

Triathlon
YOUR
4-WEEK
PLAN

Advanced

4 WEEKS TO A STRONGER SPINE

FOLLOW THIS GUIDE TO HELP KEEP YOUR
BACK IN TIP TOP RACING CONDITION

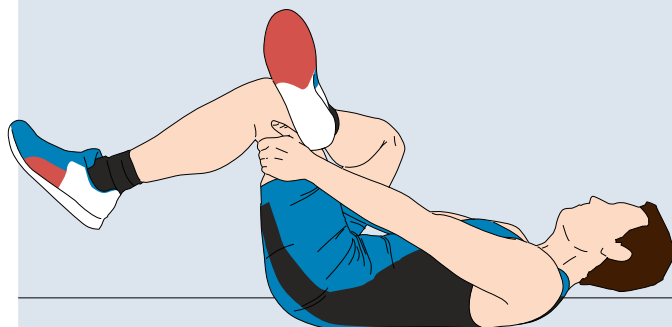
FOLD1

Stretching exercise

EXERCISE 2

PIRIFORMIS

Lie on your back with your knees raised and cross your right ankle over your left knee. Hold the thigh of your left leg and pull the knee towards you, lifting your foot off the floor. Pull the knee closer to you to increase the stretch and hold for 10-30secs. Repeat with your other leg.



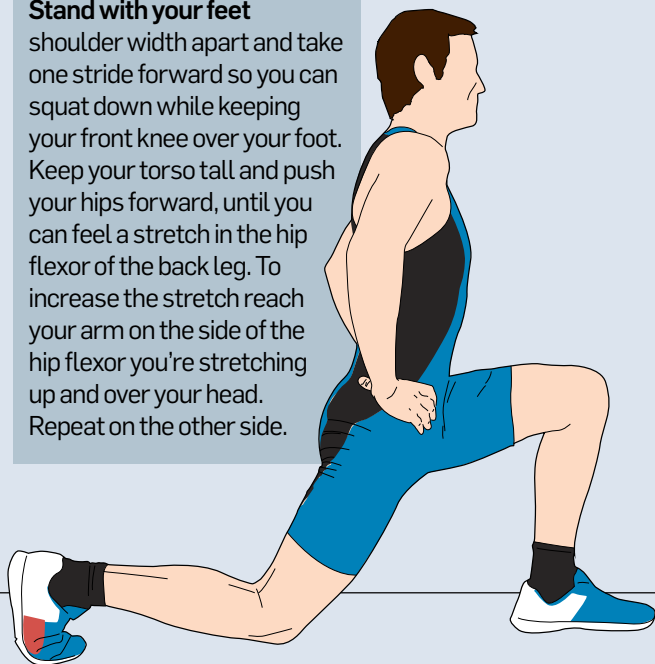
Stretching exercise

FOLD2

EXERCISE 1

HIP FLEXOR

Stand with your feet shoulder width apart and take one stride forward so you can squat down while keeping your front knee over your foot. Keep your torso tall and push your hips forward, until you can feel a stretch in the hip flexor of the back leg. To increase the stretch reach your arm on the side of the hip flexor you're stretching up and over your head. Repeat on the other side.

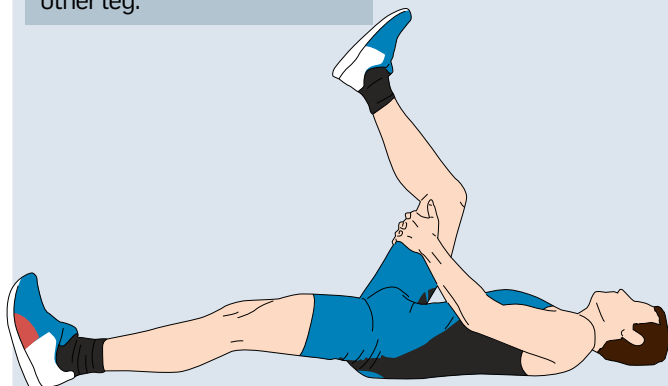


Stretching exercise

EXERCISE 3

HAMSTRING

Lie on your back and use both hands to lift one of your legs up by holding it behind the knee. Pull your knee as close as you can comfortably to your chest. Gradually try to straighten your leg while keeping your knee close to your chest. Repeat with your other leg.



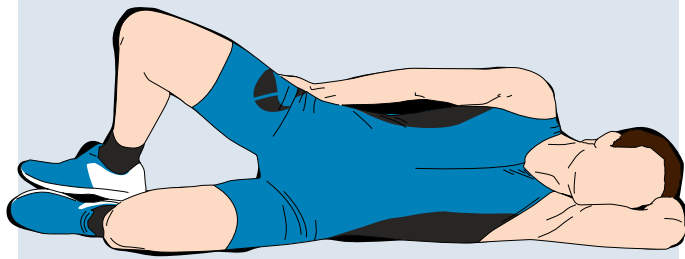
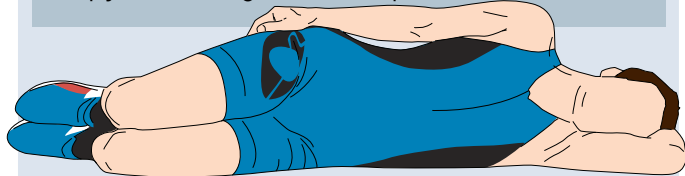
Strengthening exercise

EXERCISE 1

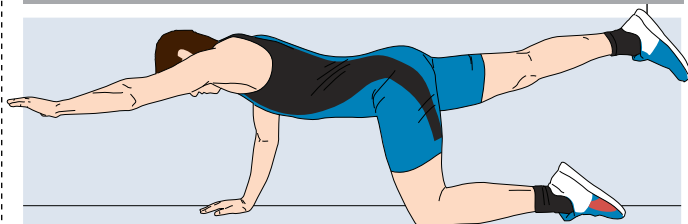
CLAMS

Lie on your side with your hips and shoulders in line and your knees bent at a 90° angle. Place a hand on the floor in front of your chest if you need extra support. Stack your hips so they're on top of each other, do the same with your shoulders and ensure you remain in the lumbar neutral position throughout the exercise. Keep your heels together

and slowly open your knees by rotating your upper leg from the hip socket. Open your knees as far as you can without disturbing the alignment around your hips and then return them to the starting position. Progress the exercise by first holding your knees open and then pulsing them back and forth at their widest. Repeat on the other side



Strengthening exercise



EXERCISE 4

4-POINT HEEL PRESS

Get on your hands and knees, then slowly extend your heel backwards with your toes pointing down. Ensure you maintain your lumbar neutral position throughout this exercise; if you fall out of position,

start again. Repeat with the other leg. Once you can extend your leg fully while maintaining a neutral lumbar position, progress the exercise by extending the opposite arm at the same time.

Strengthening exercise

EXERCISE 2

QUADRATUS LUMBORUM

Stand with your back to the wall, reach your right arm over your head and lean to your left. Keep your shoulders, back and hips flat against the wall. Take a deep breath in as you do this and try to gently increase the stretch. Repeat on the other side.



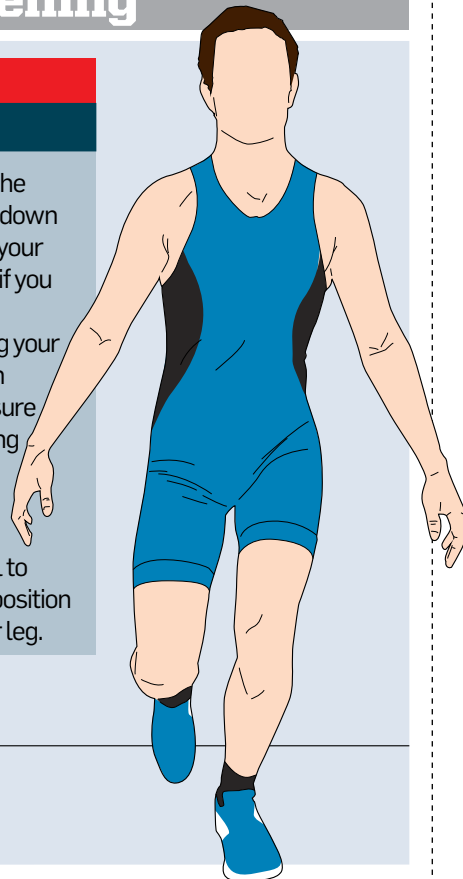
FOLD1

Strengthening

EXERCISE 3

SINGLE KNEE DIP

Otherwise known as the single leg squat. Squat down on one leg by dropping your bottom backwards, as if you were sitting down. Concentrate on keeping your lumbar neutral position throughout and make sure the knee your supporting you remains aligned over your foot and doesn't drift forwards. Push through your heel to return to the standing position and repeat on the other leg.



Technique

EXERCISE 1

STEP WITH KNEE DRIVE

Step and drive your knee into a high position and briefly hold your hip, knee and ankle all at 90° angles. Push through your heel on the standing leg to activate the glutes on your stabilising leg. Repeat with the other leg.

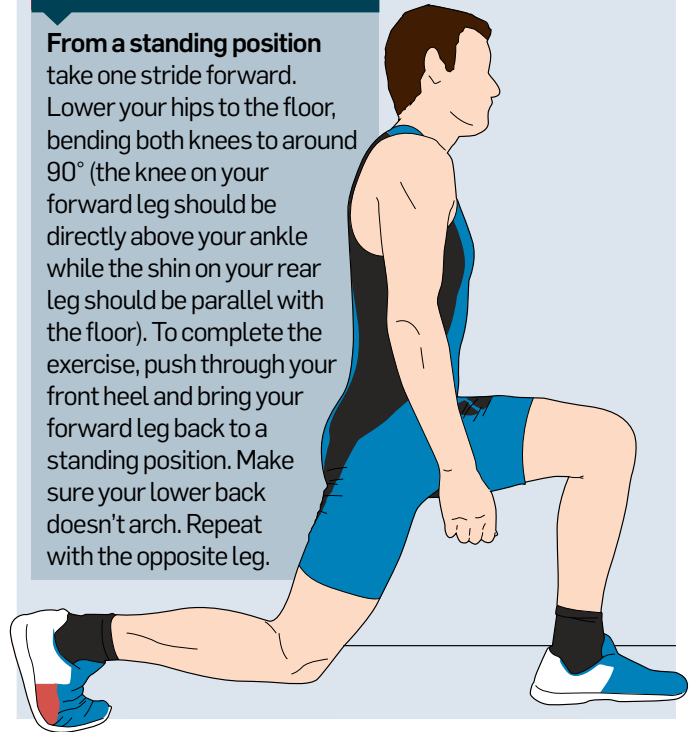


Technique exercise

EXERCISE 2

WALKING LUNGE

From a standing position take one stride forward. Lower your hips to the floor, bending both knees to around 90° (the knee on your forward leg should be directly above your ankle while the shin on your rear leg should be parallel with the floor). To complete the exercise, push through your front heel and bring your forward leg back to a standing position. Make sure your lower back doesn't arch. Repeat with the opposite leg.



FOLD1

FOLD2

WEEK 01

WEEK 02

Mon	Find your lumbar neutral position – this will be your starting position for all exercises and training in this plan	Glute activation work to help stabilise around the spine/pelvis. Clams, clam hold, clam pulses (perform each exercise for 30secs)
Tue	Run the foam roller up and down your spine and your gluteal (bottom) muscles for 5mins. Do 3x quadratus lumborum and 3x piriformis stretches, and hold each stretch until you feel the muscle relax	Do all the stretches and run the foam roller up and down your spine and your gluteal muscles for 5mins
Wed	Do the hamstring and hip flexor stretches	Repeat Monday's glute activation work. Increase the duration of each exercise to 40secs and add 4-point heel press
Thur	Practise holding your lumbar neutral position while sitting, standing and striding	Aqua jog (concentrating on lumbar neutral position). Do all the stretching exercises and run the foam roller up and down your spine and your gluteal muscles for 5mins
Fri	Massage or soft tissue release	Repeat Wednesday's glute activation work, add resistance band as needed and perform each exercise for 40secs
Sat	Have your bike position assessed by a qualified fitter (such as Retul or Serotta certified)	30mins aqua jog (concentrating on lumbar neutral positioning). Do all the stretching exercises and run the foam roller up and down your spine and your gluteal muscles for 5mins
Sun	Do all the stretching exercises and run the foam roller up and down your spine and your gluteal muscles for 5mins	Rest day

WEEK 03

WEEK 04

Mon	15min run followed by glute activation work – clams, clam hold, clam pulses (perform each exercise for 40secs)	Strength work such as step-ups, lunges and single knee dips. Maintain lumbar control throughout range (stop if you lose lumbar neutral position)
Tue	Technique session: step with knee drive, walking lunges, clams (3x 20m walking drills)	Glute activation session, add resistance band as needed and perform each exercise for 40secs
Wed	Do all the stretches and run the foam roller up and down your spine and your gluteal muscles for 5mins	Technique session: step with knee drive, walking lunges, clams
Thur	20min run followed by glute activation work – clams, clam hold, clam pulses (perform each exercise for 40secs)	Do all the stretching exercises and run the foam roller up and down your spine and your gluteal muscles for 5mins
Fri	Technique session: step with knee drive, walking lunges, clams	Strength work such as step-ups, lunges and single knee dips. Maintain lumbar control throughout range (stop if you lose lumbar neutral position)
Sat	Do all the stretching exercises and run the foam roller up and down your spine and your gluteal muscles for 5mins	Glute activation session, add resistance band as needed and perform each exercise for 40secs
Sun	Rest day	Rest day