

# Core Workout for Runners

## 1. PLANK

Elbows under shoulders, abs tight, rest on toes, hold as long as possible (30-60sec) 3 times



## 2. SUPERMAN

Lie facedown with your legs extended straight behind you, with your toes pointed and your arms extended straight overhead. Hold your head straight in line with your spine and lifted off the floor at a comfortable level.



Slowly raise your right arm and your left leg at the same time until both are a few inches off the floor. Hold, then slowly return to the starting position. Repeat with the other arm and leg. Alternate arms and legs throughout the exercise until you have completed 8 -10 with each side.

## 3. PRONE MARCH

Lie face up with your head supported by a pillow or foam roller. Begin with your legs bent 90 degrees and your thighs perpendicular to the floor. Engage your deep abs by drawing your navel toward your spine. While holding this contraction, slowly lower your right foot to the floor, return slowly to the starting position, and then lower the left foot. If you find this easy, you are failing to hold the contraction.

## 4. FLOOR CRUNCHES (or on Stability Ball)

Lie on your back with your knees bent, feet flat on the floor. Place hands so that your fingers are by your ears (rather than cupping your head in your hands). Contract the abs and curl forward to lift both shoulders off the floor without tucking your chin to your chest (keep chin pointing up). Hold for two counts and then lower. Do two sets of 10 to 20 repetitions.



## 5. BICYCLE CRUNCHES (or Oblique Crunches on Stability Ball):

Lie on your back, knees bent, feet flat on the floor, and hands on the sides of your head. Contract your abdominal muscles as you bring your knees up to a 45-degree angle. Straighten and bend your knees as you alternate crossing and touching right elbow to left knee, then left elbow to right knee. Do two sets of 10 to 20 repetitions for each leg.



## 6. HALF UP TWISTS

Sit up, put your hands on top of your knees and then lean back until your arms are straight. Cross your arms in front of you (each hand holding an elbow) and start twisting! Each side counts as 1/2 of a rep.



Courtesy of the Sports Medicine Department at



Cheshire Medical Center  
Dartmouth-Hitchcock

[cheshiremed.org](http://cheshiremed.org)