

# Triathlon Stretching Basics

## Exercise routine basics:

Frequency: after every workouts

Duration: 10-30 minutes

Intensity: Hold that position for 30-2 minutes seconds, relax for 5 seconds and repeat the movement 1-2 more times. Hold each stretch, do not bounce, the stretch should be static. Note: For Downward Dog stretch see instructions for reps.

Stretching should be completed statically. Static stretching calls for gradually stretching through a muscle's full range of motion until you feel resistance or mild discomfort.

The debate as to when to perform a stretching routine is controversial. It is generally agreed upon that stretching at the end of an exercise session will greatly benefit you. Stretching before an exercise session though is generally not recommended unless it is preceded by a 5-minute cardiovascular warm-up. Warming up before stretching increases the blood flow and temperature of the muscles, ligaments and tendons, improving the elasticity and optimal functioning of the muscles and connective tissue. Stretching when muscles are cold could lead to a strain or pull. The movement of other areas of the body, other than the muscle group being stretched, should be minimized. Maintain a regular breathing pattern when stretching.

Source: ACE



## Pectorals, Back and Shoulder

Do the Y-T-W-L positions shown in the picture in turn, hold each position for about 10 seconds. Stand up tall as you do it but keep your back straight - don't arch it. Hold your stomach in, your shoulders back and chest proudly forwards. Repeat the YTWL through about 2-5 times each time.

## Pectorals

Lying on your back place, knees bent, clasp your arms behind our head with elbows facing the ceiling. Press the elbows into the floor and keep the elbows touching he floor. Hold and repeat



## Pectorals/Shoulder

Stand in a doorway, lined up with the opening. Place your arm at shoulder height in the doorway at right angles as shown. Place one foot in front and one behind for stability. Keep your spine straight and rotate your body downward, "nose-dive" fashion. Note: don't push through the doorway, rotate downward. You should feel a stretch in your pec area. Return to the starting position and repeat.



## Shoulder

Pull arm across chest until stretch is felt. Turn head away from the pulling arm. Repeat with other arm.



Hold elbow high and pull elbow backward with opposite hand, until stretch is felt. Touch the hand on the upper back. Repeat with other arm.



**Hips, Upper Hamstrings and Low back**



With right leg straight out in front of you and left foot placed against right thigh, lean forward until stretch is felt. Repeat on opposite leg.

**Hips and Piriformis**



While sitting on a foam roller and left leg over right, bring left arm over the left knee. Balance yourself with your right arm and right bent leg. Roll back and forth across the foam roller targeting the glute and upper hamstring area. Repeat on other leg.

**Inner Thigh/Groin**



Sitting – knees spread apart at the feet and feet are placed against one another. Place hands on ankles and elbow on knees. Leverage elbows downer against knees until the stretch is felt.



On your back pull your left knee into your chest feeling the stretch in the upper hamstring/glutes. Hold, then keeping shoulders flat on floor pull leg towards floor/opposite shoulder until stretch is felt. Repeat on opposite leg.

**Low Back –Calf: Downward dog**



Kneeling with hands/arms on the ground, raise hips straight up, keeping toes and hands on the ground. While hips are raised, press arms into the floor, pushing the pelvis backward, which presses the heels of the feet into the floor. Lower hips back to starting position. Repeat 5-10 times.

**IT Band**



Begin w/ roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm. Slowly roll to find “hot spots” Change emphasis slightly by rolling side to side.

**Thigh/Quadricep**



While kneeling, balancing yourself with your arms, bring the left knee forward so the foot is flat on the floor. Move the other leg backward. Keep the body erect then move the hips forward. Don't just bend at the waist or hips. Hold and repeat on opposite leg.

**Thigh/Quadricep**



While standing, hold on to something firm if needed. Pull the right ankle behind you then bend forward and open up the hip to stretch the thigh. Repeat on opposite leg.