

## BASIC 5



Challenge 3



Challenge 5



Challenge



### Plank Variations

**Why:** Strengthens the core.

**How:** Lie on your belly with your arms tucked under your shoulders. Squeeze your glutes, then push your forearms into the ground to lift your straight body off the ground. Hold.

**Tips:** Keep a straight line from your shoulders to your heels.

**Goal:** Work up to a 1 minute hold.

**Challenge :** After you can hold a plank for 30 seconds, there are a myriad of ways to make it harder that are more useful for running than just holding the plank position.

- (1) Lift one arm or leg into the air.
- (2) Alternate lifting an arm and tapping the opposite shoulder.
- (3) Lift one arm and the opposite leg at the same time.
- (4) Walk sideways in plank position.
- (5) Shift your weight forwards over your shoulders (planche plank).
- (6) Google for endless possibilities.

### Side Plank Lift

**Why:** Strengthens gluteus medius, the muscle that keeps your hips level when you run.

**How:** Lie on your side, propped up on your elbow, making a straight line from your shoulder to your toes, with one foot on top of the other.

Lift your hips off the ground.

Lower.

**Goal:** Work up to 20.

**Challenge:** When you get to full lift, lift then lower the straight top leg before lowering the hips.



Challenge 2



## Hip Bridge

**Why:** Strengthens gluteus maximus and posterior chain, the muscles that help propel you forwards when you run.

**How:** Lie on back with knees bent, arms by side.

Place small ball between knees and squeeze slightly.

Slight pelvic tilt and squeeze glutes (your bum) to engage lower core.

Lift hips as high as possible.

Hold for 5 seconds, then lower.

**Tips:** Movement should be slow and controlled up and down

Movement should feel like you are rolling up one vertebra at a time.

Fight hard to hold pelvic tilt and squeeze glutes hard throughout entire motion.

**Goal:** Work up to 20.

**Challenge 1:** Put your arms in the air instead of at your side.

**Challenge 2:** When you get to full lift, straighten one leg but do not let your hip of the straight leg drop. Hold for 5 seconds, then switch legs. Hold 5 seconds, then lower leg before lowering hips.



## Single Leg Balance

**Why:** Teaches your brain and legs to work together to keep the knee and ankle stable when you land when running.

**How:** Stand tall on two feet, belly pulled in.

Keeping your hips level, lift one leg.

Slightly bend knee you are standing on, like you just landed on it running.

Hold.

**Tips:** If you struggle to balance, keep your vision focused on a spot on the ground about 4 feet in front of you.

Practice many, many times a day, every day.

**Goal:** Work up to 30 seconds.

**Challenge 1:** Stand on something soft like a cushion.

**Challenge 2:** Close your eyes.

**Challenge 3:** Toss a ball back and forth, or brush your teeth, or alternately tap a wall with one hand then the other.



### **Rotating Lunge**

**Why:** Strengthens the glutes and legs, while challenging balance.

**How:** Stand tall, feet together, belly pulled in.

Step forwards with left foot about 2-3 feet.

Continue to lunge until right knee just barely touches the ground.

While lunging, rotate upper body and touch right elbow to left knee.

Return to standing with both feet together.

Repeat on the right.

**Tips:** Remember to always turn the upper body towards the forward knee.

**Goal:** Work up to 20.