

Walton XC Core Workouts

- Core strength training is an important part of any running.
- A strong core will support your running, racing, training and any other sport or physical activity that you participate in.
- Your core strength involves the supportive muscles in your shoulders, trunk and hips.
- Strong core muscles provide you with a strong base and are key in supporting a strong and enduring stride.
- Without strong core muscles your stride will be weak and lack endurance.

How to use this:

- *Do this routine 2 to 3 times a week (start at 2 the first couple weeks).*
- *Focus on form and doing the exercises right, you can add weight or do more repeats later.*
- *You can do any exercise group in any order, but do all the sets.*

Exercise group #1:

2 x burnout Push-ups – do as many as you can each set

2 x burnout Dips or Pull-ups – do as many as you can each set

2 x 10 – 15 Superman – lie on your stomach and raise your arms and legs up at the same time (hold for one second)

Exercise group #2:

2 x 10 (each leg) single leg squats – stand with your back to a wall, put one foot on the wall for balance, lower yourself with your other leg until your quad is parallel to the ground (hold 5 or 10 lbs. weights if possible)

2 x 10 (each leg) Walking Lunges – holding 5 or 10 lbs. weights, motion should go heel to toe and your knee should touch or come close to touching the ground, concentrate on good arm action

2 x 10 (each leg) Side Lunges – holding a 5 or 10lbs. weight in front of you, keeping one leg straight, stride to the side until your quad is parallel to the ground and push back up to a standing position

Exercise group #3:

2 x 10 – 15 (each exercise) Shoulder Exercises (holding 5 or 10 lbs. weights)

- Front lifts – lift arms straight in front until parallel to the ground

- Side lifts – lift arms straight to the side until parallel to the ground

- Butterfly – slightly bend knees, slightly lean forward at the waist, keep your back straight, hold weights straight in front of you, lift arms back to even with your torso as if flapping your wings, keep arms straight and at shoulder level

2 x 30 (each arm) Plate Running – holding 5 or 10 lbs. weights, put one leg ahead of the other, watch yourself in the mirror, swing your arms as if you were running, move at the shoulders, keep your elbow at a 90 degree angle

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Exercise group #4:

6 minute abs – each exercise lasts for 1 minute, no rest in between, do all the exercises by squeezing your abdomen, do not use your arms to help pull you up in any way. See Coach Gower for help.

- **Abdominal Crunch (sit-ups)** – feet flat on the ground, arms across the speech, raise to 45 degree angle or more

- **Side Abdominal Crunch (left)** – knees together, feet together, left leg touching the ground, lower body bent at the hips, shoulders touching the ground, hands behind your head, try to bring your nose to your hip (raise both shoulders off the ground).

- **Side Abdominal Crunch (right)** – same as left but legs on opposite side.

- **Bicycle** – hands behind your head, flat on your back, feet off the ground; extend one leg out while at the same time touch your elbow to your opposite knee, repeat switching legs each time (focus on form and going slowly first, then add speed).

- **Crunches** – back flat on the ground, hands behind your head, legs at a 90 degree angle with your feet in the air; bring your elbows to your knees by lifting your shoulders off the ground.

- **Leg-extensions** – while balancing on your butt, extend your legs straight out and back in without ever touching your feet to the ground.

Exercise #5:

The Bridge (Plank)

- Hold your body off the ground in a straight line with only your forearms and toes touching the ground.
- Your feet should be together and you should have a straight line from your nose to your toes.
- Do not move, do not sag your butt or put it high in the air.
- Go for time, start with 1 minute and as the weeks go by, add 15 to 30 seconds each week. If you can get to 5 minutes while still doing it right, you are a stud!