



### Strength Standards for Mobility and Stability in Triathlon

Name: \_\_\_\_\_ Date: \_\_\_\_\_

BODY MOVEMENT	EXERCISES	PASS/FAIL		NOTES
<b>Posture –</b> Thoracic mobility - Neutral, Braced position all day	<ul style="list-style-type: none"> <li>• Foam roller vertical and horizontal</li> <li>• Clock, Back Bends Breathing with the whole diaphragm.</li> <li>• hydration: muscle flossing- goal is pain free (Magnesium, fish oils)</li> </ul>			
<b>Standing Core</b>	Press down on shoulders to assess strength			
<b>Single Leg Balance</b>	30 seconds minimum each leg without removing hands from hips or putting foot down	Right:	Left:	
<b>Single leg Eyes Closed</b>	10 seconds minimum			
<b>Big Toe Extension test</b>	30 degrees- toe yoga, yoga toes, melt balls	Right:	Left:	
<b>Ankle Dorsiflexion –</b> 30 degrees minimum sit on ankles tops of feet on ground heels close together- plantar Pistol Squat Position - 1 straight leg	<ul style="list-style-type: none"> <li>• Gravity Drop Stretch</li> <li>• calf stretch with lifted big toe</li> <li>• stick, muscle flossing - goal pain free</li> <li>• Lower leg routine</li> <li>• Legs together squat</li> </ul>	Right:	Left:	
<b>Ankle Plantar Flexion –</b> sit on ankles tops of feet on ground heels close together- point toes away no space	<ul style="list-style-type: none"> <li>• Foam roll shins</li> <li>• Voodoo mobility bands</li> <li>• Lower leg routine</li> <li>• Legs together squat</li> </ul>	Right:	Left:	
<b>Hip Flexion- hamstring</b> both legs straight, flat on back, lift 1 leg for 70 degrees minimum	<ul style="list-style-type: none"> <li>• Posterior chain banded floss, work into straight leg for hamstring stretch</li> <li>• Rope stretch</li> <li>• Doorway stretch 3 min</li> <li>• Eldoa up the wall on back</li> </ul>	Right:	Left:	

<b>Hip Extension- 30 degrees minimum for running and swimming</b>	<ul style="list-style-type: none"> <li>• Face down heel to butt</li> <li>• Advanced – Eldoa stretch 2 min- Lunge position touch heel to butt stretch/day</li> <li>• Eldoa on wall – dorsi and plantar foot position</li> </ul>	Right:	Left:	
<b>Single leg squat 6 reps, hands on hips</b>	<ul style="list-style-type: none"> <li>• use a dowel</li> </ul>	Right:	Left:	
<b>One leg bridge hold Test 30 sec</b>	<b>flat on back, knees bent- lift hips straighten 1 leg parallel to floor hold 30 sec with hips even – homework – single leg bridge</b>			
<b>Plank test elbows(run) and straight arms (swim) 1 min hold</b> <ul style="list-style-type: none"> <li>• Add dynamic movements</li> <li>• Add Foundational movements</li> </ul>		Plank:	Dynamic:	Foundation:
<b>Side plank – elbow and straight arm - 45 sec</b>	<ul style="list-style-type: none"> <li>• Bend bottom knee regression</li> <li>• Advanced - Add top/ bottom knee in, Dynamic movement</li> </ul>	Right	Left	Bent knee:
<b>Reverse plank - elbows and straight arms :30 sec test</b>	<ul style="list-style-type: none"> <li>• Increase stationary hold time</li> <li>• Add leg lifts</li> </ul>			
<b>TA – Transverse Abdominus Activation</b>	4-point stance <ul style="list-style-type: none"> <li>• Draw bellybutton in towards spine</li> </ul>			
<b><u>Dynamic stability tests</u></b>				
<b>Box jump</b> jump onto a box - goal for knees to stay out and strong, not collapse inward	Start with jumping on soft surface in place and using posterior chain for momentum and power, build up to a small step, then a box inward	Right:	Left:	
<b>30x1 leg jumps</b>	Complete as many jumps as you can with feet and knees in neutral alignment get to 30. Then add jump rope.	Right:	Left:	

\*\*All of these are minimums to have BEFORE you start a running program. If you have these it will almost guarantee injury free running. Of course, a smart incremental increase to volume and intensity as well as large muscle group strength training will only improve your odds against injury.