

W.O.W.

WAC ON WELLNESS

HIPS AND CORE FOR RUNNERS

This program is designed for beginner through advanced runners. It provides strength training to prevent common running injuries such as Iliotibial band syndrome by focusing on the hips and core.

Estimated Time/Duration of Workout: 30-35 minutes.

WARM-UP

5-10 minutes on any piece of cardio equipment

EQUIPMENT NEEDED

- Resistance Band or Plate/Dumbbell/Barbell
- Mat
- TRX Band (if needed during pistol squat for balance)

INSTRUCTIONS

Begin with the Hip Circuit. Perform each exercise as suggested for beginner, intermediate or advanced. Upon Hip Circuit completion, move to the Core Circuit and perform each exercise as suggested for beginner, intermediate or advanced.

BEGINNER: 2 sets of 10 reps, hips utilize only bodyweight

INTERMEDIATE: 3 sets of 10-12 reps, hips utilize resistance band

ADVANCED: 4 sets of 10-12 reps, hips utilize plates/dumbbells/barbell

FULL WORKOUT LIST

HIP CIRCUIT

- Hip Thrust
- Pistol Squat (each leg)
- 4 Way Lunge (each direction/each leg - Beg: 2x6, Inter: 3x6, Adv: 3x8-10)
- Clam Shells (each side - bodyweight or resistance band)

CORE CIRCUIT

- Bicycle crunches
- Side Bridge (each side - Beg: 3x30sec, Inter: 3x1min, Adv: 3x1min +)
- Forearm Plank (Beg: 3x30sec, Inter: 3x1min, Adv: 3x1min +)
- Bird Dog crunches (each side)



BY LAUREN JOHNSON

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See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow