

## HR ANNUAL AWARDS NIGHT 2026



**Sawan Barwal** Inspires Hyderabad Runners During Two-Day Visit





# Activities Of Hyderabad Runners



**Date: 05th April, 2026**

## Indira Park Anniversary Run & Sunday Long Run

Sujaprabhu Kuteer, Palmakole,  
Near Shamshabad

The Indira Park Tribe successfully hosted the 4th Edition of The Village Run on April 5, 2026, at Suja Prabhu Kuteer, bringing together nearly 600 runners from across Hyderabad.

Set against a rustic backdrop, the event featured a mixed trail and road route with distance options of 5K, 10K, 16K and 21K offering something for every runner. What made the morning truly special was the vibrant post-run celebration, followed by breakfast. Runners celebrated by dancing, marking the community's 4th anniversary in true festive spirit.

We are deeply grateful to every runner who travelled from across the city to make this event memorable.

Special appreciation goes to our incredible volunteers and dedicated marshals who guided and supported runners throughout The Village Run. Your commitment and energy ensured a safe, smooth, and joyful experience for all.

*The 13th Annual Awards Night by Hyderabad Runners Society was a memorable celebration of passion, perseverance and community spirit. The evening brought everyone together to honor inspiring journeys and shared milestones.*

*Congratulations to all the winners for their dedication and commitment; each recognition reflects hard work, discipline and the courage to push limits. You continue to inspire many more to take their next step forward.*

*With lively performances, laughter and unforgettable moments, the night was a beautiful reminder that beyond the miles, it's the community and connections that make the journey truly special.*

**Date: 11th April, 2026**

## HR Annual Awards Night 2026

Daspalla Hotel, Jubilee Hills





**Date: 12th April, 2026**

**Sunday Long Run,  
Aparna Serene Park  
Gachibowli, Hyderabad**

The Sunday Long Run held on April 12, 2026, at Aparna Serene Park began at 5:45 AM, with runners assembling at 5:30 AM at the Main Gate, NCB Enclave, Gachibowli.

Organised by Hyderabad Runners Society, the session saw nearly 65 participants take part in this community-driven long-distance training run. Runners had distance options of 8 km, 14 km, and 18 km as part of the regular weekend SLR training program.

The early morning energy, disciplined pacing and strong camaraderie once again reflected the spirit of our growing running community.



**Date: 12th April, 2026**

**Sunday Long Run,  
Rabbit's Park  
Rabbit's Park, Secunderabad**

The Sunday Long Run held on April 12, 2026, at Rabbit's Park was successfully organized by the Alwal Runners Club.

With an enthusiastic turnout of 35 participants, runners assembled at 5:30 AM, and the run commenced at 5:45 AM sharp. Participants had distance options of 8 km, 14 km, and 18 km, making it a strong endurance-building session for runners of varying experience levels.

The early morning energy, disciplined pacing, and community spirit once again highlighted the strength of our weekend long-run culture. It was a rewarding session that combined consistency, camaraderie, and commitment.

Looking forward to many more miles together!



**Date: 19th April, 2026**

**Koheda Hill Run**

Koheda Hill

The Hyderabad Runners SLR hosted by LB Nagar Runners, once again brought our community together for a memorable weekend at the picturesque Koheda Hill. With 220 participants joining the run, the scenic route from Koheda Gutta, the serene natural surroundings and the iconic Hanuman temple atop the hill created a truly enriching experience for all.

Your enthusiasm, energy and team spirit made the event vibrant and successful.

A special note of appreciation to the dedicated volunteers from LB Nagar Runners for their unwavering support and seamless coordination. From meticulous planning to smooth on-ground execution, your efforts ensured a safe and enjoyable experience for every participant.

We look forward to seeing you all at our upcoming runs as we continue to explore, connect and grow stronger together as a community.



**Date: 25th April, 2026**

**Monthly Meetup, Marathon & the Heart Beyond the Finish Line**

KBR National Park

Our recent HRS Monthly Meet-up at **KBR National Park** saw 30 enthusiastic participants come together for an energizing and inspiring morning. The day began with a refreshing 5K run, celebrating consistency, camaraderie and community spirit.

The highlight of the day was an enlightening session by **Dr. Amaresh Rao Malempati**, Professor & Head, Department of Cardiovascular and Thoracic Surgery at **Nizam's Institute of Medical Sciences**. His talk, **"Marathon & the Heart: Beyond the Finish Line,"** offered valuable insights into how endurance running impacts heart health. From understanding early warning signs to the importance of preventive screening and safe training practices, the session reinforced why informed running is smart running.

The seamless transition into the Community Leads meeting added further value, enabling mentors and leaders to connect, collaborate, and strengthen our shared vision.

Moments like these remind us that Hyderabad Runners is not just about miles logged but about learning, growing and building a healthier, more aware running community.

We look forward to seeing you at our upcoming meet-ups!



# Stars of the Month



**Pratik Dassani** from the Indira Park Tribe group was chosen as the ROTW. Sharing his journey in his own words:

I am Pratik Dassani and I am a part of the Indira Park Tribe. My running journey started in 2020 after seeing an ad on Facebook for the Kouch To 5K Program.

#### About Pratik Dassani

I am a software engineer by profession and am passionate about running, quizzing, playing different sports, and keeping myself fit. I have two lovely kids, and I like spending my free time with them.

#### Running History

After successfully finishing the Kouch To 5K program in February 2020, I started running regularly and completed my first 10K in March 2020. Then came COVID and the lockdown, which actually helped me take up running more seriously. Since then, I have completed more than 50 half marathons and 3 full marathons. In 2024, I also completed my Procam Slam.

Running has transformed my life. In this journey, I have made many lifelong friends. I would really like to thank my extended family, the Indira Park Tribe, for always motivating and inspiring me and pushing me to achieve milestones in this running journey.

**Rajani** from the Alwal Running Club was chosen as the ROTW. Sharing her journey in her own words:

I am Rajani, an avid runner with Alwal Running Club and an accounts manager by profession, who embarked on a transformative running journey in 2021, thanks to the unwavering support and encouragement of my loving spouse.

#### About Rajani

I took the first step by joining the Kouch to 5K training program under the guidance of Hyderabad Runners and the sense of accomplishment I felt after completing my 5K graduation run with my family including my spouse and daughter was indescribable. This milestone marked the beginning of my fitness journey, which led me to join the Train & Shine Program and I am still going strong.

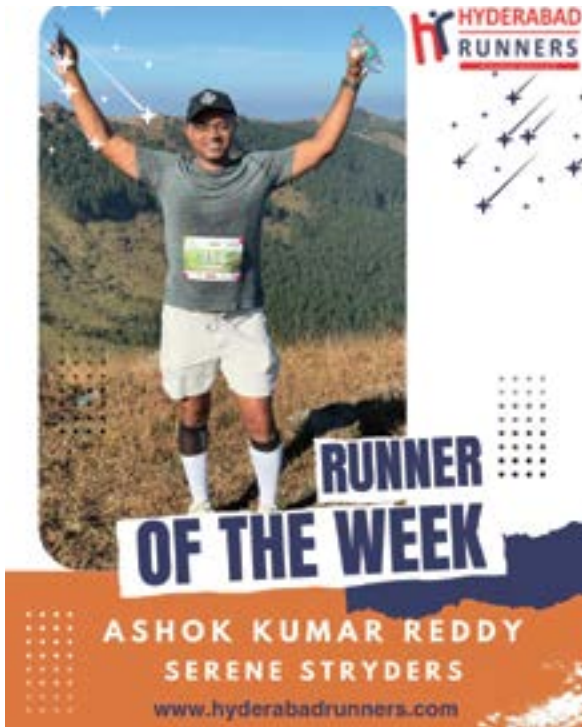
#### Running History

I've had the privilege of participating in numerous runs organized by Hyderabad Runners, including Sunday Long Runs, Club Runs, Stadium Relay Runs, and the NMDC Hyderabad Marathon. One of my proudest achievements was completing my first Half Marathon with LB Runners. Though my timings may not be impressive, the sheer joy of crossing the finish line is what drives me, and I take immense pride in every finish. Every runner has their unique pace, style, goals, and milestones, and I firmly believe that the only competition worth having is with oneself.



#### My Favorite Running Line

My mantra is to strive to be better than my previous run and I am committed to pushing my limits with every step.



**Ashok Kumar Reddy** from the Serene Stryders group was chosen as the ROTW.

*"Running is not just about the miles you log – it's about the lives you touch along the way."*

Ashok is not just a runner, he is an endurance athlete who consistently pushes his limits. Most recently, he completed the prestigious Vagamon Ultrail 2026, a grueling 36K ultra-trail marathon through the challenging hill terrain of Vagamon, Kerala, finishing with an impressive time of 8:02:50 in the competitive 45–49 Male, Age category. Tackling an ultra-trail event of this caliber speaks volumes about his dedication to training, mental fortitude and physical preparedness.

His Strava profile reflects an athlete who logs runs with remarkable consistency showing up week after week, whether it's a structured long run, a tempo session or a recovery jog. This kind of discipline is the backbone of every successful endurance runner.

#### **About Ashok Kumar Reddy Indireddy**

In recent months, Ashok has discovered a deep passion for trail running and he has embraced it wholeheartedly. Moving beyond the predictability of road running, he has taken on some of the most demanding trail courses in India and emerged stronger from each one.

#### **Running History**

He finished the Vagamon Ultra 2026, a 36K beast through Kerala's Western Ghats with relentless climbs and technical descents with grit and composure. He also conquered the legendary Satara Hill Half Marathon (SHHM), widely regarded as one of India's toughest half marathons, featuring a punishing 21.1 km course through the Western Ghats with approximately 434 meters of elevation gain, steep climbs toward the iconic Kaas Plateau (a UNESCO World Heritage Site), and rolling hills that test even seasoned runners.

Adding yet another feather to his trail cap, Ashok took on the Malnad Ultra, one of India's largest and most iconic trail ultramarathons held in the breathtaking coffee country of Chikkamagaluru, Karnataka. Part of the prestigious Asia Trail Master circuit and recognized by ITRA and UTMB, the Malnad Ultra courses wind through dense forests, sprawling coffee estates and rolling hills of the Western Ghats at elevations between 800 and 1,500 meters. Whether he tackled the 30K (951m elevation gain), the 50K (1,705m elevation gain) or beyond, completing a Malnad Ultra is a badge of honor that only the most committed trail runners earn.

Finishing Vagamon, Satara and Malnad strongly is a testament to Ashok's rapidly growing trail prowess, his ability to adapt to varied and unforgiving terrain, and his sheer love for running where the roads end and the mountains begin.

#### **Family & Work**

What truly sets Ashok apart is his active participation in supporting run events and the broader running community. Whether it's volunteering at organized runs, pacing fellow athletes, cheering on newcomers or helping coordinate logistics for community events. Ashok embodies the spirit of giving back. He is an active member of the vibrant Hyderabad running community, regularly participating in club runs, Sunday long runs and community celebrations that bring runners of all levels together.

His presence at events goes far beyond personal performance, he uplifts everyone around him with encouragement, mentorship and an infectious enthusiasm for the sport.

#### **Other Interests**

What truly sets Ashok apart is his active participation in supporting run events and the broader running community. Whether it's volunteering at organized runs, pacing fellow athletes, cheering on newcomers or helping coordinate logistics for community events. Ashok embodies the spirit of giving back. He is an active member of the vibrant Hyderabad running community, regularly participating in club runs, Sunday long runs and community celebrations that bring runners of all levels together.

His presence at events goes far beyond personal performance. He uplifts everyone around him with encouragement, mentorship and an infectious enthusiasm for the sport.





**Raju Palle** from the LB Nagar Runners group was chosen as the ROTW.

Raju Palle is a mentor of the Mansoorabad Milers group; it's a subgroup of the larger LB Nagar Runners.

### About Raju Palle

Raju Palle works as an Accounts Officer in TSGENCO. He started his running journey as a Couch To 5K mentee in November, 2021. From then, he has gradually increased his distances and ran his first Half-marathon at the Club Run in 2022 and ran his maiden Marathon at the NMDC Hyderabad Marathon 2023.

As he grew strength to strength in his running endeavours, he also helped shape up a community around him. He became the Couch To 5K mentor for two seasons at the Mansoorabad Peddacheruvu premises.

Over the years, Raju has been helping many new runners at the Mansoorabad Peddacheruvu by sharing his learnings and giving daily training plans too.

As they say, a healthy family is a happy family. Raju Palle also believes in the same along with inspiring people around the Peddacheruvu, he has also inspired his wife and his family members to start running. They also started their running journeys through the K25K programs and have since participated in many running events together as a family.

Here's wishing Raju Palle the very best in all his endeavours

**Bhavesh Shah** from the Sanjeevaiah Park Runners group was chosen as the ROTW. Sharing his journey in his own words:

Hi, I am Bhavesh Shah, a proud runner from Sanjeevaiah Park Runners.

### About Bhavesh Shah

My running journey began in March 2025 when I luckily met Sagar and Sreenivas sir at Sanjeevaiah Park during the women's day event organized by Hyderabad Runners. Until then, I used to occasionally walk along Necklace Road. But that day when I was introduced to HR, I immediately enrolled for the Train & Shine program.

### Running History

In just over a year, I have completed 7 half marathons and 30+ 10Ks, many of them through HR organised SLR runs.

One of my most defining moments was completing my first 21K during SLR where I had planned only for 10-12km at Rabbit Park but with a "You can do it," Sagar encouraged me to cross my own mental and physical barrier.

What makes this journey even more meaningful is my personal challenge, a major accident 30 years ago, because of which I have a plate and multiple screws in my left leg till date, hence every step I take requires awareness, strength and determination. Coming from a laid back lifestyle, long-distance running once felt unimaginable.

This journey has been possible only because of the incredible support system around me, a special thanks to our yoga mentor and our Coach Srinivas sir, HR team and the complete Sanjeevaiah Park group, without them the practice sessions would



not be fun on each day. Every runner who cheered me on, even in passing on the road, has contributed to my progress.

Beyond running, this journey has brought discipline, meaningful friendships and better health, helping me keep my sugar levels under control despite my love for sweets.

### Family & Work

I am deeply grateful and look forward to improving my fitness further to attempt bigger challenges. My journey has inspired my wife to also be part of the runners community. With everyone's support both of us intend to run more miles together.

# Running News

## Stay Tuned

### Building the Engine I Run Slow. Get Faster with Dr. Phil Maffetone

Hyderabad Runners successfully hosted a powerful session of the Beyond The Track Webinar Series, featuring the legendary **Dr. Phil Maffetone** in conversation with veteran marathoner Sandeep Krishna.

In this landmark discussion, Dr. Maffetone unpacked the revolutionary yet counter-intuitive philosophy of endurance training – **“Run Slow. Get Faster.”** The session offered deep insights into building a strong aerobic foundation, avoiding common training mistakes, and prioritizing long-term performance over short-term intensity.



### Stronger Mind. Faster Feet. Unstoppable Spirit.

Hyderabad Runners hosted an inspiring session of the Beyond The Track Webinar Series as part of the journey toward the NMDC Hyderabad Marathon 2026. Centered on the theme “Stronger Mind. Faster Feet. Unstoppable Spirit.”, the conversation explored the power of mental resilience in endurance running.

The session featured Kavitha Reddy, a dedicated homemaker and seasoned long-distance runner, alongside Dr. Madhuri Palli, Senior Radiologist at Mahatma Gandhi Cancer Hospital & Research Institute. Together, they shared valuable insights on balancing professional and personal responsibilities with training, building mental strength, understanding the health benefits of running and preventing injuries. The live Q&A added further depth, making it an engaging and enriching experience for all participants.

*If you missed the live session, watch the full conversation here*

**CLICK TO WATCH**

As we gear up for the 15th Edition of the NMDC Hyderabad Marathon, this webinar set the tone for smarter, science-backed preparation. Participants walked away with practical guidance on what to focus on and just as importantly, what to avoid to reach the start line confident and the finish line strong.

A big thank you to everyone who joined us for this enriching session.

*If you missed the live session, watch the full conversation here*

**CLICK TO WATCH**

STAY TUNED  
STAY TUNED  
**STAY TUNED**  
STAY TUNED

FOR MORE  
EMPOWERING SESSIONS

IN THE

**BEYOND  
THE  
TRACK SERIES!**



**SUBSCRIBE**

## National Marathon Record-Holder Sawan Barwal Inspires Hyderabad Runners During Two-Day Visit

Fresh from rewriting Indian athletics history at the Rotterdam Marathon, national marathon record-holder Sawan Barwal spent two impactful days in Hyderabad, strengthening connections across the city's running ecosystem and building momentum ahead of the NMDC Hyderabad Marathon 2026.

The visit brought together mentors, young athletes, community runners and institutional leaders reflecting the collaborative spirit that defines Hyderabad's endurance movement.

### Day 1: Mentor Interaction & Community Dinner

The visit began with a focused engagement at the office of the Hyderabad Runners Society, where Sawan Barwal interacted with Hyderabad Runners mentors and management, the backbone of the city's growing running culture.

These mentors actively support the community through structured training, coaching, guidance and long-term athlete development for running enthusiasts across age groups. Nearly 30 mentors participated in the session along with core committee and race team members, creating an intimate yet impactful dialogue.

During the interaction, Barwal shared insights from his marathon debut, spoke about the discipline required to transition from track to marathon running and answered questions on endurance building, injury management, and race strategy. The exchange allowed mentors to gain first-hand knowledge from a national record-holder, further strengthening the knowledge ecosystem within the community.

The evening concluded with a community dinner offering informal interaction and relationship-building, reinforcing alignment between elite athletes and grassroots coaching leadership.

### Day 2: Greet & Meet Run, Youth Engagement & Charity Bibs Launch

The second day began with a high-energy Greet & Meet Run at Gachibowli Stadium, drawing around 150 runners, including stadium trainees and athletes from the Sports Authority of India (SAI). The event highlighted inclusivity and youth engagement, bringing together emerging athletes and experienced runners on a shared platform.

The presence of Shri Jayesh Ranjan and Shri Ramesh Reddy, IPS, as Chief Guests underscored strong institutional recognition and support for the

initiative. Their participation reflected the collaborative effort between public institutions and citizen-led fitness movements.

Barwal ran alongside participants and engaged directly with trainees, offering practical advice on pacing, mental resilience and long-term preparation. For many young athletes, the opportunity to interact personally with a national record-holder was both motivating and aspirational.

Later in the day, **Barwal attended the official Charity Bibs Launch & Media Interaction for the NMDC Hyderabad Marathon 2026**, organised by the Hyderabad Runners Society. The Charity Bib initiative enables runners to raise funds for social causes through partner NGOs, aligning sport with meaningful community impact in areas such as education, healthcare, environment, and social development.



During the media interaction, **Barwal reflected on his record-breaking performance at the Rotterdam Marathon** and emphasised that marathon running is not only about personal achievement but also about contributing to society.

### Building Momentum for the Marathon Season

**Sawan Barwal's two-day engagement in Hyderabad** went beyond ceremonial appearances. It **strengthened mentor networks**, energised youth participation, reinforced institutional partnerships and amplified the purpose-driven vision of the NMDC Hyderabad Marathon.

As Hyderabad prepares for its flagship marathon later this year, the visit has already left a meaningful impact inspiring runners at every level to pursue excellence while running for a cause.

## Hyderabad Runners Shines at Tata Mumbai Marathon 2026

We're proud to share that Hyderabad Runners Society was recognised for inspiring maximum participation at the Tata Mumbai Marathon 2026, one of India's most prestigious marathon events. The award was presented by Procam International during the "An Evening of Gratitude" ceremony in Mumbai, celebrating our community's spirit, passion and commitment to long-distance running.

Representing Hyderabad Runners at the event, Abhijeet and Vijay received the award on behalf of all the thousands of society members whose collective participation made this achievement possible.

Congratulations to every member who ran, supported and represented Hyderabad Runners with pride. Your energy and dedication continue to elevate our community on the national stage!



## HRS CHAMPIONS TRIUMPH AT THE BOSTON MARATHON



Hyderabad Runners Society is **immensely proud to celebrate** this remarkable milestone and extends its heartiest congratulations to **Satyanarayana Reddy Chandupatla, Nagabhushana Rao Chalamalasetti, Jasmit Singh Bagga, Ranbir Singh Bagga, Parthasaradhi and Nikhil Kumar Singh** on their incredible achievement of **successfully completing the 130th Boston Marathon.**

Your discipline, determination, and unbreakable spirit inspire not just runners, but an entire community to dream bigger and push further.

# Activities & Events

## Hyderabad Runners Active MOMS Program 2026

The Hyderabad Runners Society continues to strengthen its community impact with the Active MOMS Program, currently empowering nearly 80 women across multiple locations in the twin cities.

Running alongside the Outdoor Kids Summer Camp (OKSC), the Active MOMS initiative is designed to build a culture of fitness not just for children – but for mothers as well.

### Active MOMS Across Communities

Women are actively training at:

Aparna Serene Park - My Home Mangala - My Home Jewel - PBEL City - Walkers Park - Honer Aquanties - L&T Serene County - RRC Secunderabad - Mir Alam Eidgah

At Mir Alam Eidgah, a dedicated group of 15–20 women from underserved communities are undergoing structured training, marking a meaningful step toward inclusive community wellness.

### The Objective: 5K in 8 Weeks

The primary goal of the Active MOMS program is simple yet transformative. To train mothers to successfully complete a 5K run within 8 weeks.

**Beyond preparing for a run, the program focuses on:**

- Building physical strength and endurance
- Encouraging consistent healthy habits
- Creating emotional resilience
- Fostering peer support and accountability

- Promoting long-term lifestyle change
- Fitness for the Whole Family

What makes this initiative special is that it runs concurrently with the Outdoor Kids Summer Camp. As children train in the early mornings, mothers train alongside or parallel to them, creating an environment where fitness becomes a shared family value.

This integrated approach:

Encourages children to see active role models at home

Strengthens family bonds through shared goals

Builds a supportive and sustainable fitness ecosystem

Promotes holistic well-being across generations

The Active MOMS program reflects Hyderabad Runners' belief that community transformation begins at home. When mothers grow stronger, families grow healthier – and communities become more resilient.

Through every stride taken across parks, playgrounds, and community grounds, Hyderabad Runners is not just training for a 5K, it is nurturing confidence, health and empowerment for life



# Hyderabad Runners Outdoor Kids Summer Camp 2026

On April 13, 2026, the Hyderabad Runners Society proudly launched the Outdoor Kids Summer Camp 2026 (OKSC) – an inspiring 8-week coach-to-playground initiative bringing together nearly 1,250 young participants across the twin cities.

Running from April 13 to June 7, 2026, the camp is designed to promote physical activity, discipline, teamwork and healthy lifestyles among children aged 6 to 15 years. Conducted across 35 locations, the program features structured 60-minute early morning sessions (6:30–7:30 AM) that combine fun, fitness and foundational movement skills in a safe and engaging environment.

## Strong Community Participation – 792 Young Runners

An incredible 792 participants have joined from our regular Outdoor Kids training locations, reflecting the growing culture of fitness within residential communities. These include:

**My Home Mangala – Aparna Serene Park – Aparna Cyber Zone – PBEL City – Aparna (Sarovar, Zenith, Grande, Cyberlife) – L&T Serene County – My Home Jewel – Aparna Hill Park – SMR Vinay City – Aditya Imperial Heights – Lanco Hills**

These communities continue to nurture the spirit of outdoor play and structured physical training for children.

## Extending Impact – 430 Children from Government Schools & Underserved Communities

Staying true to our commitment to inclusion, this year's Summer Camp has expanded significantly into government schools and underserved localities, reaching 430 additional children.

### 350 Government School Students

Children are participating from the Government school which are part of Hyderabad Runner Project Champion program

**MPUPS Kukatpally – Shaikpet Primary School – MPPS Gachibowli – MPPS Siddiquenagar – NATCO Borabanda Primary School – NATCO Borabanda High School – NBT Nagar Primary School – GGHS Hussaini Alam – MPPS Mallapur**

### 80 Children from NGOs & Community Programs

In collaboration with grassroots organizations and community partners, we are engaging children from:

- Kadam Public Trust (Bridge School – Lingampally)
- Chotuuki Education (Bridge School – Nizampet)
- Safee Foundation (After School Education – Saidabad)
- Mir Alam Community Ground

This expansion reflects our belief that every child deserves access to safe spaces for play, fitness,



and growth, irrespective of their background.

### Building Habits for Life

The Outdoor Kids Summer Camp is not just about drills or morning exercises. It is about:

- Building confidence
- Encouraging discipline and teamwork
- Promoting healthy daily routines
- Developing resilience and leadership
- Creating a lifelong love for movement

Every morning, across parks, school grounds, and community spaces, coaches and volunteers are shaping not just stronger children – but stronger futures.

As the camp continues through June 7, we thank every coach, volunteer, parent, school and community partner for making this initiative possible.

Together, we are not simply running a summer program – we are nurturing a healthier generation for Hyderabad.

# Coach's Corner

## Run Better

### Why Every Distance Runner Needs Core Stability Training

#### Core Stability for Distance Runners

Distance running is not only about strong legs and cardiovascular endurance. A strong and stable core plays a major role in improving running posture, maintaining pace, reducing fatigue, and increasing overall endurance performance. Core stability is one of the key foundations for efficient and injury free running.

#### Why Core Stability is Important for Runners

The core includes the abdominal muscles, lower back, hips, pelvis, and glute muscles. These muscles work together to stabilize the body during running movements. When the core is strong, runners can maintain better running mechanics even during long distance events.

#### Benefits of Core Stability for Distance Runners

##### Improves Running Posture

Strong core muscles help runners maintain an upright posture throughout the run. Good posture improves breathing efficiency and reduces unnecessary energy loss during running.

#### Enhances Running Pace

A stable core improves body balance and coordination. This allows runners to transfer force efficiently from the upper body to the lower body, helping maintain pace with less effort.

#### Increases Endurance Performance

During long distance running, fatigue often affects posture and running form. Core strength helps runners maintain proper technique for longer durations, improving endurance and running economy.

#### Reduces Risk of Injuries

Weak core muscles may lead to lower back pain, hip instability, knee stress, and muscle imbalances. Regular core training supports joint stability and reduces injury risk.

**TRAIN. SHINE.** | **HYDERABAD RUNNERS**

### CORE STABILITY FOR DISTANCE RUNNERS

A STRONG CORE. BETTER POSTURE. FASTER PACE. GREATER ENDURANCE.

Core stability is the foundation of efficient running. A strong core supports your body, improves your form, helps you maintain pace and boosts endurance while reducing injury risk.

**HOW CORE STABILITY HELPS RUNNERS**

- IMPROVES POSTURE:** Supports an upright posture for better breathing and energy efficiency.
- ENHANCES PACE:** Improves balance and coordination to transfer power efficiently and maintain pace with less effort.
- BOOSTS ENDURANCE:** Helps you maintain proper form for longer, delaying fatigue and improving endurance performance.
- REDUCES RISK OF INJURY:** Strong core supports joints, reduces strain on lower back, hips, knees and helps prevent common running injuries.
- IMPROVES BREATHING:** Supports respiratory function and helps maintain controlled breathing during runs.

**WHAT IS CORE STABILITY?**  
Core stability refers to the ability of the muscles in your abdomen, lower back, hips, pelvis and glutes to work together to stabilize your body during moving and standing movements.

**RESEARCH SAYS:**  
Sports science research shows that runners with better core stability demonstrate improved running economy, balance and movement efficiency.  
Regular core training can reduce energy wastage and improve overall endurance performance.

**ESSENTIAL CORE EXERCISES FOR RUNNERS**

- PLANK HOLD
- SIDE PLANK
- BIRD DOG
- DEAD BUG
- GLUTE BRIDGE
- MOUNTAIN CLIMBERS
- RUSSIAN TWISTS
- LEG RAISES
- SUPERMAN HOLD
- MEDICINE BALL ROTATIONS

**TRAINING TIPS:**  
• Multiple core sessions  
• 2-3 times per week  
• Each session can be completed in 20-30 minutes  
• Combine core training with your regular running plan.

**STRONG CORE. STRONG RUNNER.**  
Build your core. Improve your performance.

**KEY TAKEAWAY:**  
A strong core is the foundation of efficient running. It improves your form, helps you maintain pace and boosts endurance while reducing injury risk. Regular core training can reduce energy wastage and improve overall endurance performance.

#### Improves Breathing Efficiency

Core muscles support respiratory function and help runners maintain controlled breathing patterns during training and competition.

#### Research Based Importance of Core Training

Sports science research shows that runners with better core stability demonstrate improved running economy, balance, and movement efficiency. Studies also indicate that regular core training can reduce energy wastage and improve overall athletic performance in endurance sports.

#### Recommended Core Exercises for Runners

- Plank Hold • Side Plank • Bird Dog • Dead Bug
- Glute Bridge • Mountain Climbers • Russian Twists • Leg Raises
- Superman Hold • Medicine Ball Rotations

#### Training Recommendation

Distance runners should perform core stability exercises at least 2 to 3 times per week. Each session can be completed within 20 to 30 minutes along with regular running training.

#### Conclusion

Core stability is an essential component of distance running performance. Strong core muscles support better posture, improve pace control, enhance endurance, and reduce the risk of injuries. Runners who consistently include core training in their routine can achieve improved efficiency and long term athletic development.