

Four Stability Exercises for Triathletes

Most triathletes have a dominant side—one that they rely on more heavily than the other, one side that's stronger. Unfortunately, this can lead to imbalances in the body, which can slow you down and possibly lead to injury. These four exercises can help you get back into balance so you can perform more efficiently in training and on the race course.

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Balance barefoot on an inverted Bosu (or stand on pillows) to create instability. Use a slow, smooth motion throughout the following sequence using moderate weight.

- Bend forward into a straight-legged deadlift; stand up, turning your thumbs forward and complete a hammer curl.
- From the curl, push the weight straight up overhead, pause, and lower weights behind your head; complete a tricep extension.
- Lower weight back down to your shoulders; lower arms back down to your sides; repeat.

Lie on the foam roller vertically with your head and tailbone both on the roller. Stretch your arms out perpendicular to your body with palms facing up; feet a few inches apart. Lift your arms off the ground and draw your belly button inward.

- Phase 1: Lift one foot off of the ground a few inches; hold 5-10sec.
- Phase 2: Lift leg up so that hip is flexed to 90 degrees.
- Phase 3: Lift leg, flex hip to 90 degrees, and extend knee.
- Phase 4: Extend leg; then slowly lower and raise extended leg.
- Do 8-10 reps on each side; hold each rep for 10 seconds; rest 1 minute and repeat. Do a total of 1-3 sets. You should be solid in each phase before progressing to the next.

Lay on your back with your hands at your sides, knees bent and feet flat on the floor. Raise your hips up off of the floor to create a straight line from your knees to shoulders. Engage your core and pull your belly button back toward your spine.

Slowly raise and extend your right leg while keeping the straight line. Engage your glutes to hold this position. Return to the starting position and then repeat the sequence raising your left leg. Hold the position for a few seconds and switch sides. Complete 10 to 20 reps on each leg. Work up to holding the position for 20 to 30 seconds.

- Lay face down with a pillow or foam under the abdomen.
- The legs are straight and close together with toes pointed.
- Place your fingers on the bones under your pelvis to monitor movement.
- Contract the abdominal muscles by pulling your navel toward the spine; Continue to do this throughout the movement.
- Contract the buttocks and slowly slide the right leg out to the side as far as possible without any pelvis or spine movement.
- Return the leg slowly to the starting position. Repeat on other side.
- Do 3 sets of 15, 2 sets of 30 or 1 set of 60-90 repetitions.

Spend time on these issues now so your body can recover, get stronger, and become more efficient before you start a base-building running plan.