

Runner's Core Routine – Stage 1

Exercise		Points of emphasis	Level 1	Level 2	Level 3
Front Plank		<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back 	3 x 10 sec 10 sec rest/set	3 x 20 sec 20 sec rest/set	3 x 45 sec 45 sec rest/set
Side Plank (both sides)		<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not tilt head forward or downward Do not rotate hips forward or backward Left side + right side = 1 set 	3 x 10 sec 10 sec rest/set	3 x 20 sec 20 sec rest/set	3 x 45 sec 45 sec rest/set
Leg Lowering		<ul style="list-style-type: none"> Keep your low back against the ground Contract your core to raise and lower your legs Do slowly 	10 reps 10 sec rest	15 reps 10 sec rest	20 reps 10 sec rest
Push-Ups (Set 1)		<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back Down until elbows & shoulders are a straight line Do slowly 	5 reps 10 sec rest	10 reps 10 sec rest	15 reps 10 sec rest
Metronome		<ul style="list-style-type: none"> Keep you low back against the ground by contracting your core Keep legs straight & at 90 degree angle to torso Lower your legs to each side by contracting your core Left side + right side = 1 rep Do slowly: Quality over Quantity 	5 reps 10 sec rest	10 reps 10 sec rest	15 reps 10 sec rest
Push-Ups (Set 2)		<ul style="list-style-type: none"> Same as Set 1 	5 reps 10 sec rest	10 reps 10 sec rest	15 reps 10 sec rest
Sit-up with Twist		<ul style="list-style-type: none"> Sit up and lower yourself slowly Full twist at top of sit-up Quality over quantity 	5 reps 10 sec rest	15 reps 10 sec rest	25 reps 10 sec rest
Push-Ups (Set 3)		<ul style="list-style-type: none"> Same as Sets 1 & 2 	5 reps 10 sec rest	10 reps 10 sec rest	15 reps 10 sec rest
“Jane Fonda” Side Leg Raise		<ul style="list-style-type: none"> Keep a straight line from ears to ankles Dorsiflex and rotate top foot inward Rotate thigh inward to activate hips Do slowly 	10 reps/leg 10 sec rest	15 reps/leg 10 sec rest	25 reps/leg 10 sec rest
Dog Pointers (both legs)		<ul style="list-style-type: none"> Keep your body in a straight line from extended wrist to extended ankle Do not drop your head or arch/sway your back (ear to extended arm) 	3x10 sec 10 sec rest/set	3x20 sec 20 sec rest/set	3x45 sec 45 sec rest/set
Single Leg Balance “I RUN FAST”		<ul style="list-style-type: none"> Balance on one foot Spell “I RUN FAST” with the other Do slowly 	1 set	1 set	1 set

Runner's Core Routine – Stage II

Exercise	Points of emphasis	Level 1	Level 2	Level 3
Front Plank with Leg Raise	<ul style="list-style-type: none"> • Keep your body in a straight line from ears to ankles • Do not drop your head or arch/sway your back • Do reps with one leg then rest for 10 seconds before doing other leg • Do slowly 	10 reps	15 reps	20 reps
Side Plank with Leg Raise	<ul style="list-style-type: none"> • Keep your body in a straight line from ears to ankles • Do not tilt your head forward or downward • Do not rotate your hips forward or backward • Do slowly 	10 reps	15 reps	20 reps
Scissor Kicks	<ul style="list-style-type: none"> • Keep your lower back against the ground by contracting your core • Alternate legs in a quick but controlled movement • Be sure to dorsiflex your feet toward your body 	2x10 reps w/ 10 sec rest	2 – 3 x 30 sec w/ 15 sec rest	3 x 25 reps w/ 25 sec rest
Push-Ups (Set 1)	<ul style="list-style-type: none"> • Keep your body in a straight line from ears to ankles • Do not drop your head or arch/sway your back • Down until elbows & shoulders are a straight line • Do slowly 	15 reps	20 reps	25 reps
Metronome	<ul style="list-style-type: none"> • Keep your lower back against the ground by contracting your core • Keep legs straight & at 90 degree angle to torso • Lower your legs to each side by contracting your core • Left side + right side = 1 rep • Do slowly. Quality over Quantity 	15 reps	20 reps	25 reps
Push-Ups (Set 2)	<ul style="list-style-type: none"> • Same as Set 1 	15 reps	20 reps	25 reps
Back Crunches	<ul style="list-style-type: none"> • Begin with small range of motion & build over time • Contract hamstrings and glutes as well as back to raise & lower body • Do slowly. Quality over Quantity 	2 x 10 reps w/ 10 sec rest	2 x 15 reps w/ 15 sec rest	2 x 25 reps w/ 25 sec rest
Push-Ups (Set 3)	<ul style="list-style-type: none"> • Same as Sets 1 & 2 	15 reps	20 reps	25 reps
Bicycle Crunch w/ Twist	<ul style="list-style-type: none"> • Alternate movement quickly but under control • Contract core to raise your shoulder to opposite knee 	10 reps	15 – 20 reps	25 reps
Modified “Jane Fonda” Side Leg Raise	<ul style="list-style-type: none"> • Keep a straight line from ears to ankles • Dorsiflex and rotate top foot inward • Rotate thigh inward to activate hips • Do slowly 	10 reps front 10 reps middle 10 reps back	15 reps front 15 reps middle 15 reps back	20 reps front 20 reps middle 20 reps back
Good Mornings	<ul style="list-style-type: none"> • Bend @ hips while keeping legs & low back straight • Contract glutes & hamstrings to raise & lower body • Return to start position before back begins to arch 	10 reps	15 – 20 reps	25 reps

Runner's Core Routine – Stage III

Exercise	Points of emphasis	Level 1	Level 2	Level 3
Rolling Plank	<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back Start w/ forward plank, then roll to left plank, back plank, right plank 	30 sec per position	10 leg raise per position	20 leg raise per position
Scissor Kick	<ul style="list-style-type: none"> Keep your lower back against the ground by contracting core Alternate legs in a quick but controlled movement Be sure to dorsiflex your feet toward your body 	2 x 10 reps w/ 10 sec rest	2 – 3 x 15 reps w/ 15 sec rest	3 x 20 reps w/ 20 sec rest
Push-Ups (Set 1)	<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back Down until elbows & shoulders are a straight line Do slowly 	15 reps	20 reps	25 reps
Bridge	<ul style="list-style-type: none"> Raise your body as high as you can while contracting glutes & hamstrings Progress to raising body w/ 1 leg 	10 reps	15 reps	20 reps
Metronome	<ul style="list-style-type: none"> Keep your lower back against the ground by contracting core Keep legs straight & at 90 degree angle to torso Lower your legs to each side by contracting your core Left side + right side = 1 rep Do slowly. Quality over Quantity 	15 reps	20 reps	25 reps
Push-Ups (Set 2)	<ul style="list-style-type: none"> Same as Set 1 	15 reps	20 reps	25 reps
Superman	<ul style="list-style-type: none"> Contract your glutes & hamstrings as well as upper back to raise & lower arms & legs Start with alternating arms/legs, then progress to both arms/legs simultaneously 	10 reps	15 reps	10 reps 10 sec rest 10 sec hold
Cross Crunch on Medicine Ball	<ul style="list-style-type: none"> Remember to extend back fully to starting position before beginning the next repetition Do slowly, Quality over Quantity 	10 reps	15 reps	20 reps
Push-Ups (Set 3)	<ul style="list-style-type: none"> Same as Set 1 	15 reps	20 reps	25 reps
Modified “Jane Fonda” Side Leg Raise	<ul style="list-style-type: none"> Keep a straight line from ears to ankles Dorsiflex and rotate top foot inward Rotate thigh inward to activate hips Do slowly 	10 reps front 10 reps middle 10 reps back	15 reps front 15 reps middle 15 reps back	20 reps front 20 reps middle 20 reps back
Reverse Sit-Ups	<ul style="list-style-type: none"> Sit up quickly; lower body slowly (about 5 sec to lower) Keep core contracted to maintain stability 	10 reps	15 reps	20 reps
Donkey Kick	<ul style="list-style-type: none"> Do not arch or sway back Contract glutes & hamstrings to raise leg Keep active leg in straight line w/ body & raise leg directly toward ceiling 	10 reps	20 reps	10 reps 10 sec rest 10 sec hold

Runner's Core Routine – Stage III

Roll Up	<ul style="list-style-type: none">• Contract core to thrust legs toward ceiling• Do not raise legs over head to avoid straining nec	10 reps	15 reps	20 reps
---------	--	---------	---------	---------

Combined Runner's Core Routine

Exercise	Points of emphasis	Level 1	Level 2	Level 3
Rolling Plank	<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back Start w/ forward plank, then roll to left plank, back plank, right plank 	20 sec per position	30 – 45 sec per position	10 leg raise per position
Leg Lowering	<ul style="list-style-type: none"> Keep your low back against the ground Contract your core to raise and lower your legs Do slowly 	15 reps 10 sec rest	20 reps 10 sec rest	25 reps 10 sec rest
Bridge	<ul style="list-style-type: none"> Raise your body as high as you can while contracting glutes & hamstrings Progress to raising body w/ 1 leg 	10 reps	15 reps	20 reps
Push-Ups (Set 1)	<ul style="list-style-type: none"> Keep your body in a straight line from ears to ankles Do not drop your head or arch/sway your back Down until elbows & shoulders are a straight line Do slowly 	15 reps	20 reps	25 reps
Metronome	<ul style="list-style-type: none"> Keep your lower back against the ground by contracting core Keep legs straight & at 90 degree angle to torso Lower your legs to each side by contracting your core Left side + right side = 1 rep Do slowly: Quality over Quantity 	15 reps	20 reps	25 reps
Back Crunches	<ul style="list-style-type: none"> Begin with small range of motion & build over time Contract hamstrings and glutes as well as back to raise & lower body Do slowly. Quality over Quantity 	2 x 10 reps w/ 10 sec rest	2 x 15 reps w/ 15 sec rest	2 x 25 reps w/ 25 sec rest
Push-Ups (Set 2)	<ul style="list-style-type: none"> Same as Set 1 	15 reps	20 reps	25 reps
Sit-up with Twist	<ul style="list-style-type: none"> Sit up and lower yourself slowly Full twist at top of sit-up Quality over quantity 	5 reps 10 sec rest	15 reps 10 sec rest	25 reps 10 sec rest
Superman	<ul style="list-style-type: none"> Contract your glutes & hamstrings as well as upper back to raise & lower arms & legs Start with alternating arms/legs, then progress to both arms/legs simultaneously 	10 reps	15 reps	10 reps 10 sec rest 10 sec hold
Push-Ups (Set 3)	<ul style="list-style-type: none"> Same as Sets 1 & 2 	5 reps 10 sec rest	10 reps 10 sec rest	15 reps 10 sec rest
“Jane Fonda” Side Leg Raise	<ul style="list-style-type: none"> Keep a straight line from ears to ankles Dorsiflex and rotate top foot inward Rotate thigh inward to activate hips Do slowly 	15 reps/leg 10 sec rest	10 reps front 10 reps middle 10 reps back	15 reps front 15 reps middle 15 reps back
Single Leg Balance “I RUN FAST”	<ul style="list-style-type: none"> Balance on one foot Spell “I RUN FAST” with the other Do slowly 	1 set	1 set	1 set