

Tri Try Events

Training for a multi-sports event like a triathlon can be quite a challenge. You may already be quite proficient in any one of the three disciplines that are involved in a triathlon. Here are my top tips for dramatic increases in triathlon time, distance and for injury prevention.



Resistance training.

If you can, and I know that you already have a busy training schedule (a morning swim twice a week, 2 runs of various lengths and a Sunday cycle) give up 3 slots of 30 minutes each week, I promise you it will do wonders for your triathlon in 2012.

As I'm sure you know from the days after your first race a triathlon is a full body event involving the legs, core, back and shoulders.

Normally training is solely devoted to endurance type activities and not to absolute strength, however greater levels of strength lead to greater efficiency and faster race times. Not only that, strength training can help with joint stability, local muscular endurance, power, posture and injury prevention.

I know you hate the idea of being a gym bunny, and pushing heavy weights isn't your thing, but that's not what I'm going to ask you to do. We don't want to build muscle and therefore we can choose a lighter weight and do higher repetitions. That's the stuff that's really going to help improve your performance. One last thing before I give you my top four exercises for triathlon. We need to address when to train hard and when to maintain. Typically we would want to train with weights 3 times a week for 30 minutes 8 – 10 weeks prior to competition, then reducing this to twice a week to maintain the strength you have developed while in competition.

My Top four exercises for triathlon.



The Squat: King of all exercises, a number one for leg strength, strong core and developing lean muscle.

The Deadlift: Perfect for Triathlon, working all the muscle in the posterior chain (lower back, Glutes, and Hamstrings).



The Clean A beauty. Triple flexion (Ankle, Knee and Hip) which replicates the components of running and cycling.

The Lat Pull down or Chin Ups: For a strong upper back and arms. Faster swimmers have stronger lats.



We obviously recommend you seek professional instruction before attempting these complex exercises. Why not book in for a free Personal Training Consultation at Physio 2 Fit and we can take you through the basics.

The Physio 2 Fit Team