










## CORE STABILITY FOR RUNNERS

Exercise	Description	Set #1	Set #2	Set #3
Warm Up	Rower 1000m	< 5min		
4 x 5min interval training on treadmill	<a href="#">Click here for great Treadmill Program</a>	20min		
<b>Core Stability Circuit</b>	<b>Do these 4 exercises like a circuit 15sec break between exercises. 1 min rest at end of circuit</b>	<b>1.5min</b>	<b>1.5min</b>	<b>optional 3rd set 1min</b>
<b>1. Alternating Single Leg Bridge</b>				
<b>2. Double Leg Pike:</b>				
<b>3. Alternate Arm Swings and Single Leg Raises</b>				
<b>4. Side Raises on Ball</b>				
<b>VMO/Glute Activation</b>	<b>Complete 3 sets of before moving on</b>	<b>20 reps</b>	<b>20 reps</b>	<b>15 reps</b>
<b>1. Leg Extension 15-30 degrees. Light weight, 1-2 bars.</b>				
<b>2. Stationary lunges with dumbbells or resistance band</b>		10 each side		
<b>3. Single Leg Shallow Squat</b>		10 each side		

