

CORE // PLANK HEAVY // 45 MINUTES

WORKOUT SETS			
<u>WARM UP</u>	<u>Time (Min)</u>		
Easy Warm Up Jog // stairs // running in place	5		
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	5		
<u>MAIN SET // click title for video examples</u>	<u>Time (Min)</u>		
<p><u>Standard Plank // Start 30 seconds - get to 2 minutes // 5 sets // 1 min rest in between sets</u></p> <p>If this position is too difficult (or aggressive), drop your knees to the ground, so your body forms a straight line, from the top of your head to your knees.</p> <p>For a challenge, keeping the hips level, gently lift one foot off the ground a few inches, then place back down. Then lift the other foot off the ground and replace it. Repeat as many times as you can while keeping good form.</p>	9		
<p><u>Marching Crunch // Start with 10 reps each side - get to 20 // 3 sets // 1 min rest between sets</u></p> <p>For a challenge, start with your legs in tabletop position, knees over hips with a 90° angle between your thighs and calves. Keeping the angle, lower one foot to the floor, then raise back to tabletop position. Repeat on the other side. Make sure to keep that soft curve in your lower back.</p>	6		
<p><u>Side Planks // Start 30 seconds each side - get to 2 minutes // 3 sets // 1 min rest between sets</u></p> <p>For a challenge, add a hip drop. From the side plank position, slowly lower your bottom hip to the floor, then raise back up to the original side plank position.</p>	6		
<p><u>Wall sit // Start with 20 seconds - get to 1 minute // 5 sets // 1 min rest between sets</u></p> <p>For a challenge, try marching in the wall sit position. Lift one foot off the floor, hold for a second, then place back on the floor. Repeat on the other side. Make sure to keep your back flat against the wall and hips level.</p>	9		
<p><u>Clams // Start with 10 reps per side - get to 20 // 3 sets // 1 minute between sets</u></p> <p>For a challenge, add a band. Place a band around your thighs, a few inches above the knees. Repeat the exercise above with the added resistance.</p>	6		
<p><u>Scissor kicks // Start with 30 seconds per rep - get to 1 minute // 3 sets // 1 minute rest between sets</u></p> <p>For a challenge, cross over feet during kick.</p>	6		
<u>COOL DOWN</u>	<u>Time (Min)</u>		
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	5		

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