

CORE WORKOUT

“Core” work – strength training for the muscles of the pelvis, lower back, hips and abdomen- provides support to your spine with various activities. This strength is very important for improving posture and preventing injury specific to run/walk marathon training. Work toward performing these exercise 2X20 repetitions, unless otherwise specified. These exercises should not irritate the low back. If you are feeling fatigue in the low back, you are likely doing them improperly or need modification.



GYM BALL HAMSTRING CURLS: Lie flat on floor, place arms at side to assist in initial stability. Dig heels directly into gym ball. Keep toes pointed straight at ceiling. Do not allow knees or feet to touch. Lift hips and pull ball toward buttocks. Perform repetitions while keeping hips elevated.



SIDELYING CLAMS WITH RESISTIVE BAND: Place resistive band above both knees. Lie on side with legs bent at 45 degrees. Ensure that heels, buttocks and shoulders are aligned. Keep feet together and tummy tight while controlling upper leg lift against the resistive band. Do not allow upper hip to roll back as it will defeat the purpose of the exercise. Focus on Gluteal muscles (butt/hip).



MONSTER WALK WITH RESISTIVE BAND: Place resistive band around ankles. Assume a 45 degree squat position throughout exercise. Do not allow back to round or shoulders to fall in front of the knees. Keep toes pointed straight ahead and strive to take steps reaching side to side with the mid foot. Do not bounce. Do not drag the trailing foot as you work to control the resistance of the band.

CORE Workout cont.



GYM BALL WALL SQUAT: Ensure that the ball is placed in the low to mid back area so there is room for it to move. Place shoulder/hip width apart. Do not allow knees to go beyond the front toes as you lower to a squat position. Keep heels on the floor as you lower yourself to 90 degrees. Tighten your tummy and control your effort to lower yourself. Push your buttocks down and back toward the wall.

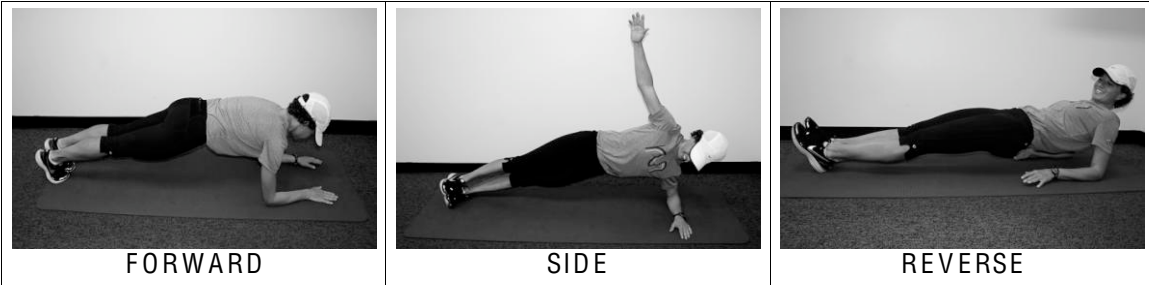


4 POINT WITH ALTERNATING ARM & LEG EXTENSION: Start in a table top position with your hands directly below your shoulders and knees directly below your hips. Allow your eyes to gaze between your hands. Tighten tummy and extend right leg while the left arm reaches forward beyond head. The goal is to allow the arms and legs to become parallel to the ground. Do not allow hips to sag. Hips and back should maintain parallel to the floor throughout all repetitions.



SIDELYING GLUTE MED LEG LIFT: Lying on your side, bend the lower leg to 45 degrees to help with stability. With a straight top leg, reach heel back 30 degrees. Work to slowly raise and lower the upper leg. Maintain a tight tummy and focus on Gluteal muscles (butt/hip).

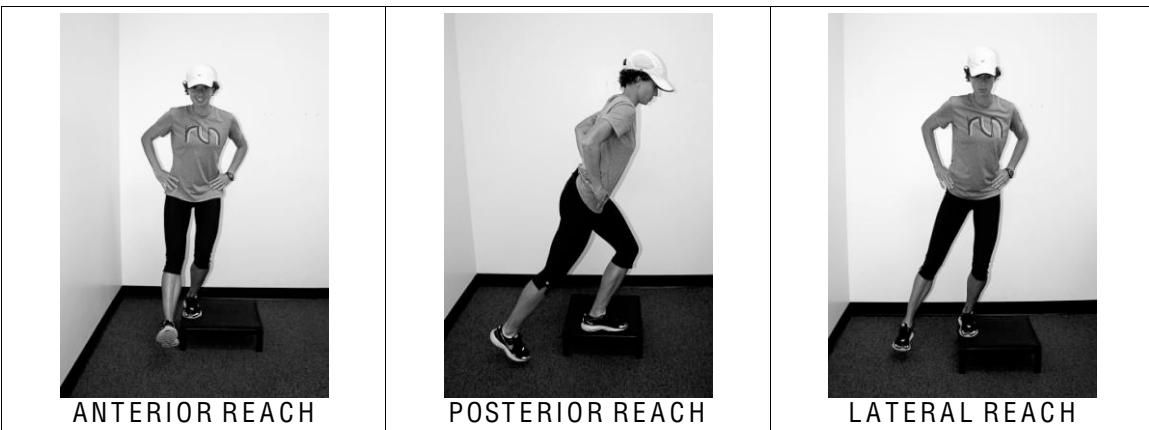
CORE WORKOUT cont.



PLANKS: All planks start on the ground and move to a “lift & hold” position. Elbows should be aligned directly below shoulders on all 3 planks. Feet should be close together or stacked (in the case of the side plank). Maintain a flat back, tight tummy and a parallel position to the floor in all cases. Work to hold the position for 2-3 repetitions of 60 seconds.



BRIDGING WITH OPTION OF STRAIGHT LEG LIFT: Lie flat on floor. Place feet hip width apart. Keep heels on floor as you lift hips up and down. Ensure that hips stay level throughout exercise. For single leg version; start and finish with only one leg fully extended.



STEP DOWNS WITH REACH: For all versions of this exercise hips should remain level. The stationary or “plant” leg should bend at the knee, keeping the knee from rotating “in or out” throughout the exercise. The plant leg should ensure that the foot stays flat on the floor while toes stay pointed straight ahead. This is a small squat motion with the “plant leg” while avoiding toe touchdown with the “reaching leg”. Fatigue should be felt in the plant leg from the calf to glutes.