crunch with bent knees twisting leading with hands side to side

- **Waterloo:**

Exercises: (1 set per exercise for 10-20 reps or 10 – 30 seconds)

- Prisoner squats hands behind head
- V-Sit-up
- Push-up into inch worm – step back to start
- Hyperextension twist lifting opposite leg
- Jump Squats touching floor outside feet
- Leg throws straight – partner exercise
- Leg throws side – partner exercise
- Leg drops (straight legs) side to side alternating
- Leg tuck to leg extension
- Jump push-up out of straight arms
- Clapping push-ups
- Back Bridge triceps press
- Kneeling hamstring curls into falling push-off (partner exercise)
- Kneeling hamstring curls pull back (partner exercise)
- Decline push-ups
- Straight leg extension holds
- Bent knee arms extended into small crunches

