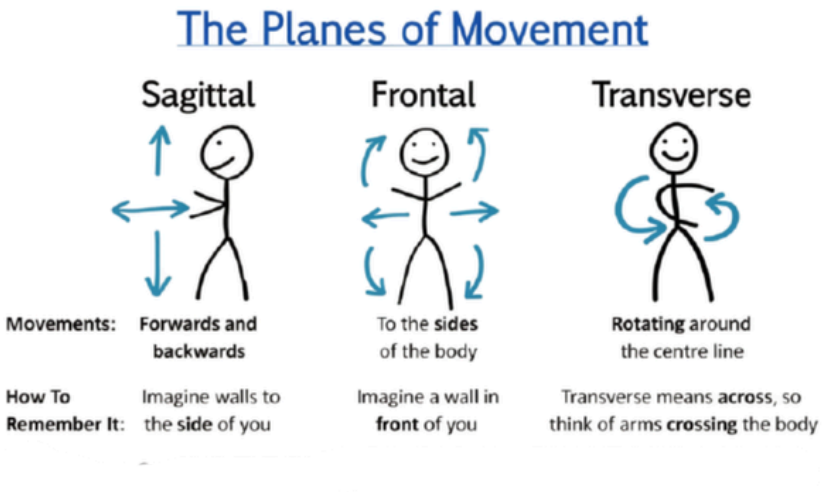
PLAIN TALK ABOUT PLANES OF MOTION

Move Better. Run Stronger

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If you want to be a stronger runner, your cross-training has to do more than "get you fit". It needs to train your body to move in **all three planes of motion** - because running mostly only uses one of them.



Most running happens in the **sagittal plane** (forward/back). That means the muscles that stabilize you side-to-side and control rotation get ignored unless you train them on purpose.

Here's how to fix that.

1. Sagittal Plane - Forward/Back Strength

This is your running engine. It builds the power you use every step.

Why runners need it:

- Drives your stride
- Supports knee & hip mechanics
- Builds the "push" you feel in each mile

Examples:

- Squats
- Reverse lunges
- Deadlifts
- Calf raises

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2. Frontal Plane - Side -to Side Stability

This is your "don't wobble" plane. It keeps your pelvis level and your knees tracking straight.

Why runners need it:

- Prevents hip drop
- Reduces IT band irritation
- Improves single leg balance
- Helps you stay stable on uneven terrain

Examples:

- Lateral lunges
- Side planks
- Hip abductions
- Lateral step-downs

3. Transverse Plane - Rotation Control

Running is rotational - your pelvis and ribcage counter-rotate with every step. Training this plane makes your stride smoother and more efficient.

Why runners need it:

- Protects your low back
- Improves arm swing & torso control
- Reduces wasted energy
- Supports strong single-leg mechanics

Examples:

- Pallof press
- Cable chops
- Cable Lift
- Russian Twists

The Runner Formula

A balanced cross-training session includes:

- **One Sagittal Plane move** (strength)
- **One Frontal Plane move** (stability)
- **One Transverse Plane move** (rotation control)

Three movements

Better mechanics ->fewer injuries ->stronger miles

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Exercise Library

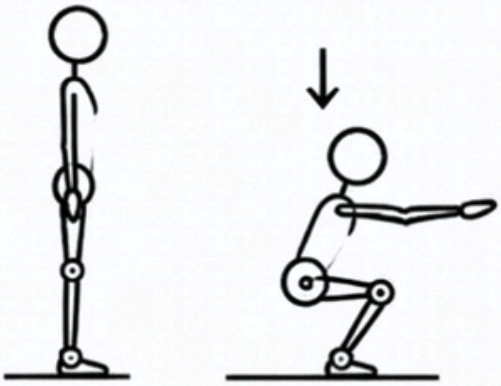
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BODYWEIGHT SQUAT - Sagittal Plane

FORM • Feet slightly wider than hip-size core, chest lifted • Push hips back • Bend knees, track over toes • Lower to comfortable depth • Drive through heels to stand

FOCUS • Knees track forward • Spine neutral • Weight in heels + mid-foot

REPS 10–12

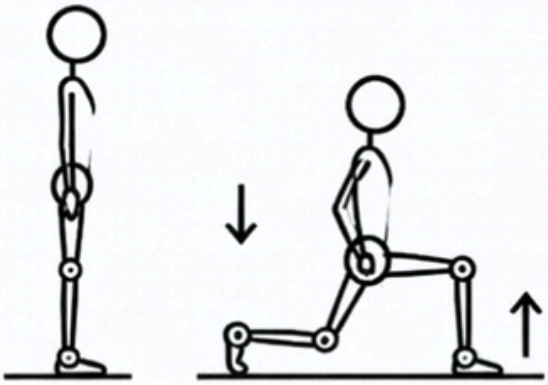


REVERSE LUNGUE - Sagittal Plane

FORM • Stand tall, feet hip-width • Step back with control • Lower both knees • Front shin vertical • Push through front heel to rise

FOCUS • Hips square • Upright torso • Smooth step

REPS 6–8 each side

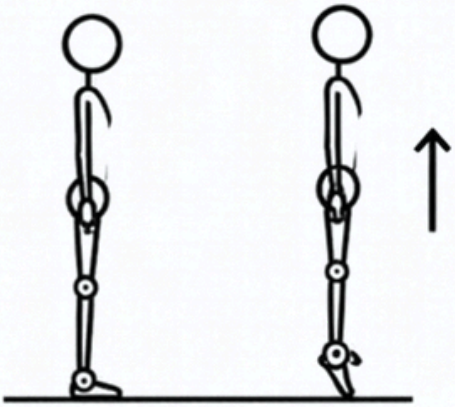


CALF RAISE - Sagittal Plane

FORM • Stand tall • Press through balls feet • Lift heels high • Pause at top • Lower slowly

FOCUS • No bouncing • Ankles aligned • Full range

REPS 12–15

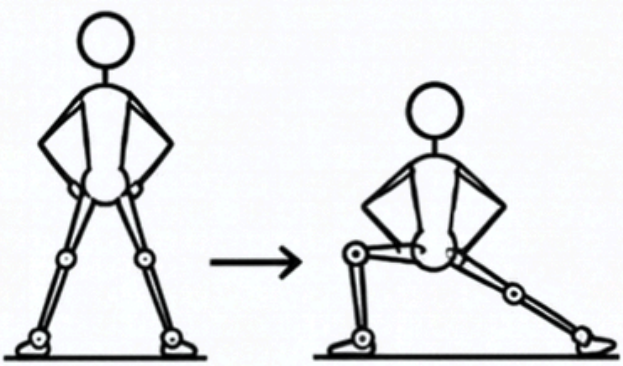


LATERAL LUNGUE - Frontal Plane

FORM • Step wide to the side • Bend stepping leg • Push hips back • Opposite leg stays straight • Drive through heel to return

FOCUS • Chest lifted • Knee tracks over toes • Hips shift back

REPS 6–8 each side



PLAIN TALK ABOUT PLANES OF MOTION

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Exercise Library

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SIDE PLANK • FRONTAL PLANE

FORM • Elbow under shoulder • Stack or stagger feet • Lift hips into straight line Engage obliques + glutes • Hold steady

FOCUS • Ribs stacked • Strong glutes • Head aligned

REPS 20-30 sec each side

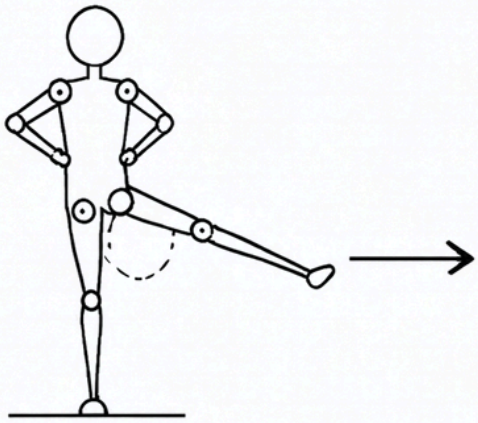


HIP ABDUCTION • FRONTAL PLANE

FORM • Stand tall • Lift leg out to side • Toes forward • Avoid leaning • **Return slowly**

FOCUS • Pelvis level • Movement from hip • Controlled lift + lower

REPS 10-12 each side

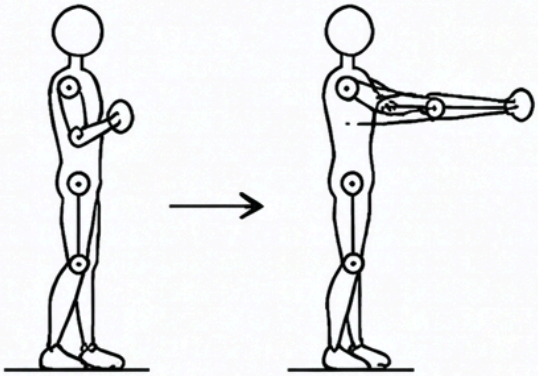


PALLOF PRESS • TRANSVERSE PLANE

FORM • Stand side-on to a band or cable Hold at chest
Brace core • Press hands straight out without twisting • Return with control

FOCUS • Hips square • No twisting • Smooth press

REPS 10-12 each side



RUSSIAN TWIST • TRANSVERSE PLANE

FORM • Sit tall, knees bent • Lean back until core engages • Hold hands or light weight • Rotate ribs side to side • Keep hips still

FOCUS • Rotation from ribs • Pelvis quiet • Spine long

REPS 6-8 each side (12-16 total)

