

10 KM: Core & Strength Exercises

Yavatmal Health Marathon 2027 • 5th Edition • Sunday 3 January 2027

How to use these routines

- Use with the 12-week plan. The daily plan tells you which routine letter to do each day.
- **Core** after the easy runs on Tuesday and Saturday (about 15 minutes). **Strength** on Wednesday (about 30 minutes).
- Routine A: Weeks 1–4, B: Weeks 5–8, C: Weeks 9–10, L (light): Week 11.
- Do each exercise with good form and rest 30–60 seconds between sets. Stop if you feel sharp pain.
- In race week keep it light and add nothing new.

Warm-up before every run (about 8 min)

Brisk walk or very easy jog, 5 min

Leg swings forward-back, 10 per leg

Leg swings side to side, 10 per leg

Hip circles, 10 each way

High knees, 20 steps

Butt kicks, 20 steps

Walking lunges, 6 per leg

Cool-down and stretches after every run

Walk 5 min to bring the heart rate down

Calf stretch against a wall, 30 s per side

Standing quad stretch, 30 s per side

Hamstring stretch (heel on a low step), 30 s per side

Hip-flexor stretch in a half-kneel, 30 s per side

Glute (figure-4) stretch, 30 s per side

Core routines

Core routine A • Weeks 1–4 (Base)

Exercise	Sets × reps	How to do it
Front plank	3 × 30 s	Forearms and toes on the floor, body in one straight line. Squeeze glutes and belly, do not let hips sag.
Dead bug	3 × 10 per side	Lie on your back, arms up, knees at 90°. Slowly lower the opposite arm and leg, keeping your lower back flat.
Bird-dog	3 × 10 per side	On hands and knees, reach the opposite arm and leg out. Keep hips level and back flat, then return slowly.
Glute bridge	3 × 12	Lie on your back, feet flat. Push through heels, lift hips and squeeze glutes at the top. Do not over-arch.
Side plank	2 × 20 s per side	On one forearm, feet stacked, hips lifted in a straight line. Keep shoulders over elbow.

Core routine B • Weeks 5–8 (Build)

Exercise	Sets × reps	How to do it
Front plank	3 × 45 s	Forearms and toes on the floor, body in one straight line. Squeeze glutes and belly, do not let hips sag.
Bicycle crunch	3 × 16	Slow and controlled. Bring elbow towards the opposite knee while the other leg extends. Lower back stays down.
Single-leg glute bridge	3 × 10 per side	One foot flat, other leg straight. Drive up through the heel, keep hips level.
Side plank	3 × 30 s per side	On one forearm, feet stacked, hips lifted in a straight line. Keep shoulders over elbow.
Mountain climbers	3 × 20	From a high plank, drive knees to chest alternately with hips low and shoulders over hands.
Superman	3 × 12	Lie face down, lift arms and legs a little, hold 1–2 seconds, neck neutral. Lower with control.

Core routine C • Weeks 9–10 (Peak)

Exercise	Sets × reps	How to do it
Front plank	3 × 60 s	Forearms and toes on the floor, body in one straight line. Squeeze glutes and belly, do not let hips sag.
Hollow hold	3 × 20 s	On your back, press lower back into the floor, lift shoulders and legs slightly, arms overhead. Bend knees to make it easier.
Russian twist	3 × 20	Sit leaning back slightly with a tall chest. Rotate the torso side to side. Keep feet down to make it easier.
Side plank with top-leg lift	3 × 10 per side	In a side plank, lift the top leg to hip height and lower it slowly without dropping the hips.
Reverse crunch	3 × 12	On your back, knees bent. Curl hips up towards ribs using the abs, not by swinging the legs.
Plank shoulder tap	3 × 20	High plank with feet wide. Tap the opposite shoulder while keeping hips still.

Core routine L • Week 11 (Taper, light)

Exercise	Sets × reps	How to do it
Front plank	2 × 30 s	Forearms and toes on the floor, body in one straight line. Squeeze glutes and belly, do not let hips sag.
Dead bug	2 × 10 per side	Lie on your back, arms up, knees at 90°. Slowly lower the opposite arm and leg, keeping your lower back flat.
Glute bridge	2 × 12	Lie on your back, feet flat. Push through heels, lift hips and squeeze glutes at the top. Do not over-arch.

Strength routines

Strength routine A • Weeks 1–4 (Base)

Exercise	Sets × reps	How to do it
Bodyweight squat	3 × 12	Feet shoulder-width. Sit hips back and down, chest up, knees tracking over toes. Stand tall.
Reverse lunge	3 × 8 per leg	Step one foot back and lower until both knees are about 90°. Push through the front heel to return.
Glute bridge	3 × 12	Lie on your back, feet flat. Push through heels, lift hips and squeeze glutes at the top. Do not over-arch.
Calf raise	3 × 15	Rise onto the balls of your feet, pause at the top, lower slowly.
Step-up (bench or stair)	3 × 8 per leg	Place the whole foot on the step, push through the heel to stand, and lower slowly. Do not push off the back foot.

Strength routine B • Weeks 5–8 (Build)

Exercise	Sets × reps	How to do it
Tempo squat (3 s down)	3 × 15	Take 3 seconds to lower into the squat, pause briefly, then stand up smoothly.
Walking lunge	3 × 10 per leg	Step forward into a lunge, push off and bring the back leg through into the next step. Stay tall.
Single-leg glute bridge	3 × 10 per leg	One foot flat, other leg straight. Drive up through the heel, keep hips level.
Single-leg calf raise	3 × 10 per leg	On one foot (hold a wall for balance), rise up, pause, lower slowly.
Side-lying leg raise	3 × 12 per side	Lie on your side, hips stacked. Lift the top leg with toes forward and lower slowly without rolling back.

Strength routine C • Weeks 9–10 (Peak)

Exercise	Sets × reps	How to do it
Split squat	3 × 10 per leg	Staggered stance. Lower the back knee towards the floor, keep the torso upright, push through the front heel.
Single-leg Romanian deadlift	3 × 8 per leg	Hinge at the hips on one leg, back flat, free leg reaching behind. Soft knee. Hold a wall if balance is hard.
Lateral step-up	3 × 10 per leg	Stand side-on to a bench. Step up sideways, stand fully, lower slowly. Do both sides.
Hip thrust	3 × 12	Upper back on a bench or sofa, feet flat. Drive hips up, squeeze glutes at the top, lower with control.
Slow calf raise	3 × 15	Two seconds up, hold one second, three seconds down.

Strength routine L • Week 11 (Taper, light)

Exercise	Sets × reps	How to do it
Bodyweight squat	2 × 12	Feet shoulder-width. Sit hips back and down, chest up, knees tracking over toes. Stand tall.
Reverse lunge	2 × 8 per leg	Step one foot back and lower until both knees are about 90°. Push through the front heel to return.
Calf raise	2 × 15	Rise onto the balls of your feet, pause at the top, lower slowly.

Register: <https://registration.eventforce.ai/event/80/yavatmal-health-marathon-2027-5th-edition>

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This is general guidance, not official YHM instructions or medical advice. If you have a medical condition, are new to exercise, or feel unwell, check with your doctor first. Official race information comes from the organisers.