

Training for Triathlons

All three disciplines of triathlon require core stabilization and strength. Learn how to target your triathlon preparation training...

Strong core muscles help you to keep your body streamlined in the water, maintain an efficient bike position and complete a run with better form.



Even better - improving your core strength lowers your risk for an over-use injury like low-back pain or IT band syndrome. Your core is the foundation where everything else comes from - and without it, your form will collapse and suffer. If your form buckles under fatigue, your chances for injury increase.

Unfortunately, most athletes avoid or limit core exercises during their performance training. After a long workout, resistance training or core work is the last thing on your mind.

The great thing about core exercises is they can be done in your home, at the gym or in your office. The following exercises are designed to increase deep abdominal and back strength and stabilization. These muscles are key for proper hip and spine alignment. Perform these exercises at least two days per week. They can be added to your off day and your other light training day during the week.

[Click here](#) to read more and learn [four simple exercises](#) that will pay off in a huge way.

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