

## Core Training for Runners Worksheet

Thanks for downloading this worksheet which accompanies the online workshop presented by James Dunne.

Below is a simple framework of exercises you can use to begin training your core muscles to better handle the demands of running...

### Video #1: Medicine Ball Oblique Wood Chops

3 sets of 60 seconds in each direction

[CLICK HERE TO VIEW FULL VIDEO](#)

### Video #2: Standing Hip/Pelvic Control

3 sets of 20 on each side, starting supported, then free-standing

[CLICK HERE TO VIEW FULL VIDEO](#)

### Video #3: 10 Plank Variations

1 set of 30 seconds each variation

[CLICK HERE TO VIEW FULL VIDEO](#)

Of course, please remember that not all exercises are appropriate for everybody. Use common sense: if something hurts, stop.

Good luck!