

CORE STRENGTH

for runners



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WELCOME!!

About Velocity Performance Physical Therapy

Velocity Performance PT was created so endurance athletes, especially runners, could get advice other than “stop running” as a way to manage and recover from their orthopedic injuries.

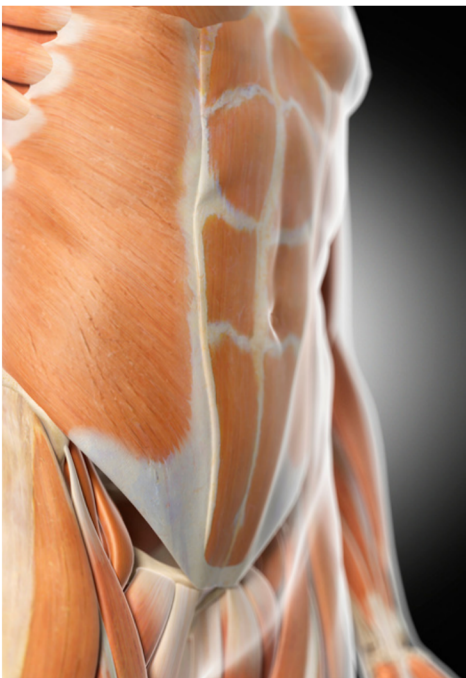
Dr. Samantha Sells, DPT is the founder of Velocity PPT and has been a physical therapist since 2011. She is an endurance athlete herself who loves helping others stay active in the sport.



In the following pages you will find 6 of Dr. Samantha’s staple core exercises she performs and recommends to her endurance athletes. Enjoy!

While running may appear to be about cardiovascular endurance and leg strength, the core plays a vital role that often goes unrecognized.

Having a strong core provides strength and stability so you can better control your movements. It enables you to maintain proper running form, prevent wasted energy, and enhance your biomechanical efficiency. A stable core acts as a bridge between your upper and lower body, facilitating the transfer of power from your arms to your legs.



core fact

Core muscles are made up of the deep core stabilizers, that have direct connection to the spine, and more superficial muscles that resist and control movements.

Things to be mindful of when going through the exercises:

1. Your form. Keep your ribcage stacked over your pelvis and try to maintain a neutral spine without over arching or flexing your back.
2. When performing these core exercises, you should not feel the muscles in your lower back kick in/fire/burn/ache.
3. Quality over quantity. These movements are to be done in a slow and controlled fashion. If you feel your form start to slip, it is better to end the set early.



Let's get started!!

Push-Cross-Pull-Push



PUSH



CROSS



PULL



PUSH

Bring both knees into your chest and flex your feet.

PUSH: lightly press your hands into your thighs (10% of pressure) and push upward (90% of pressure) to activate your deep core muscles.

CROSS: cross your hands and place them on your thighs. Use the same up and out pressure to activate your deep core.

PULL: place your hands on the top of your knees and resist pulling your knees into your chest.

PUSH: same as the first step

Gradually build up your resistance in each position holding for 30-60 seconds. It is okay if your core is shaking!

Supine 90-90



1. Start on your back with your feet on the floor.
2. Tighten your lower abdominal muscles to keep your spine and pelvis stable.

3. Lift one leg so your shin is parallel to the floor. Keep your spine stable as you lift the other leg to the same position. Lower the first leg back down, then lower the second leg. Repeat 5-10 times on each side for 2-3 sets.

progression..

1. Start with both legs up, shins parallel to the floor.
2. Keep your spine and pelvis stable as you lower one heel to tap the ground. Bring it back up to starting position. Repeat 5-10 times on each side for 2-3 sets



Bridge

1. Start on your back with your knees bent and feet on the floor.
2. Lift your pelvis off the floor and squeeze your glutes (butt muscles). Then slowly lower pelvis back down.



Tip Push your feet into the ground and drive your knees forward/away from your head as you lift.
*You want to extend from your hips and not your back

progression..



1. Lift up into a bridge position.
2. Keep your pelvis up as you bring one knee toward your chest.
3. Hold 5-8 seconds then slowly lower pelvis down. Put foot back on floor.

Side Plank

Start with your elbow under your shoulder and both knees bent. Lift your pelvis up and straighten your top leg. Work up to 60 sec holds for 3 reps



progression..

Start with your elbow under your shoulders and feet together. Keep your spine neutral as you lift your pelvis up. Hold up to 60 sec for 3 reps on both sides



progression..

Start with your elbow under your shoulders and feet together. Lift your pelvis up off the floor and raise your top leg. Hold up to 60 sec for 3 reps on both sides.



Bird dog



1. Start with your knees under your hips and hands under your shoulders. Engage your lower abdominals.
2. Keeping your spine and pelvis stable, extend one leg straight. Hold 5-10 seconds then return to starting position. Repeat 3-5 times on both sides.

progression..



1. Extend arm and leg at the same time. Hold 5-10 seconds then return to starting position for 3-5 times on both sides.

Carry

1. Hold a weight in one hand at your side and maintain a neutral posture as you walk.



alternative positions..

1. Hold the weight at your shoulder or overhead as you walk.

WRAP UP

Remember, your core isn't just a set of muscles; it's one of the keys to unlocking your running potential. By incorporating core strength exercises into your routine, you'll improve your running form, stability, and endurance while reducing the risk of injury.

Ready to maximize your potential as a runner? Give these a try and follow along for more updates on tips to improve your running performance and prevent injuries.



STAY IN TOUCH



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Thank you!