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**7oaks Tri Workshop 1 Core Strength and Flexibility for Triathletes**

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You carry out these exercises at your own risk as you are unsupervised. I recommend you don't do any of them if they hurt in any way

The emphasis should be on correct form; slow, controlled movements, stopping when you are tired

Perform in a warm room and when kneeling use a soft surface

**Warm Up**

**Description**

Arm Circles	Forward then backwards
Neck	Look left then right
Twisting	Wide stance, .Like a bow and arrow
Side Bends	Reach down the side of your leg with your fingertips
Overhead side reaches	
Calf Raises	
Squats to overhead reach	
Balance on one leg	Ensure the leg you stand on is slightly bent

**Lying on Back. Feet flat on floor just inside hip width apart, knees bent at right angles.**

**Find neutral spine**

Learn how to engage the core - see previous article - engage throughout all exercises.

Pelvic tilts	Flatten your back to floor then arch back. Neutral spine is somewhere in the middle.
Pelvic bridge	Lift hips off floor as high as you can until the knees, hips and shoulders are in one line
Pelvic bridge 1 leg	As above of one leg and then try holding your hips up for 3 seconds.
Individual leg lifts	Keeping knees at right angles, lift one leg until knee is above hip. Lower and swap legs.
Alternate leg lifts	Lift one leg, then the other. Lower one leg, then the other.
Stomach crunches	Hands behind hand, sit up whilst trying to get
Crunches with a twist	Touch floor with alternate elbows
Overhead reach with leg slide	Lift arms above head as you straighten one leg. Bring arms/leg back in and swap legs

**Lying Face Down**

Dorsal raise	Arms by side, palms down. Lift arms then chest off floor, keep neck long
Plank	1 minute. Miss this one if you have high blood pressure

Kneeling on all fours lifting alternate arm and leg off the floor		
Cat and Dog stretch		
Kneeling back stretch	From all fours sink your bottom down onto you heels	
<b>Side Lying</b>		
Glute medius - Clams	Rest head on arm, knees bent, one hip bone stacked directly over the other, open top leg to work side of glutes	
Side plank	30 secs. Miss this one if you have high blood pressure	
<b>Stretching</b>		
Hold each stretch for 30 seconds minimum, 60 seconds if you have time. Remember to breath. Do every day after training/when you are warm.		
You want to feel mild tension/slight discomfort when stretching but NO more than that. About a 7 out of 10 in terms of effort		
<b>Position</b>	<b>Muscle</b>	<b>Notes</b>
<b>Lying</b>	Glutes	Lie flat on back, pull one knee to chest, keep other leg straight
	Glutes medial rotation of hip	Then pull knee across body
	Glutes lateral rotation of hip	Cross one leg over the other, clasp hands together behind back of bottom knee
	Both knees to chest, roll back and forth	
<b>Kneeling</b>	Hip Flexor	Knee on one knee, slid hips forward to open out hip joint
<b>Standing</b>	Quadriceps	Hold foot in shoelace area, pull heel towards backside
	Hamstrings	Place on leg on chair and lean forward
	Roll downs	Touch toes, slowly
	Calves (gastrocnemius)	Rear leg straight, heel flat to floor, lean against wall
	Calves (soleus)	As above with rear leg bent
	Latissimus dorsi	Reach for sky
	Pectorals (chest)	Place one hand on wall, walk forward with inside leg, turn torso away from wall
	Triceps	Stretch one arm upwards then bend it as if trying to reach back of your neck
	Scapula control	Don't shoot position, draw shoulder blades down then elbows down
	Neck stretches	Side neck tilts gently