

# 15-MINUTE CORE TRAINING ROUTINE FOR RUNNERS

**Note:** Every exercise name can be clicked to view a video demonstration. The first exercise in each category is the most basic starting point and the second is a progressed or harder variation. Complete one exercise from each category for the desired number of sets and repetitions.

## **Exercise #1: Anti-Extension Stability**

Note: Complete 2-3 sets of 10 repetitions (per side if applicable).

- Dead Bug
  - Progression: Bent Legs Lowering

## **Exercise #2: Hip Bridging**

Note: Complete 2-3 sets of 30-60 seconds. Or, 10 repetitions per side with the marching.

- Hip Bridge
  - Progression: Hip Bridge with Marching

## **Exercise #3: Plank Variation**

Note: Complete 2-3 sets of 30-60 second holds. Or, 10 repetitions per side with the shoulder taps.

- High Plank
  - Progression: High Plank with Alternating Shoulder Taps

## **Exercise #4: Side Plank Variation**

Note: Complete 2-3 sets of 30-60 second holds per side. Or, 10 repetitions per side with the hip abduction.

- Side Plank
  - Progression: Side Plank with Hip Abduction

**[Click here](#) to watch the entire 15-minute core training routine.**