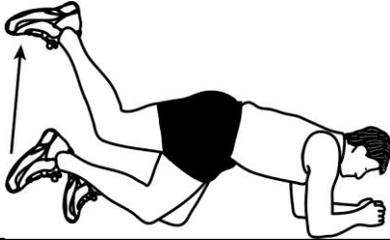
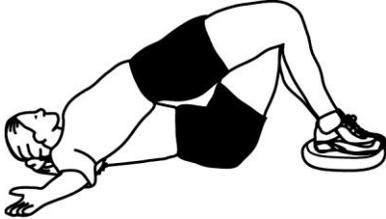
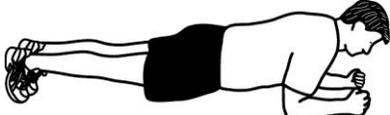


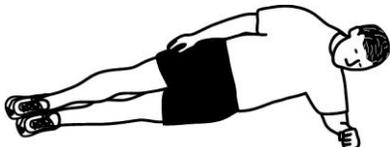
Hanson's Coaching Services, LLC

Core Routine for Runners

Exercise Name: Donkey Kicks	
	Set 1: 15-25
	Set 2: 15- 25
	Set 3: 15-25
	Recovery: 1 minute b/w sets
<p>Notes: Begin with both knees and elbows on ground. Raise one leg as if you were a donkey kicking back. Lower back to starting position. Focus on contracting the glutes and the hamstring. If you are contracting the back muscles you are raising leg too much. Repeat for other leg.</p>	

Exercise Name: Pelvic Bridge	
	Set 1: 12-15
	Set 2: 12-15
	Set 3: 12-15
	Recovery: 1 minute b/w sets
<p>Begin by lying on floor with knees bent (feet flat on floor). By contracting the glutes and hamstrings raise your rear end off the ground. You should feel contractions in the muscles mentioned. Should feel stretch in the hip flexors. Focus on creating a straight line from head to knee caps.</p>	

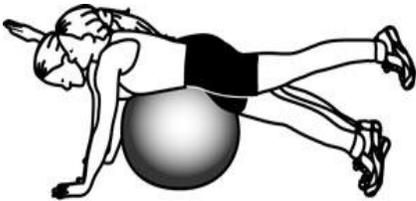
Exercise Name: Plank	
	Set 1: 15-30 seconds
	Set 2: 15-30 seconds
	Set 3: 15-30 seconds
	Recovery: 30-60 seconds b/w sets
	Over time, build to 60 seconds per set
<p>Begin with toes and elbows as base of support. Focus on a straight line from feet to head. Watch for creating a hump or sagging rear end. Contract abs and hold position.</p>	

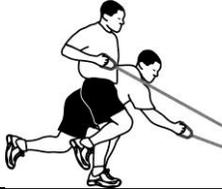
Exercise Name: Side Plank	
	Set 1: 15-30 seconds
	Set 2: 15-30 seconds
	Set 3: 15-30 seconds
	Recovery: 30-60 secs b/w sets
	Can build to 30-60 secs per set
<p>As with the regular plank- watch out for sagging or hump. Also watch for bending at the waist.</p>	

Exercise Name: Single leg balance	
	Set 1: 30-60 seconds (each leg)
	Set 2: 30-60 seconds
	Set 3: 30-60 seconds
	Recovery: 1 min b/w sets
<p>Raised leg should be perpendicular to the supporting leg. Can start out with support, but goal is to balance on only the support leg.</p>	

Exercise Name: Crunch	
	Set 1: 15-50
	Set 2: 15-50
	Set 3: 15-50
	Recovery: 1 min b/w sets
	Build to 50 over time
<p>Focus on slow controlled movement. Movement should come from contracting abdominals, not hip flexors.</p>	

Exercise Name: Back extension	
	Set 1: 15-20
	Set 2: 15-20
	Set 3: 15-20
	Recovery: 30 seconds b/w sets
<p>Using a swiss ball, lie face down so that ball is focused under the pelvis for support. Extend using the low back muscles so that there is a straight line from toes to back of head. DON'T hyperextend the low back!</p>	

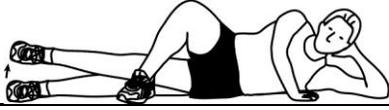
Exercise Name: Superman	
	Set 1: 15-20
	Set 2: 15-20
	Set 3: 15-20
	Recovery: 30 secs b/w sets
<p>Position ball similar to back extension. Raise opposite arm to opposite leg. Hold for 2-3 seconds. Switch. Don't hyperextend back.</p>	

Exercise Name: One legged Squat w/row	
	Set 1: 15-20
	Set 2: 15-20
	Set 3: 15-20
	Recovery: 30-60 seconds b/w sets
<p>A single leg squat. Knee should not go past the toe. Same side arm as squat leg for the row. You can use a weight stack, elastic band, or dumbbell.</p>	

Exercise Name: Lateral leg raise	
	Set 1: 15-20
	Set 2: 15-20
	Set 3: 15-20
	Recovery: 30 secs b/w sets
<p>Lie on your side. Raise leg that is not on floor as high as comfortable. Slowly lower back to starting position.</p>	

Exercise Name: Fire hydrant	
	Set 1: 15-20
	Set 2: 15-20
	Set 3: 15-20
	Recovery: 30 secs between sets
<p>Same starting position as Donkey Kicks. Raise leg out to the side so that it is perpendicular to the support leg. Like a dog visiting a fire hydrant.</p>	

**Exercise Name: Leg
Adduction**



Set 1: 15-25

Set 2: 15-25

Set 3: 15-25

Recovery: 30 secs b/w
sets

Lie on you r side with the top leg crossed over the bottom leg for support. With bottom leg extended raise slowly towards the ceiling for 4-6 inches. Slowly return to starting position.