



## Side Planks

Side Planks are a great exercise for runners as they build up strength throughout the muscles that influence our frontal plane biomechanics and alignment. Primary muscles involved with these actions are our hip adductors, abductors and internal and external obliques. Frontal plane stability, or lack thereof, plays a large role in our stance phase mechanics and facilitating proper alignment at our hips, knees and foot/ankle complex. Weakness in these muscles can lead to hip bursitis, ITB band pain, medial and lateral knee pain, plantar fasciitis and achilles tendonitis among other issues that commonly plague runners. Side planks should be incorporated **2x/week** into your training regimen. Below are several variations of side planks. ***When you could a certain variation for 45-60 seconds, you may progress to the next variation.***

***\*\*For each variation you should be able to maintain a straight line from your shoulders through your knees and down to your ankles when looking down from above\*\****

***\*\*Do make sure you hips and shoulders stay “stacked” on top of one another. To check for shoulder alignment, raise your top hand away from your body. You should be pointing up at the ceiling. If you are pointing at the wall in front of you, have rolled forward\*\****

***\*\*Hip height is key in adequately engaging the hip abductors, make sure they remain elevated throughout the whole session. Do by pressing your feet into the ground imagine someone pulling your top hip towards the ceiling\*\****



1)



2)



3)