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Mobility Training for Triathletes

Why Mobility?

- Mobility refers to how well your joint can actively move through its range of motion.
- The more range of motion you have control of, the more space your body has to move, and the more strength, force and power your body is able to generate.
- The more strength, force and power your body can generate, the better your sports performance will be.
- Mobility training mitigates injury. How?
 1. Your joints and nervous system will be more used to the loads you're asking them to bear.
 2. You'll start "talking" to your joints and working them in a way so that everyone understands what their jobs are. The better your hips can rotate, the less pressure you'll be putting on your low back, hip flexors and hamstrings. The more your shoulders start moving like shoulders, the stronger they will become and the better your swim strokes will be.
 3. By spending time on each joint individually, you're able to get your body working better as a whole while decreasing overuse injuries because one joint isn't stuck doing all the work.
- Mobility should be part of your workout regimen year round, not just during the on or off season. Joint health is for life. The better you take care of your joints now, the better off you'll be competing for years and years to come.



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- **CARs:** Controlled Articular Rotations
- **PAILS/RAILs:** Progressive and Angular Isometric Loading
- You're not trying to push through pain, cramping is great, shooting pain is not.
- Worry less about the reps and sets and more about trying to feel the right "stuff."
- Other than the moving joint, the rest of your body is braced and remaining still.

Shoulders

- [CARs](#)
- [External and Internal Rotation](#)
- [Flexion and Extension](#)
- [Internal Rotation](#)
- [Swimmers](#)
- [Scapula CARs](#)

Spine

- [CARs](#)
- [Resistance Band CARs](#)
- [Thoracic CARs](#)
- [Thoracic Segmentation](#)
- [Lumbar Segmentation](#)
- [Neck CARs](#)

Hips

- [CARs](#)
- [Hip Internal Rotation](#)
- [Supine Hip IR Axial](#)
- [Supine Hip ER Axial](#)
- [Hip Flexion PAILS/RAILs](#)
- [Hip Extension Lift-Offs](#)



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Knees

- [Axial Rotations](#)
- [CARs](#)
- [Internal and External Rotation PAILs/RAILs](#)
- [Standing Knee Flexion](#) (watch out for the hamstring cramp)

Ankles and Feet

- [Ankle CARs](#)
- [Toe CARs](#)
- [Dorsiflexion Holds](#)
- [Ankle Inversion and Eversion](#)

Core

- [Side Plank Hip CARs](#)
- [90/90 Rotations](#)
- [Low Plank Reach Outs](#)
- [Side Plank Hip Thrusts](#)
- [Reverse Dead Bug](#)
- [Rotating Plank](#)

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