

Functional Core for Runners

Tracy Green for New Balance Louisville
April 3, 2017

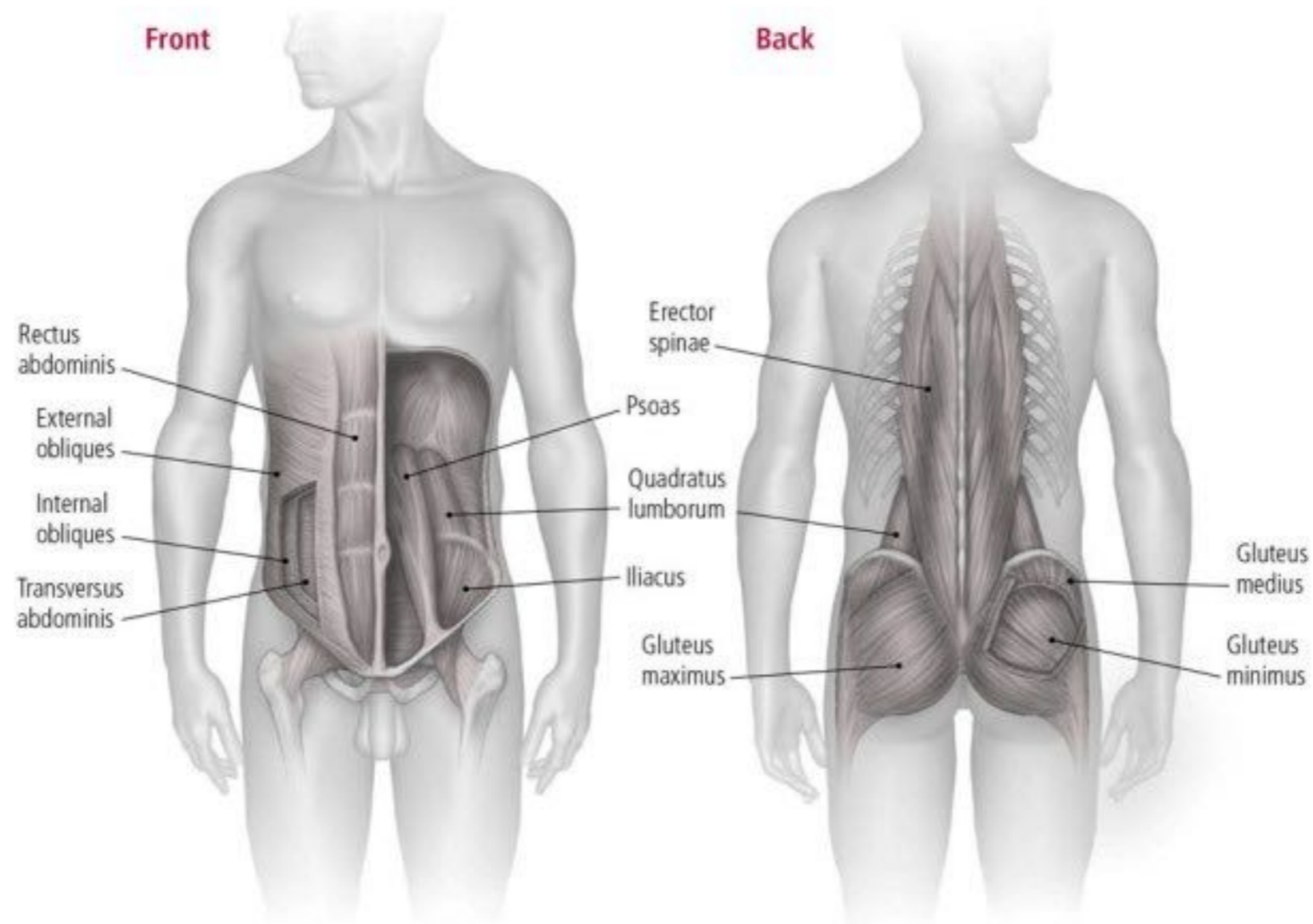
Why core training?

- Injuries are because of your chassis, not your engine
- Your legs are attached to your core — your arms, too!
- Your core holds you upright and gives your lungs room to breathe

What the heck is Pilates?

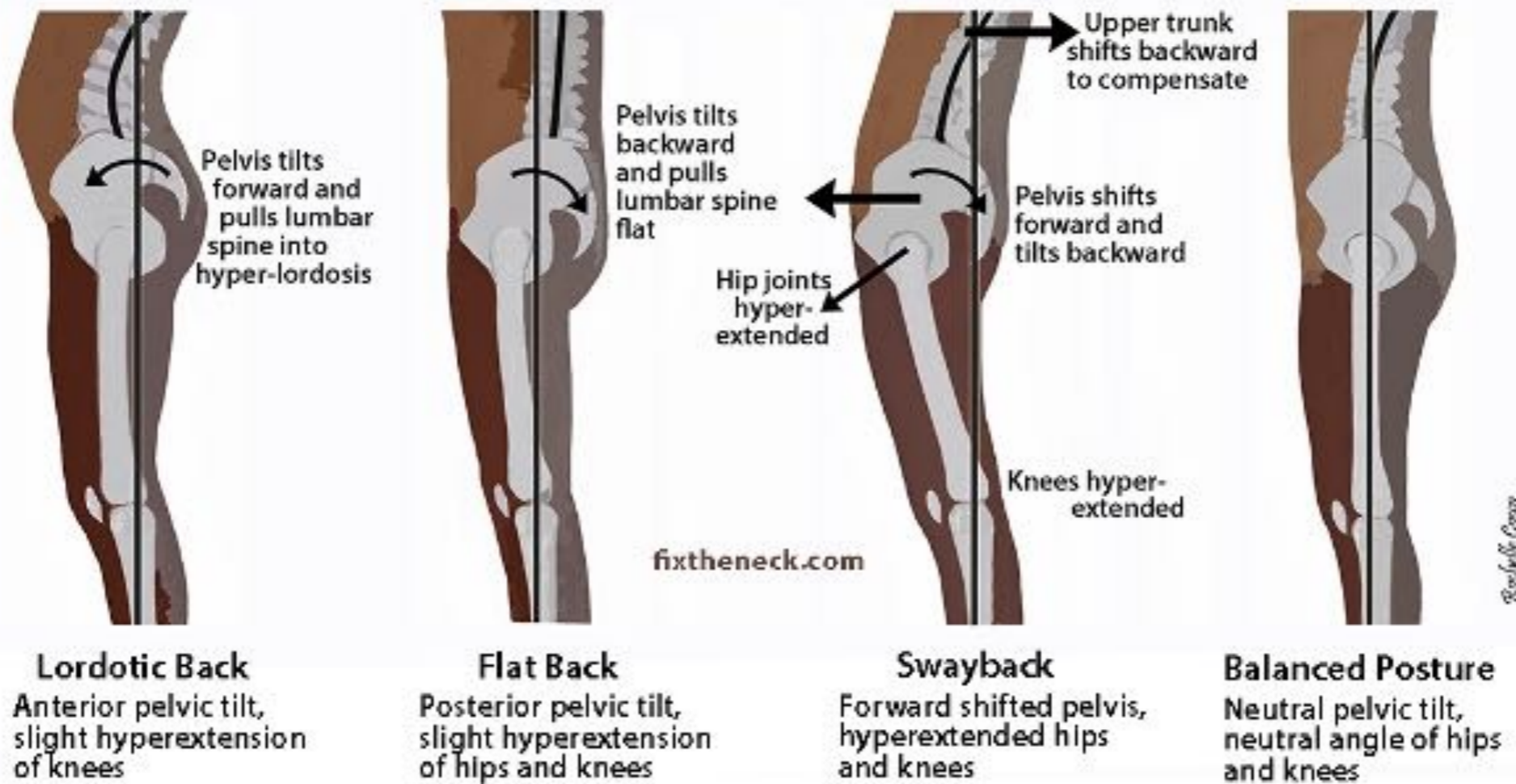
- Not just a what, but a who!
- Joseph Pilates was born in Germany but living in England at the outset of WWI, when he was placed under forced internment around 1914.
- Here, he began devising equipment to rehabilitate his “patients,” taking springs from the beds and rigging them to create spring resistance and “movement” for the bedridden.
- Focuses on the core — your powerhouse!

Your Powerhouse



Your Posture

Effect of Pelvic Tilt and Hip/Knee Angle on Lower Body Posture



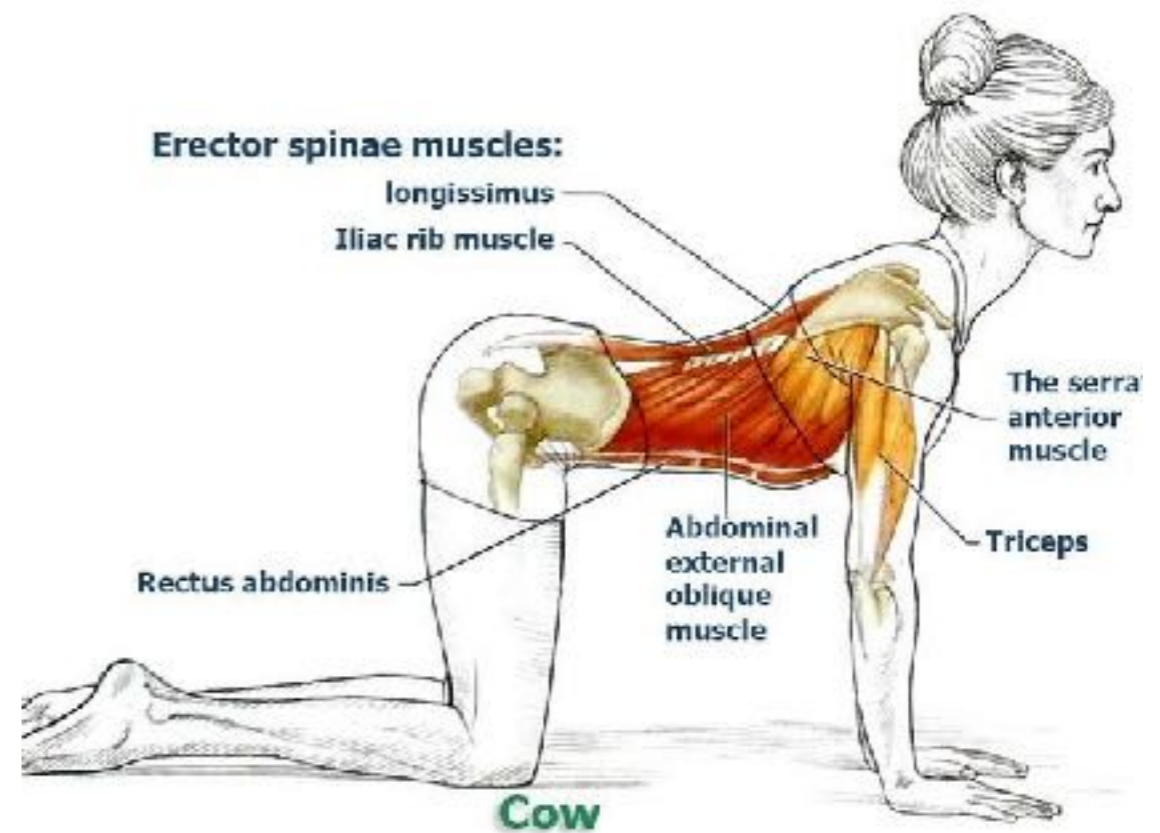
Standing

- Basic posture check
 - Shoulders down and back
 - Shoulders over hips, hips over knees, knees over feet
 - Weight distributed across whole foot
- Roll-downs, articulating your spine



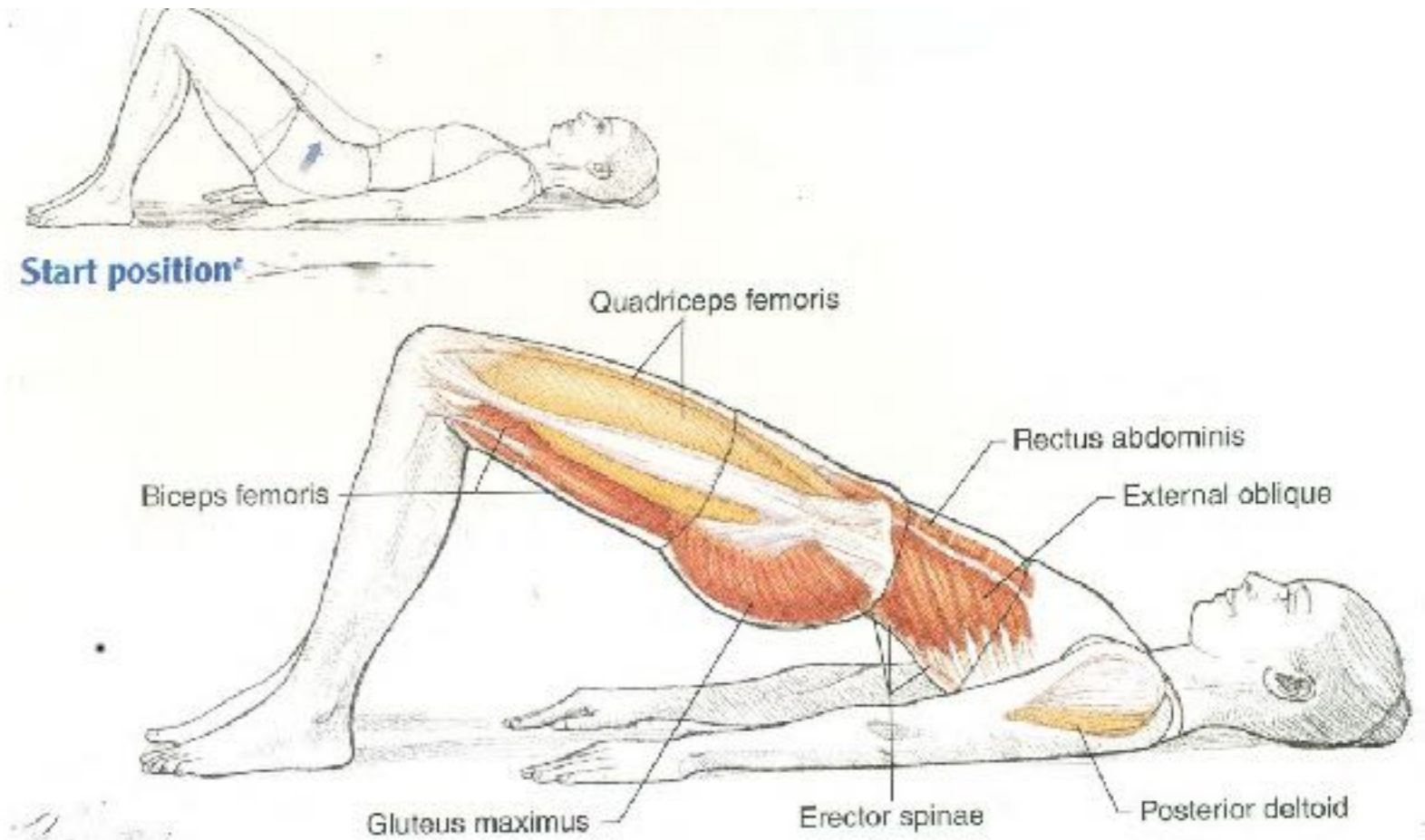
Quadruped

- Cat/Cow – articulate spine, expand chest
- Bird dog – stabilize spine in neutral
- Plank – engage core, modify on forearms/knees
- Leg pull-down – stretches calf complex



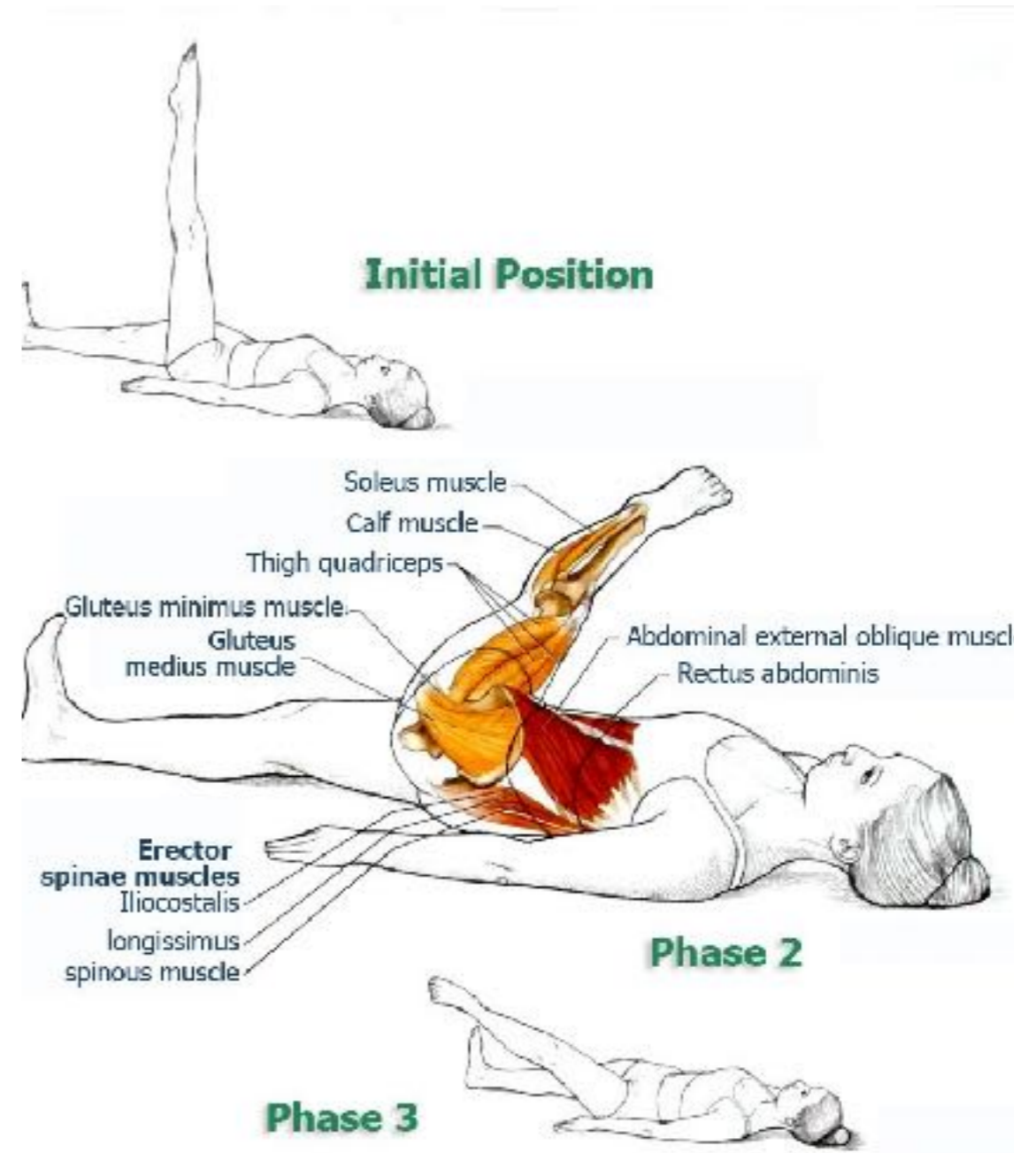
Supine

- Pelvic tilt and cough
- Bridge
- Hundred
- Single-leg stretch
- Double-leg stretch
- Scissors
- Lower and Lift
- Criss-cross



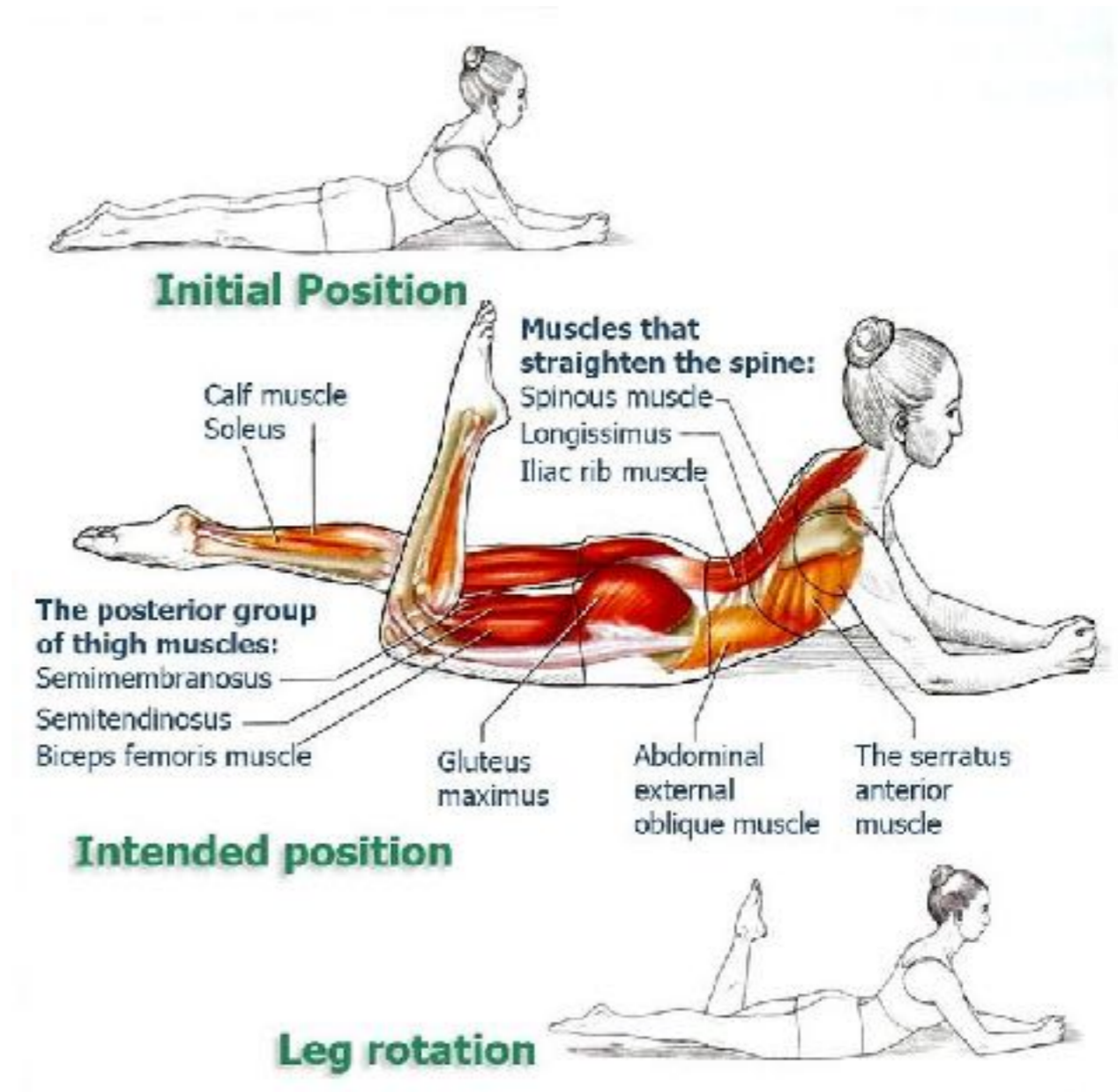
Supine

- Reverse plank
- Roll-up
- Saw
- Single-leg circles



Prone

- Swan
- Single-leg kicks
- Side kicks
- Forward and Back
- Up and Down
- Small Circles
- Clamshells



Standing

- Check posture!
- Lift to 90, tap, repeat
- Lift to 90, open to side, repeat
- Rotate in hip socket



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Baptist Health/Milestone Wellness Center
6 p.m. Wednesdays | 5:30 p.m. Thursdays
baptistmilestone.com for schedule updates