

Fit Bit Friday 188

The Strength Training for Triathletes Workout

Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.

Description: Do the supersets/trisets A to E below, repeating each pair (or trio for set C) of exercises 3 times before moving on to the next. Take 1 minute of rest between sets, using the time to stay hydrated and stretch. Focus on form before you try to ramp up the load too much - it's better to have great form and lighter weights than crappy form and heavy weights!

	What to Do	Reps/ Time
A: 3x	Standing Lat Pull-Down – to develop a stronger pull phase in your swim stroke. Do lat pull downs using a machine as usual, but stand rather than sit.	10
	Dumbbell Squats – to help you power up hills on your bike and while running. Hold dumbbells near shoulders or at your sides.	10
	1 min recovery	1 min
B: 3x	Assisted Pull-Up – to develop a stronger pull phase in your swim stroke. Use an assisted pull-up machine, or thick resistance bands looped around a pull-up bar to support your bodyweight.	10
	Renegade Rows – to develop a stronger pull phase in your swim stroke AND a stronger core. Get into high plank with a dumbbell held in each hand. Keepin hips square to the floor, alternate rowing each dumbbell up to the side of your ribcage, then back down.	10 each side
	1 min recovery	1 min
C: 3x	Dumbbell chest press – to develop a stronger pull phase in your swim stroke. Lie face-up on a bench and perform chest presses, lowering the dumbbells to your armpits then pressing them back up on each rep.	10
	Dumbbell front raise – to develop good shoulder mobility for swimming. Stand with dumbbells in each hand. With a very slight flex at the elbows, alternate raising each dumbbell in front of you to shoulder height, then lower.	10 each side
	Dumbbell lat raise – to develop good shoulder mobility for swimming. Same position as front raises, only you'll raise the dumbbells out to your sides, up to shoulder height.	10 each side
	1 min recovery	1 min
D: 3x	Swiss Ball Push-Up with Knee Tuck – to increase upper body strength and develop core stability. Get into push-up position with the tops of your feet/shins on a stability ball. Do a push-up, then draw your knees into your chest while rolling the ball in. Roll the ball back out with your feet, then repeat.	10
	Swiss Ball Leg Curl – to develop core stability for all 3 disciplines, and create a stronger pull-through phase in cycling and running. Lie face-up on a mat with heels on top of a stability ball. Lift your hips and place your arms out to your sides so that your body forms a straight line from heels to your shoulders. Keeping hips lifted, draw the ball in towards your hips, bending at the knees. Roll it back out and repeat.	10
	1 min recovery	1 min
E: 3x	Side Plank with Hip Drops – to develop a stronger core, great for all 3 disciplines. Get into low side plank on your right side. Drop your hips until they're about 1" from the ground, then lift them back up. Repeat for 10 reps on right side, then switch to left.	10 each side
	Donkey Kicks – to improve hip extension, required for a strong kick while swimming. Get onto your knees and elbows on a mat. Lift your right heel and extend it up as high as you can, keeping the angle behind your knee at 90 degrees. Complete all reps here then switch sides.	10 each side
	1 min recovery	1 min
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