



Simple Core Strength Workout

Complete 3 rounds, resting 2-3 minutes between each round. Rest for 10-30 seconds between each exercise.

Week 1-3

Plank: 10-30 seconds

Hip Raises: 2 x 5 raises

Cycling Crunches: 2 x 5 (1 rep is both sides)

Flutter Kick: 2 x 10 secs

Week 4-6

Plank: 20-40 seconds

Hip Raises: 2 x 10 raises

Cycling Crunches: 2 x 8

Flutter Kick: 2 x 20 secs

Week 7-9

Plank: 30-50 seconds

Hip Raises: 2 x 12 raises

Cycling Crunches: 2 x 10

Flutter Kick: 2 x 25 secs

Week 10-12

Plank: 30-50 seconds

Hip Raises: 2 x 15 raises

Cycling Crunches: 2 x 12

Flutter Kick: 2 x 30 secs

Core Training

Core training is an important component of overall fitness, as it can help improve flexibility, balance, and stability. Triathletes who prioritize core training as part of their overall fitness program are likely to see benefits in other areas of their training, such as improved endurance and faster recovery times. It is recommended to add these core exercises at the end of your strength training sessions

| Exercise | Muscle Group | Helps With |
|----------------|--|-----------------|
| Plank | Abdominals, Glutes, Hamstrings, Quadriceps, Shoulders and Back Muscles | Swim, Bike, Run |
| Hip Raises | Glutes, Hamstrings, and Lower Back Muscles | Swim, Bike, Run |
| Cycling Crunch | Abdominals | Swim, Bike, Run |
| Flutter Kick | Abdominals and Hip Flexors | Swim, Bike, Run |

Plank



Elbow Plank (knee)



Elbow Plank

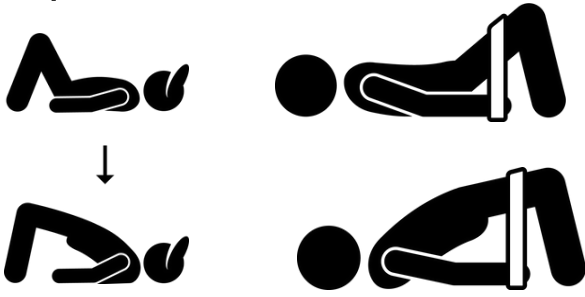


Basic Plank

- Start by getting into a push-up position, with your arms straight and your hands shoulder-width apart.
- Lower your forearms to the ground, keeping your elbows directly beneath your shoulders.
- Extend your legs straight behind you, with your toes on the ground.
- Engage your core muscles and keep your body in a straight line from head to heels.
- Hold the position for as long as you can, aiming for 15 seconds to start and working your way up to a minute or more over time.
- When you're finished, lower your knees to the ground and rest for a few seconds before repeating the exercise.

It's important to maintain proper form throughout the plank to avoid injury and get the most benefit from the exercise. Avoid sagging your hips or arching your back, as this can put unnecessary strain on your lower back. Instead, focus on engaging your core muscles and keeping your body in a straight line. You can also modify the plank by dropping to your knees if the full plank is too challenging.

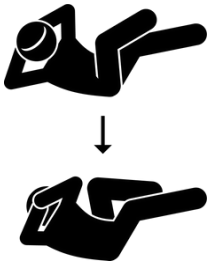
Hip Raises



- Lie on your back with your knees bent and your feet flat on the ground.
- Place your arms at your sides with your palms facing down.
- Engage your core muscles and push through your heels to lift your hips off the ground.
- Keep your feet and shoulder blades on the ground and maintain a straight line from your shoulders to your knees.
- Pause at the top of the movement, then slowly lower your hips back down to the starting position.
- Repeat for the desired number of repetitions

To increase the challenge of this exercise, you can hold a weight on your hips or use a resistance band while performing the movement. It's important to maintain proper form throughout the exercise, avoiding arching your back or lifting your feet off the ground. If you feel any discomfort in your lower back, you may need to reduce the range of motion or modify the exercise to better suit your abilities.

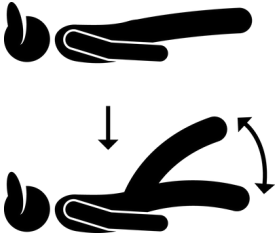
Cycling Crunch



- Lie on your back with your hands behind your head and your elbows out to the sides.
- Lift your shoulder blades off the ground and engage your abs.
- Lift your knees up to a tabletop position, with your shins parallel to the ground.
- Bring your right elbow towards your left knee while straightening your right leg out in front of you.
- Twist your torso and bring your left elbow towards your right knee while straightening your left leg out in front of you.
- Continue alternating sides in a pedaling motion, as if riding a bicycle.
- Continue for the desired number of reps or time, typically 15 seconds to a minute.
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It's important to maintain proper form throughout the exercise to avoid straining your neck or lower back. Keep your shoulder blades lifted off the ground and your elbows out to the sides. Avoid pulling on your neck with your hands, and focus on using your abs to lift your shoulder blades. You can also modify the exercise by bending your knees more or slowing down the pedaling motion.

Flutter Kick



- Lie on your back with your legs extended straight out in front of you and your arms at your sides.
- Engage your core muscles and lift your legs a few inches off the ground.
- Alternately kick your legs up and down in a rapid fluttering motion, keeping your legs straight and your toes pointed.
- Continue kicking for the desired number of reps or time, typically 15 seconds to a minute.
- Rest and repeat for additional sets.

It's important to maintain proper form throughout the exercise to avoid straining your lower back. Keep your abs engaged and your lower back pressed firmly into the ground. You can also modify the exercise by bending your knees slightly or placing your hands under your glutes for additional support. Increase the difficulty of the exercise by holding a medicine ball or weight between your feet.