“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:

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

Examples of: INTERVAL/CORE SESSIONS:

<table>
<thead>
<tr>
<th>Beginner</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m push</td>
<td>100m push</td>
</tr>
<tr>
<td>5 pushups</td>
<td>5 pushups</td>
</tr>
<tr>
<td>50m push</td>
<td>100m push</td>
</tr>
<tr>
<td>5 pushups</td>
<td>5 pushups</td>
</tr>
<tr>
<td>10 body weight squats</td>
<td>10 body weight squats</td>
</tr>
<tr>
<td>25m push</td>
<td>50m push</td>
</tr>
<tr>
<td>5 pushups</td>
<td>5 pushups</td>
</tr>
<tr>
<td>10 body weight squats</td>
<td>10 body weight squats</td>
</tr>
<tr>
<td>20 survivors</td>
<td>20 survivors</td>
</tr>
<tr>
<td>50m push</td>
<td>100m push</td>
</tr>
</tbody>
</table>

-continue and repeat for 6-10 minutes
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
10 pushups
*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
20x bicycles
10x pushups
*10 Burpees
20x power squats
20x jump shots
20x crunches
10x tricep dips
*10 Burpees

Ex: 2
50 pushups
50 high knees or 50 jump rope
25 pushups
50 high knees or 50 jump rope
25 tricep dips
25 push ups
25 power squats
50 high knees or 50 jump rope
25 survivors
50 pushups
25 power squats
25 tricep dips

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: 5
50 jumping jacks
25 suitcase crunches
50 mountain climbers
25 power squats
50 jumping jacks
25 push ups
25 jumping jacks
25 survivors
25 knuckle squats
25 jumping jacks
25 tricep dips

Ex: 6
burpees exercises
2x 15x push up
4x 15x bicycles
6x 15x tricep dips
8x 15x V-up crunches
10x 15x power squats
12x 15x swimmers

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: Partner B:
Ex 1: 100 high knees 10 pushups/20 bicycle abs
Ex 2: 80 mountain climbers 15 knuckle squats/10 frog hops
Ex 3: 30m of Broad jumps down and back 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 5-8 minutes