

Focus: development of torso stabilizing musculature, essential for good posture, injury prevention and power transfer in swimming, biking and running. Focus first on form, then on muscular endurance (how long you can hold the pose or repeat the motions).

Frequency: 2-3 times per week

Duration: 5min routine (5 exercises x 1min). Move from one exercise to next w/o rest. If time available, repeat routine for total of 10-15mins. Rest up to 1min if necessary before repeating 5min routine.

Speed: keep pace of movements deliberately slow in this phase as you focus on perfecting motion and developing stabilizing abdominal musculature.

Breathing: long exhalation phase with focus on pulling navel into spine to engage abdominal stabilizers

Exercise 1 HIP FLEXION

Level 1 – HEEL TAP



Level 2 - HEEL PRESS



Level 3- HEEL TAP or PRESS w. torso twist



Goal: develop torso stabilizers and hip muscles that lift leg in running and cycling

Start position: Lie on back. Contract abdominals to keep low back on floor. Hips and knees at 90 degree angle (horizontal shins).

Movement:

Level 1 Heel Tap - 12-16" from buttocks. Lower L heel to floor, with contact point ~12" from buttocks. Keep 90 degree bend in knee throughout motion. Return to start position. Repeat for R leg. Alternate L, then R leg for 1 min. Athlete may choose to do complete L leg motion, then R leg, or alternate where L heel is lowering at same time as R heel is rising.

Level 2 Heel Press - horizontal shins, extend heels only as far as you can isolate abs against floor

Level 3 Heel Tap or Heel Press with torso twist - hands behind head. Twist torso/shoulders (alternate L shoulder to R knee, then reverse). Keep elbows back, rather than trying to touch to opposing knee.

Exercise 2 HIP EXTENSION

Level 1 - Static BRIDGE



Level 2 - Static BRIDGE w. single leg



Goal: strengthen glutes and hamstrings for running motion

Start position: Lie on back. Knees bent. Feet next to each other, ~12-16" from buttocks.

Basic - arms placed at side. Advanced - hands to sky.

Movement:

Level 1 - Static BRIDGE Contract glutes and press hips as high as possible. Keep knees and feet pressed together throughout exercise. Hold for 1 minute.

Level 2 - Static BRIDGE w. single leg Lift L foot by 1". Exhale as you lift. Inhale as lower. Repeat for R foot. Repeat for 1 minute. *** do not let hips drop as you do single leg

Exercise 3 HIP STABILIZATION

Level 1 – static SIDE PLANK



Level 2 - static SIDE PLANK w. single leg



Goal: strengthen muscles to keep pelvis stabilized in running motion

Start position: Lie on side. Contract abdominals, and pull navel into spine. Maintain spinal alignment - straight line from ankles through shoulders to ears (hips forwards + chin back).

Movement:

Level 1 - static SIDE PLANK Press hips as high as possible. Support body weight on forearm. Switch sides after 30 seconds.

Level 2 - static SIDE PLANK w. single leg After hips raised, un-weight ("lift") top foot by 1 inch and hold. Switch sides after 30 seconds.

Exercise 4 HIP STABILIZATION

Level 1 – Static FRONT PLANK



Level 2- Static FRONT PLANK w/ single leg



Goal: strengthening core stabilization and hip muscles for running

Start position: Lie on front. Contract abdominals, and pull navel into spine. Maintain spinal alignment - straight line from ankles through shoulders to ears (hips forwards + chin back).

Movement:

Level 1 – Static FRONT PLANK Raise torso and support on forearms. Maintain straight line from ankles through shoulders to ears. Do not let hips drop. Focus on pulling navel into spine on exhalation.

Level 2- Static FRONT PLANK w/ single leg Un-weight ("lift") L foot by 1 inch and hold for full exhale, inhale as you lower. Repeat for R leg. SLOW motion.

Variation: Athletes who cannot hold this for 1 minute, or those looking for variety may do **PUSH-UPS** for second 30seconds. Front plank is basic posture for push-ups. Lower torso only as far as you can maintain strong core (abs pulled tightly into spine). Exhale as you lift, inhale as you lower.

Exercise 5 HIP STABILIZATION

BACK EXTENSION w. shoulder lift



HIP EXTENSION w. leg lift



Goal: strengthening key back muscles

Start position: Lie on front. Contract abdominals, and pull navel into spine.

Movement:

BACK EXTENSION w. shoulder lift Exhale and raise upper torso. Hold. Exhale as you lower slowly. Repeat for 30 sec.

HIP EXTENSION w. leg lift Lift and lower legs in this exercise. Place forehead on hands and keep neck relaxed.