

# Core Training for Runners

Jessica Wood, PT, MPT, OCS



## Transverse Abdominis Activation:

1. Lay on back with knees bent, feet flat.
2. Pull belly in and up at the navel without moving the rib cage, pelvis, or spine as if trying to flatten back towards floor.
3. Hold for at least 5 seconds before relaxing
4. Make sure to ***NOT*** hold breath; inhale/exhale throughout contraction.

## PLANK PROGRESSION

These activities are timed. When you lose control of your “core”, the exercise is ended.

*Quality is more important than quantity.*



Prone Position: forearms and knees



Prone Position: forearms and toes



Prone Position: forearms and one foot



Prone Position: forearms and one foot with other hip abducted



Lateral Position: forearm and knee



Lateral Position: forearm and feet



Lateral Position: forearm and foot with other hip abducted(ing)



Lateral Position: forearm and feet with other arm static or dynamic



Reverse Position: Forearms and heels