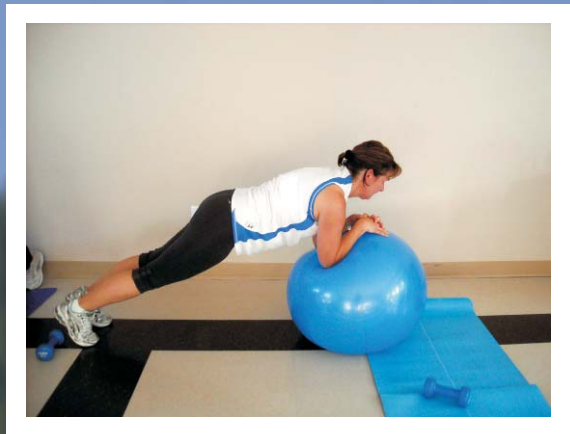


# KILLER CORE WORKOUT FOR RUNNERS

and Joggers, Walkers,  
Hikers, etc.

*"Studies prove that core strength helps improve your pace and reduce risk of knee and other injuries."*



**EQUIFITT.COM**  
Fitness & Sport Performance

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Core Training Specialist

ISBN: 978-0-9813391-5-3

# KILLER CORE WORKOUT FOR RUNNERS

and Joggers, Walkers, Hikers, etc.

This book is designed for the runners, walkers and hikers. You would much rather be outside than doing a gym type workout indoors even though we all know that core strength improves performance and reduces risk of injury. This workout plan is designed to make efficient use of your time so that you can spend more of it, doing what you love to do- better.

## Doing Your Part

Running from your core also means running from your centre- the place of deep care and source of compassion. Runners are keenly aware of the importance of staying hydrated. Craving water is a great moment to remember what it would be like not to have access to clean water. Missing your core workout won't kill you, and no, this workout won't really kill you either. Going without water will.

30% of the proceeds from the sale of each copy of the Killer Core Workout for Runners are donated to Ryan's Well Foundation, bringing clean and safe water to the nearly 1Billion people who need it.

[www.ryanswell.ca](http://www.ryanswell.ca)



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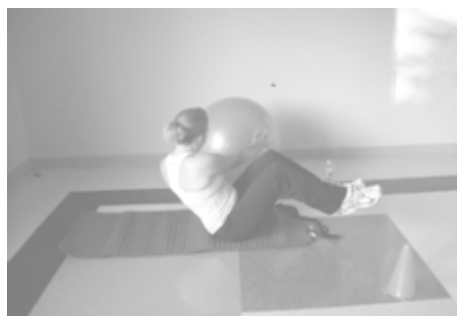
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'Give life. Grow life. Connect Life.'

Cover Design: Karen Henderson



## Introduction



When people talk about 'core', they often mean just the abdominal area. That elusive 6-pack comes to mind. From a sport conditioning perspective, it is more useful to understand core strength as being a little more like an apple core: in the physical centre, and all the way around. We are not talking about the little lumpy part with seeds in the middle, but the whole central portion which wraps around the 'spine' of the apple from its stem to the button on the bottom. Everything about an apple is connected around its core.

Unlike an apple, a human is capable of movement. Core strength not only supports movement, but also makes movement more efficient while reducing risk of certain injuries. Your torso is the bridge between your limbs which enables movement, power and speed. Your legs move you. Your hips move your legs. Your core powers and stabilizes your hips, and also connects your moving lower body to the rest of you so that you follow your own motion. The more integrated your core muscles are, the more efficient your movement and ability to channel energy without waste. The more efficient your movement, the less likely you are to experience certain kinds of wearing or sudden injury in response to negative joint loading through the legs, hips and spine.

Investing in strengthening your core will help you move joints that should move, better, while minimizing movement in the joints that should be stable. A good base of core strength enables movement a runner needs, while minimizing involuntary movement they don't need such as shearing through lateral instability in the knees, ankles and hips, or negative loading on the lower back through a collapsed torso. Like a suspension bridge, core strength supports your torso above your lower body, stabilizing your hips and providing added ability for force transfer- or stabilization on varied terrain. Core strength will help you run faster, further and negotiate technical ground more successfully and with less fatigue. It will help you reduce wear on your joints, which gives you back more time to keep running in your life. (It will also help a hiker or walker in the same way, just at slower speeds.)

The beauty of the core muscles is that they adapt very quickly to training, and can be maintained fairly easily once you have built up a good base. Like running, there are no shortcuts and consistency is better than heroic but infrequent training. Building your core strength is best done in steady frequent sessions, with consistency in training over time. You can get a phenomenally better core in a fraction of the time you devote to running (or walking etc..) and you will notice positive differences in your running very quickly once you get started core training.

Even if you only run, walk or hike casually, you need to protect your joints and back to enjoy an active lifestyle as long as you can, and to respond to moments of sudden demand which might happen. Without appropriate strength, a sudden rotational demand or jolt will be more likely to cause an injury. You will fatigue faster and your back and legs will pay un-necessary consequences.

The great news is that core work is easy to do, almost anywhere with little equipment, and a very little investment in time brings noticeable results quickly. All the exercises in this ebook can be performed with inexpensive and accessible equipment: a fitness ball, weight and Theraband or exercise tubing.

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## About the Author

Heather Sansom, MA, Certified Personal Trainer, Founder [www.equifitt.com](http://www.equifitt.com)



Heather is a certified personal trainer who specializes in functional conditioning and integrated core training. She has worked with Olympic athletes, marathon runners and other clients of all ages through her coaching practice she founded in 2007, Equifitt.com . A speaker and author, she has published five other ebooks and over 100 articles on fitness and conditioning, has spoken at national and international conferences and frequently delivers a post-rehab course on core strength and spine stability. In a project direction role for a national sport federation, Heather was recognized for her innovations in adapting the Long Term Athlete Development model for sport specific coaching. To keep fit, she runs, hikes, cross-country skis, snowshoes, swims and plays tennis as often as possible.

The EquiFITT vision and mission are to influence excellence through education and coaching in balanced programs that seek to:

- Make fitness more accessible and achievable through highly personalized programs that incorporate favourite pursuits.
- Contribute meaningfully to excellence in sport (including 'personal best' recreational goals) by helping clients and readers develop a supple and athletic body, effective movement patterns and good biomechanics.

Integrated and functional training often attracts clients with non-standard requirements that don't fit a 'boxed' approach, such as injury or joint-replacement recovery, disability, or sport specific goals and need for very personalized and targeted training. Clients are helped through clinics, workshops, small group training or personal training in person or through Skype around the globe.

EquiFITT is committed to using fitness and sport conditioning best-practices, partnership in the community and the promotion of healthy lifestyle choices. "Balanced training for better living."

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