

MAT FOR TRIATHLETES

Presented by Jolie Becker
thepinesstudio@gmail.com

OVERVIEW

Triathletes or single-sport enthusiasts spend hours training. Each sport has a repetitive movement. Pilates is a great way to cross-train. It will build strength, mobility, endurance, and will help prevent injury. Pilates mat can be done anywhere. Teach it to your clients or learn it for yourself in order to have the tools to get out of pain and help build strength and move the body in all directions.

OBJECTIVES

- Find out their reason for interest in Pilates. Work toward their goal.
- To understand what the 4 S's (Strength, Stretch, Stamina, Stability) commonly look like in a triathlete.
- Explore common injuries with triathletes such as:
 - Knee injuries
 - Hip Injuries
 - Piriformis Syndrome
 - IT band Issues
 - Ankle and foot sprains and strains
 - Tendonitis
 - Muscle tears
 - Shoulder Injuries
 - Neck Injuries
 - Back Injuries
 - Pelvic Instability
- Apply the Fundamentals to strengthen weak muscles, teach proper movement patterns. Teach them to move the legs from the abdominals and create more body awareness.

SUMMARY

Pilates will build strength, endurance, prevent injury, possibly lead to a better PR, and help keep a triathlete doing what they love for as long as they can.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**

Workout Outline:

Fundamentals

- Imprinting
- ISO Abs
- Clock
- Leg Slide
- Knee Fold
- Knee Sways

Main Block:

- Hundred – legs bent into body
- Roll backs w/ and w/out a ball
- Roll ups w ball between feet
- One Leg Circle w strap, then with bent leg
- Rolling Like a Ball- Cheater Indicator (Elbows on knees, fingertips on forehead...keep all touching as rolling)
- Ab series: work proximal
- Spine Stretch- may need to bend knees
- Open leg Rocker
- Cork Screw- may need bent legs
- Saw
- Flight
- Swan 1 Neck Roll-do a few preps
- Rest position
- Single leg kicks
- Dbl leg kicks
- Bridge- Really go over good form (tail under, ribs in) – Challenge -keep knees together
- Spine Twist
- Side Kick Series- Can do w/ a ball under bottom leg for challenge. Add in rectangles and clams
- Teaser One Leg
- Swimming Prep or Swimming
- Leg Pull Front
- Leg Pull Back- Building Block-Tabletop
- Mermaid Stretch- give building block for tight hips
- Seal
- Push ups

Foam Roller:

- Chest Stretch
- Knee Folds
- Roll ups
- IT Band
- Piriformis

Finish with Standing Power Circle or Ball, and Front Splits and Lunges on the floor

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**