



RACE WEEK AND READY

Top 5 Race Week Reminders

TEXT BY KRISS HENDY
PHOTOGRAPHY BY KRISS HENDY AND KORUPT VISION

1. MOBILITY

For some, considering strength training during race week is simply ludicrous. But for those of you with a more open mind, the type of strength training that I'm talking about isn't about loading or intensity but much more about keeping things firing, ready for when that gun goes off. Here are five focus areas I try to encourage athletes to remember when crunch time is fast approaching.

The idea behind an effective mobility routine is to take the body from a cold, static position, and move it through movements that mobilise the joints and surrounding soft tissues. Mobilising your body through its optimal range of motion is the key to maintaining healthy movement and can drastically improve performance when done consistently. Due to its lower intensity demand upon the body, it is an ideal way to keep the body moving during taper week without adding any unnecessary stress. The hip complex

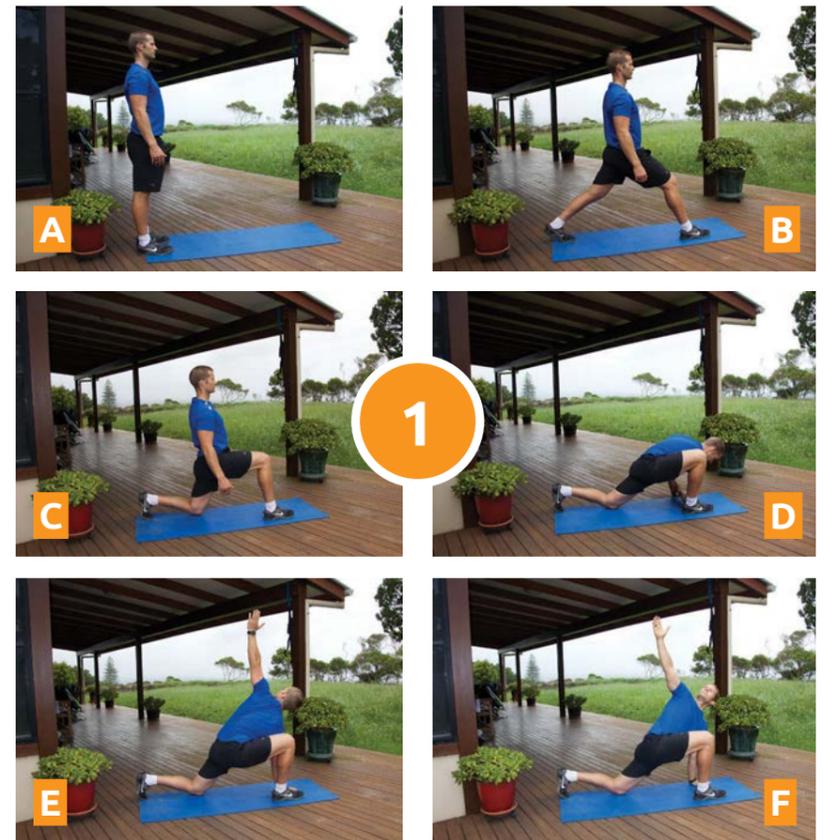
is the most important area for the triathlete to focus on, as this is the 'control centre' of all the work that you do throughout your swim, bike and run. Exercises such as the Inchworm, Spider Lunge and T-spine Lunge are great to keep you hip area open and moving.

TIP: Don't expect a great range to start with, endurance athletes are notoriously tight so go steady to avoid over-stretching.

TRAINING TOOLBOX

STRENGTH AND CONDITIONING

T-SPINE LUNGE



CONDITIONING: The T-Spine Lunge is a great exercise to keep the joints and soft tissues mobilised with loading or intensity during race week.

Glute Bridge Complex – Position yourself with your upper back/shoulders on the edge of a bed or chair, with your knees bent and feet flat on the ground. Drive up through your heels and elevate your hips to the sky to create a 'table-top' hold. To increase the intensity, lift one leg off the ground and hold a single leg hold for 10 to 20 seconds. Important points – keep your hips stable and flat; do not allow your hips to drop one side.

2. GLUTE ACTIVATION

Race day is the time that you want all the correct muscles to be working to ensure you produce the power and speed that you need. Hopefully, you will have been including some glute activation work into your weekly programming, so now is the time to maintain that, to keep things switched on.

TIP:

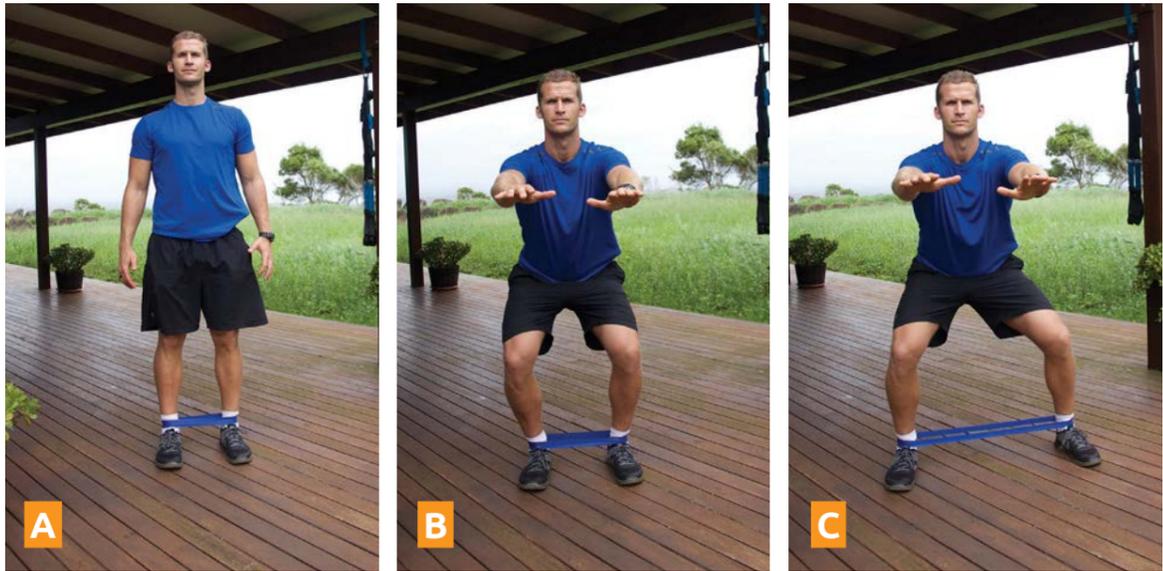
If you have never done the following exercises, don't start the week before your most important race! Even though they are basic body weight exercises, they are a stimulus that you may not be used to, so you could feel a little sore for a few days after. Hold off and start in your next training block.

“The idea behind an effective mobility routine is to take the body from a cold, static position, and move it through movements that mobilise the joints.”

— Kriss Hendy

2 a: GLUTE BRIDGE





b: BANDED LATERAL WALKS

Banded Lateral Walks – With the mini band around your ankles or above your knees (preferred as further up the chain means less chance of being performed wrong). Widen your stance to create tension in the band, sit back into a half squat, 'athletic' position with your arm out in front for balance. Holding this position will immediately engage your hip complex, loading the key muscle groups together. From here, staying at the same height, step to the side with your outside foot and follow with a shorter step from your second foot. Repeat for 10 to 15 steps and head back the opposite direction. Key points to remember is that the control comes from your core stability - focus on maintaining tension through your midline. Also, keep your feet facing forward or slightly inwards, as this engage the glute med more efficiently.



3. ANKLE STABILISERS

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The few days leading into your race are commonly spent resting the legs and staying off your feet as much as possible. Even though this is a common practice, you also don't want to sit stationary for a week, where too much inactivity will lead to dormant muscles and lack of body awareness that has you feeling like jelly come race day. You require the muscles in your lower legs to support your every step when you run, and to prevent any 'ankle rolling' on uneven terrain or when your form becomes tired and sloppy.

Single leg runners (see picture) are a fantastic exercise for getting everything to work together. Standing on one leg and transitioning through the planes of motion will force you to work

on a number of variables, balance, coordination, proprioception, strength and stability.

The focus is both on maintaining straight alignment of your hips throughout, but also ensure that your feet are engaged too. Look to grip the floor with your feet as this will immediately give you more control and stability, as you are telling your feet to work.

TIP:

If this is too hard, performing a knee lift hold is a perfect alternative to recruit your ankle stabilisers.

TRAINING TOOLBOX

STRENGTH AND CONDITIONING

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PULL APARTS:
A good example of the swimmer's pre race training is the Pull Apart.



PULL APARTS

4. SWIMMERS 'CATCH'

Taking a couple of resistance bands when you travel, will give you the ability to keep your swim stroke on point when a pre-race swim is not possible or overcrowded. There are a number of great upper body exercises you can do with a large resistance band (note – that it needs to be light enough resistance to allow full range of motion). These exercises will engage the upper body, focus on form and keep you ticking over in between your swim sessions

TIP:

Similar to glute activation, include band work as a warm up before you enter the water to make sure your upper back, core and shoulders are working optimally.

5. TRUST

If you're reading this thinking that you haven't done enough. STOP! All the work has been done, and you now have to use what you've got to get the most out of yourself on race day. Cramming or last minute training sessions will only be detrimental, so ignore the pressure of what everyone else is doing around you. Keep it simple!



Kriss Hendy Strength & Performance Coach



Seeing the need for better athlete education and understanding with regards to Strength & Conditioning for the Endurance

Athlete. Kriss works with a variety of athletes from Age Groupers to Professionals, developing programs that support and heighten their endurance performance. Kriss is based in Byron Bay with his wife (Professional Triathlete) Polly Hendy. He has both a local & international client base that use his Online Strength Training Packages.

For further details or to contact Kriss:
www.khstrengthandperformance.com
Twitter: [khendy3](https://twitter.com/khendy3)
Instagram: [@kriss_hendy](https://www.instagram.com/kriss_hendy)