



## 280 Pilates for Runners

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### Resurgence of Running

#### Runner's Posture

##### Muscular Imbalances

- Quad and hip flexor dominance
- Weak hamstrings, glutes and adductors
- Tight ITB, quads, hips, low back and calves
- Tight chest and anterior shoulder
- Thoracic kyphosis

##### Key Performance Goals

- Distance / time
- Stride length
- Foot strike and gait control
- Synchronization of breath & stride
- Complete coordination of body
- Recover / prevent injury

##### Why Pilates for Runner?

- Build up the core muscles evenly – Power House
- Elongate and align the spine for better stability
- Expand the diaphragm
- Increase overall flexibility, strength, and balance
- Increase range of motion in hips and shoulders
- Enhance concentration
- Provide more upright running
- Help bodies recover faster from injuries

##### Performance Benefits

***A stronger and more stable core helps a runner:***

- Run more efficiently with stabilized musculature

- Experience more relaxed carriage of upper body
- Increase oxygenation and stamina with a diaphragm that is able to fully expand
- Focus on proper movement with better kinesthetic awareness
- Decrease fatigue and shave seconds off of times by increasing efficiency
- Run without pain!

##### What to Focus on in Pilates

- Gluteal & hamstring strength
- Lumbo-pelvic stability
- Balancing strength of adductors and abductors
- Leg alignment
- Improve proper neuro-muscular patterning
- Flexibility
- Recovery
- Opening thoracic spine & chest as needed

##### Key Concepts- Alignment Tools

- Pilates Stance
- Centerline
- Powerhouse
- Length and Opposition
- Box/ inner Box
- Frame
- Perch
- Critical Connections:
  - 3 Anchors
  - Heel to Seat
  - Ribs to Scapula/Scapula to Ribs

##### Reformer For Runners

###### Ab – 5 on the Reformer

- Single Leg Stretch
- Double Leg Stretch
- Single Straight Leg Stretch
- Double Leg Lower Lift
- Criss Cross

###### Leg Alignment & Strength

- Footwork series with pulses

- One leg footwork with develop & variations
- Bridge with semi-circle prep

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### **Leg Alignment & Pelvic Stability**

#### **Leg Springs**

- Frog
- Diamond var., adduction, lower lifts
- Wide Leg Circles
- Beats
- Large Circles

### **Thoracic Mobility**

- Cleopatra
- Mermaid
- Backwards seated arm series

### **Lumbo Pelvic Strength**

- Reverse knee stretches
- Knee Stretch Series
- Round
- Flat
- 'Running Man'
- Knees Off
- Tinker Bell

### **Flexibility & Muscular Balance**

- Side Splits
- Eve's Lunge
- Splits variation
- Front Lung
- Back & front leg
- Front Splits

### **Tips & Tricks**

- Look! Static & Dynamic posture
- Trust the method
- Teach deeply into the powerhouse
- Passion is Powerful

## **Thank You!**

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