



## Ready

### Strength Training

The below exercises are an introduction to resistance training that incorporates fundamental movement patterns and includes some progressive variations for each exercise.

Begin with 2 sessions per week, completing 2 sets of 10-12 reps, working your way up to 3 sets of 10-12 as you are feeling more comfortable.

Strength training is important for triathletes to improve musculoskeletal strength, muscular endurance and posture. A stronger athlete is more powerful, efficient and injury resilient.

Strength training can improve your performance in all 3 disciplines:

- **Swimming:** better posture and upper body strength in the water.
- **Cycling:** greater leg strength and power output on the bike.
- **Running:** improved running economy and injury prevention.

#### 1. Glute Bridge → Single-Leg Glute Bridge



- Drive through heels to raise hips high, squeeze glutes at the top.
- Keep core tight to avoid arching lower back.
- Single leg, keep hips level and avoid dropping one side.

## 2. Air Squat → Goblet Squat



- Feet shoulder-width apart, chest tall, knees track over toes.
- Sit hips back and down as if you were sitting on a chair, feet stay grounded.
- If using weight, hold weight close to chest, engage core to keep upright torso.

## 3. Forward Lunge → Lateral Lunge



- Front knee over ankle, back knee lowers under control.
- Torso upright, push through front foot to stand.
- Lateral lunge- shift weight side-to-side, keep one leg straight and foot flat.

#### 4. Calf Raise → Single-Leg Calf Raise



- Stand with heels off a step, press through balls of feet lifting heels up.
- Pause at top, control the descent slowly.
- On single leg, push through big toe and avoid rolling ankle outward.

#### 5. Push-Up (Knees) → Push-Up (Toes)



- Hands under shoulders keeping body in a straight line.
- Lower chest to floor with elbows at  $\sim 45^\circ$  to the side.
- Keep core braced and body straight without sagging hips.



## 6. Alternating superman → Bird Dog



- Lie flat with arms and legs extended, raise opposite arm and leg engaging glutes and shoulder blades.
- From hands and knees, extend opposite arm and leg, keep hips square.
- Engage core to prevent rotation or arching your back.

## 7. Side Plank (Knees) → Side Plank (Feet)



- Elbow under shoulder, knees and feet together.
- Lift hips so body forms a straight line and hold.
- From feet, extend legs straight with feet together, keep hips up and stable.