

# Triathlon Stretches

This is general information only, for specific advice regarding your condition please speak to your Physiotherapist

This sheet has examples of stretches for muscles commonly tight in triathletes.

- Hold stretches 30-60 seconds each, do twice on each side
- You should feel a strong comfortable stretch, stop if you feel pain
- To improve flexibility you need to commit to regular stretching over 4-6 weeks
- Screening exams identify specific areas that need attention and can target stretches right for you
- If you have an existing medical condition or injury see your Doctor or Physio before commencing these stretches.

## Calf



- Don't let foot roll inwards, keep back heel on floor
- Gastrocs (top): keep back knee straight. Can elevate front of foot on rolled towel, wedge to increase stretch
- Soleus (lower right): bend back knee, push knee forward, take butt back over heel, should feel stretch in lower calf and Achilles

## Hamstring



- Put arch of foot on front edge of chair, bend front knee and rest chest on thigh
- Straighten front knee, keeping chest on thigh, should feel stretch in upper part of hamstring

## ITB



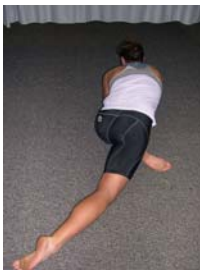
- Cross right leg behind left, keep right leg straight
- Bend shoulders to left and push right hip out to right side
- May need to play around with foot placement, position of trunk quite a bit to get this one.
- Repeat on other side

## Hip Flexors



- Kneel on one knee
- Tuck butt under (try to 'de-arch' your lower back)
- Should feel stretch at front of hip and thigh of leg you are kneeling on.
- To progress stretch, push front knee forward, keeping body erect, don't arch back.

## Gluteals/Piriformis



- Kneel on floor, rest on forearms (aero position)
- Take one leg off floor, straighten leg and take it back and across other leg
- Push back foot back as far as possible, keeping hips pointing to floor
- Should feel it in butt of front leg

## Combination Stretch



- Rest forearms on surface same height as hips
- Walk feet backwards so legs are vertical
- Push back away from hands, try and flatten back and push navel towards floor. Look at hands.
- Can be felt in back of legs, butt, middle back, lats and shoulders

## Pectoral stretch



- Forearms in doorway, elbows at shoulder height
- Lean forwards through doorway
- Should feel stretch at front of chest and shoulder
- Stop if pain is felt

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