

## “BENEFITS OF A STRONG CORE IN OUR ATHLETES”

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\*What is our Core?

\*What does Core Strength have to do with Athletic Performance?

\*How can I use Core Training for my Track and Field Athletes in conditioning?

\*Core Training is not difficult or time consuming nor does it require expensive equipment!

\*Besides added strength and ability to have more power a strong core adds balance and stability and overall better movement of an athlete's body.

#### EXAMPLE OF CORE EXERCISES TO CHOOSE FROM:

Mountain Climbers	Floor Jacks	Planks/Side Planks
Frog Hops	Power Squats	Scurpees
Russian Twists	Push ups	Floor Angels
Fire Hydrants	Star Jacks	Superman
Walking Pushups	Knuckle Squats	Tuck Jumps
High Knees	Survivors	Jump Shots
V sit ups	Lateral Skaters	Sumo Squats
Jump Split Squats	Burpees	Suitcase Crunches
Bicycles	Leg Raises	Tricep Dips

#### Examples of: INTERVAL/CORE SESSIONS:

##### Beginner

50m push  
5 pushups  
50m push  
5 pushups  
10 body weight squats  
25m push  
5 pushups  
10 body weight squats  
20 survivors  
50m push

-continue and repeat for 6-10minutes

##### Advanced

100m push  
5 pushups  
100m push  
5 pushups  
10 body weight squats  
50m push  
5 pushups  
10 body weight squats  
20 survivors  
100m push

**More Examples of: INTERVAL/CORE SESSIONS:**

\*100m  
10 Pushups  
10 Air Squats  
10 Full Sit Ups  
\*100m  
10 Broad Jumps  
20 Knuckle Squats  
10 Plank Push Ups  
\*100m  
10 Jump Squats  
20 Survivors  
10 Frog Hops  
\*100m  
10 Tuck Jumps  
20 Pike Up Abs  
10 Push Ups  
\*100m            -continue and repeat for 6-10min.

\*50/100 High Knees  
100m push  
25 bicycles  
10pushups  
\*50/100 High Knees  
-100m push  
20 walking lunges  
10 leg lifts  
10 Tricep dips  
\*50/100 High Knees  
-100m push        -continue and repeat for 6-10 minutes

10/20 Frog Hops  
20 Body Weight Squats  
-100m push  
10 Pushups  
20 Lunges  
-100m push  
20 crunches  
20 survivors  
-100m push        -continue and repeat for 6-10minutes

### EXAMPLE OF INTERVAL/CORE TABATAS:

#### Ex: 1

\*10 Burpees  
20x jumping lunges  
20x skaters  
20xbicycles  
10x pushups  
\*10 Burpees  
20x power squats  
20x jump shots  
20x crunches  
10x tricep dips  
\*10 Burpees

#### Ex: 3

25 suitcase crunches  
25 pushups  
25 power squats  
25 mountain climbers  
25 survivors  
25 knuckle squats  
25 frog hops  
-repeat 2-4x (gradual increase to complete 100 of each exercise)

#### Ex: 4

50 high knees  
4 burpees  
40 mountain climbers  
6 burpees  
20 floor jacks  
8 burpees  
10 frog hops  
10 burpees

#### Ex: 6

<u>burpees</u>	<u>exercises</u>
2x	15x push up
4x	15x bicycles
6x	15x tricep dips
8x	15x V-up crunches
10x	15x power squats
12x	15x swimmers

#### Ex: 2

50 pushups  
50 high knees or 50 jump rope  
50 power squats  
25 pushups  
50 high knees or 50 jump rope  
50tricep dips  
25 push ups  
25 power squats  
50 high knees or 50 jump rope  
50 survivors  
25 pushups  
25power squats  
25 tricep dips

#### Ex: 5

50 jumping jacks  
25 suitcase crunches  
50 mountain climbers  
25 power squats  
50 jumping jacks  
25 push ups  
50 jumping jacks  
25 survivors  
50 mountain climbers  
25 knuckle squats  
50 jumping jacks  
25 tricep dips

### EXAMPLE OF PARTNER TABATAS:

- Partner A controls the tabata while Partner B repeats 2 exercises over and over until Partner A gets done.
- Then Partners will switch going for 2-6 min as you feel.

#### Partner A:

Ex 1: 100 high knees  
Ex 2: 80 mountain climbers  
Ex 3: 30m of Broad jumps down and back

#### Partner B:

10 pushups/20 bicycle abs  
15 knuckle squats/10 frog hops  
5 burpees/5 floor jacks

#### Added partner tabata examples:

Partner A runs down and back 100m (200m) while Partner B does 10 pushups/10 body weight squats  
Partner A does Burpee Jump down 25m and back while Partner B does 10 Jump squats/10 Jumping Jacks  
Partner A does walking lunges down 25m and back while Partner B runs back and forth along 50m  
-repeat each of these for 5-8minutes