

TheTriTouch: Triathlon Specific Stretches



This photographic aid was created to support the popular triathlon specific stretching class run by **TheTriTouch**.

Photos were taken at the **Tridynamic** Triathlon Training camp in Barcelona, April 2010 (www.tridynamic.co.uk). Thank you to our models: **Beckie Lees** and **Joe Cox** from Tridynamic and **Aurelie Almeida** from TheTriTouch.



Knee rotation: Beckie is showing us how to release the lower back: start with your knees together, close to your chest, then circle your knees away from you, away from each other, towards you, together to your chest, repeat 10 times then change direction.



***** Before you start *** Please remember that stretching should never be painful, be careful to joints in particular.** Ideally, floor stretches should be done on a soft matt, without shoes or socks. If in doubt or if something doesn't feel right, stop immediately and seek advice. Get into the movements slowly, never rush or force the stretch, keep the position for 10-30 sec on average and do both sides.



Cat stretch to release the spine.



Sciatica stretch: Joe is kneeling on hands and knees, bringing one knee to his head, and then kicking this leg behind him, stretched, with his foot flexed, repeat 10 times then change leg.



Shoulder clasp: Aurelie is standing with her arms behind her back, palms locked towards her back. She lifts her hands away from her back. If flexibility allows: slowly bend forwards to deepen the stretch, keeping your hands clasped. Breathe. You can then release the hands and lock your arms behind your ankles, chest resting on your legs, head heavy, hanging down to release the spine and stretch the hamstrings.



Pigeon Pose: THIS SHOULD BE IN THE CYCLIST'S SURVIVAL TOOLKIT. Also excellent for runners.

Start on your hands and knees, bring one knee to your hands on the floor with the foot on the other side of the leg.

Slide the other leg back on the floor as far as it will go. This position stretches the gluteus, hip flexors, quads and hamstrings.



If it is comfortable to do so, put your elbows to the floor, using your upper body weight to deepen the stretch.

Below, Aurelie is showing us how to make this stretch more challenging for the quads by holding your back foot (this is a bit of a balance) you can also do this with someone helping you.



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Spinal twist: start lying on the floor, legs bent, feet close to your buttocks, twist your knees to the floor on one side while looking the other way. Take care that both shoulders should touch the floor at all times. Joe is showing how to deepen the stretch (excellent for ITB) by first crossing the legs.



Gluteus stretch: Aurelie and Joe are cradling one knee and foot in the crook of their elbows, encouraging the knee (and leg) across towards their chest.



Calf/Achilles/Hamstring stretch: Beckie is standing whilst holding on to a wall (you can use a tree, chair etc). She crosses her legs (this isn't suitable if you have knee problems) then pushes her hips backwards while lowering her upper body. Then she lifts her toes. Make sure you do both sides by changing the legs across.



Downface dog is a great hamstrings and calf stretch. Becky is using this triangle pose (her weight is backwards so hardly any pressure on her hands). She then bends each knee alternatively to stretch the other leg's calf more deeply.

Aurelie is showing how to add a hip flexor/gluteus stretch to this position, by holding one leg straight up for a few seconds.





Swan pose is wonderfully releasing for the back. Becky is kneeling down then moving forwards keeping her hips on her heels. She stretches her arms forwards and outwards, letting her head rest on the floor.

You can deepen this spinal stretch by asking a friend to **GENTLY** hold each side of your spine down while you breathe deeply.



An exercise ball is also a great tool for a spinal stretch, just relax over the ball.





3 fantastic stretches for swimmers and cyclists:

- 1- **Stretch your triceps and your lats** by holding one elbow behind your head, sliding your hand down. You can deepen the stretch by moving your elbow laterally, stretching the side of your body.
- 2- **Doorframe stretch:** hold your hands at shoulder height and gently push your body weight forwards, stretching your pectorals and trapezius (upper back) muscles. Let your head relax forward and down.
- 3- **Sit cross-legged** and stretch one arm above your head sideways, while keeping both hips on the floor.



Hope you find these useful, have fun!

