

Program name: Runners Week1

Program date: 11/03/2020

The Pilates Rest Position

In the rest position your muscles are relaxed and your joints are in neutral alignment. You should try to incorporate the key points of the rest position into all postures throughout your day.

- Lie on your back with your knees bent up and your head supported on a small cushion or folded towel
- Relax the weight of your head into the support
- Lengthen the back of the neck by reaching the crown of the head towards the wall behind you
- Gently draw your shoulder blades down towards your waist to relax the neck and shoulders
- Soften the ribcage into the mat to connect the back of the ribcage on the mat
- Place your feet and knees hip distance apart
- Make sure that your weight rests on the six key points of the feet: the base of each big toes, each little toe and the centre of the heel on each foot
- Imagine your pelvis is a bucket of water. Tip it backwards to spill some water out the back of the bucket and you will feel your back gently flatten onto the mat. Now tip it forwards to spill some water out of the front of the bucket and you will feel your lower back arch slightly. Find your 'neutral spine' position by resting the bucket halfway between these two movements. There should be a small space between your back and the mat, and your pubic and hip bones should form a small flat triangle
- Maintaining the neutral spine position, INHALE wide into the sides and back of the ribcage and then EXHALE. At the end of your exhale, slowly draw up through the pelvic floor muscles to engage these and your deep abdominal muscles. Hold this gently contraction and keep breathing for up to ten breaths



Program name: Runners Week1
Program date: 11/03/2020

One leg Stretch

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, slide your left heel forwards along the floor
 - INHALE, slide your left heel back along the floor
 - Repeat alternating legs
- Sets: 2 Reps: 10**



Level 2

- INHALE to prepare
 - EXHALE, float your left leg into tabletop
 - INHALE and hold the tabletop position
 - EXHALE, reach your left leg forwards and upwards on a diagonal line
 - INHALE, fold this leg back into the tabletop position
 - EXHALE, lower your leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10**



Tips

- Imagine that the extending leg is reaching forwards to touch a button on the wall in front of the body
- Imagine that the back of your pelvis is stuck in a block of cement to prevent it swinging it sideways
- When in the abdo. prep. position, keep your eyes focused on your knees

Double leg stretch

Starting position: Rest position. Centre engaged.

Level 2

- INHALE to prepare
 - EXHALE, lower both arms overhead while simultaneously sliding your left heel forwards along the floor
 - INHALE, circle both arms outwards and then downwards. Simultaneously, slide your left heel back along the floor towards your body
 - Repeat alternating legs
- Sets: 2 Reps: 10**



Program name: Runners Week1
Program date: 11/03/2020

Scissors

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, slide your right foot inwards towards your sitting bone and float this leg into tabletop
 - INHALE and hold the tabletop position
 - EXHALE, lower your right leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10**



Level 3

- INHALE to prepare
 - EXHALE, float your right leg into tabletop
 - INHALE and hold this tabletop position
 - EXHALE, lower your right leg to the mat. Simultaneously, float the left leg into tabletop
 - INHALE and hold this tabletop position
 - Repeat alternating legs
- Sets: 2 Reps: 10**



Tips

- Imagine balancing a drinks tray on the front of your pelvis to avoid rocking it sideways
- Do not allow the abdominal wall to bulge or dome forwards
- Imagine that the pelvis is stuck in a block of cement to avoid swinging the pelvis sideways

Abdominal Preparation

Starting position: Rest position. Centre engaged.

Action

- INHALE and lengthen the back of your neck
 - EXHALE, slide your ribcage downwards towards your waist to lift your head, neck and shoulders off the mat. Simultaneously, slide your shoulder blades downwards and reach forwards through your fingertips to hover your arms above the mat
 - INHALE to hold
 - EXHALE and lower to the mat
- Sets: 2 Reps: 10**



Program name: Runners Week1

Program date: 11/03/2020

Tips

- Think of lifting and lowering your body from the ribcage and not the head or neck
- Maintain the neutral spine position
- Do not allow your lower abdominals to dome
- If you experience neck ache, place your hands behind your head for support

Oblique preparation

Starting position: Rest position. Palm of your right hand at the back of your head. Left arm resting long beside the body.

Action

- EXHALE, lift your right shoulder blade diagonally across your chest towards your left hip. Allow your neck and head to lift and follow the diagonal movement. Simultaneously, slide your shoulder blades downwards and reach forwards through your left arm to hover this arm off the mat
- INHALE and lower your upper body to the mat in the midline

Sets: 2 Reps: 10



Tips

- Do not allow your hips to hitch upwards or rock sideways
- Keep the waist long on both sides of the body
- Maintain neutral alignment of the low back
- Do not allow the abdominal wall to bulge or dome forwards
- If you experience neck ache, place the hands behind the head for head and neck support

Program name: Runners Week1

Program date: 11/03/2020

Shoulder bridge

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
- EXHALE, gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
- INHALE and hold the shoulder bridge position
- EXHALE, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.

Sets: 2 Reps: 10



Level 2

- INHALE to prepare
- EXHALE and roll into the shoulder bridge position.
- INHALE and hold the shoulder bridge position
- EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
- INHALE and fold this leg back to the mat to resume the shoulder bridge position
- EXHALE and lower the shoulder bridge.
- Repeat alternating legs and allowing your spine to return to the mat in between shoulder bridges

Sets: 2 Reps: 10



Tips

- Imagine the spine is a string of pearls and you are lifting this string of pearls off the mat pearl by pearl
- Your hips should always be higher than your ribcage in the bridge position
- Keep your collarbones wide and the back of your neck long through out
- Imagine a harness suspended from the ceiling lifting and supporting the pelvis in the bridge

Program name: Runners Week1
Program date: 11/03/2020

Clam

Level 1

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk with your head resting on this arm. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Action

- INHALE to prepare
- EXHALE, lift the top knee upwards keeping the feet together
- INHALE, lower the top knee onto the bottom leg

Sets: 2 Reps: 15



Program name: Runners Week1
Program date: 11/03/2020

Clam

Level 2

Starting position: Align the body as for level one. Then lift both feet into the air approx. 8 inches, keeping them stacked.

Action

- INHALE to prepare
- EXHALE, lift the top knee upwards, keeping the feet together and lifted off the mat
- INHALE, lower the top knee onto the bottom leg, keeping the feet lifted off the mat

Sets: 2 Reps: 15



Program name: Runners Week1

Program date: 11/03/2020

Side kick

Starting position: Side lying. Underneath arm outstretched in alignment with your trunk. Head rested on your arm. Hips bent slightly and knees bent to 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Level 2

- Extend both legs and flex your ankles. You should be able to see your toes if you look to your feet.
- INHALE to prepare
- EXHALE and lift the top leg to hip height, then glide this leg forwards from your hip joint, keeping the leg lifted at hip height
- INHALE, glide this leg back above your underneath leg, keeping your leg lifted at hip height
- Repeat keeping your top leg lifted to hip height

Sets: 2 Reps: 10



Tips

- Imagine threading a ribbon between your waist and the mat to avoid sinking at your waist
- Imagine balancing a cup of tea on your top hip and shoulder to avoid moving these areas
- Imagine that the inner aspect of the top leg is polishing a glass tabletop to help keep this leg lifted at hip height
- Imagine the top hip joint is a hinge and your leg is swinging back and forwards from this hinge

Program name: Runners Week1

Program date: 11/03/2020

Lower & Lift

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk. Rest your head on your arm. Hips slightly bent with legs out long in alignment with the trunk. Shoulders and hips stacked. Top hand on hip or the floor for support. Draw your top hip downwards away from your top shoulder to create a small space between your waist and the mat.



Action

- INHALE to prepare
- EXHALE, reach your top leg away from your body and then lift it upwards on an arc. Simultaneously point this ankle.
- INHALE, lower this leg to the starting position. Simultaneously flex this ankle.

Sets: 2 Reps: 10



Tips

- Imagine balancing a cup of tea on your top hip and top shoulder to avoid moving these areas
- Imagine that the inner aspect of the top leg is polishing a glass tabletop to help keep this leg lifted at hip height
- Imagine that the front hand is resting on a cream cake to avoid heavy pressure through this hand

Program name: Runners Week1
Program date: 11/03/2020

Swimming

Starting position: Lie on your front. Forehead resting on the back of the hands. Neck long. Glide your shoulder blades down towards your waist. Neutral spine position. Legs in parallel alignment.



Level 4

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

Action

- INHALE to prepare
- EXHALE, reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
- INHALE and lower this arm and leg
- Repeat alternating arms and legs

Sets: 2 Reps: 10



Tips

- Imagine balancing a drinks tray on you lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you

Hip Twist

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
- EXHALE, roll your left leg outwards from your body
- INHALE, roll your left leg back inwards until your left knee is in line with the left hip
- Repeat alternating legs

Sets: 2 Reps: 10



Program name: Runners Week1

Program date: 11/03/2020

Hip Twist

Level 2

Starting position: Place your arms out to the sides just below shoulder height, palms facing upwards. Connect your legs together and hold a small block between your knees.

Action

- INHALE to prepare
 - EXHALE, roll both knees to the right, continue to roll your pelvis, waist and then lower back towards the right. Finally, roll your head and neck towards your opposite shoulder, keeping your neck long
 - INHALE and hold
 - EXHALE, roll your head and neck back to the midline. Finally, roll your lower back, waist, pelvis and then legs back towards the midline.
 - Repeat alternating sides
- Sets: 2 Reps: 10**



Tips

- Imagine your shoulder blades as anchors to prevent them lifting away from the mat
- As the legs and body roll to the side, imagine the ribcage sliding downwards to meet the hips to avoid flaring the ribcage
- Imagine the spine as a corkscrew, rotating from the tailbone upwards to the mid back

Program name: Runners Week1

Program date: 11/03/2020

Spine Twist

Starting position: Sitting up tall on your sitting bones. Legs crossed or with the soles of the feet together and the hips and knees turned outwards. Neutral spine position. Arms folded into the 'cossak' position.

Action

- EXHALE, rotate your spine to the left around a vertical axis, keeping your hips facing forwards
- INHALE and hold the stretch
- EXHALE, rotate your spine back into the centre around a vertical axis, keeping your hips facing forwards
- Repeat alternating sides

Sets: 2 Reps: 10



Tips

- Think of growing taller each time you rotate your spine
- Keep even weight on your sitting bones
- Imagine climbing a spiral staircase with each turn of the body, climbing higher as you turn
- Imagine there are spotlights on the front of the hips that you want to keep facing forwards