

Rule No. 2 - Swimming & the graceful triathlete

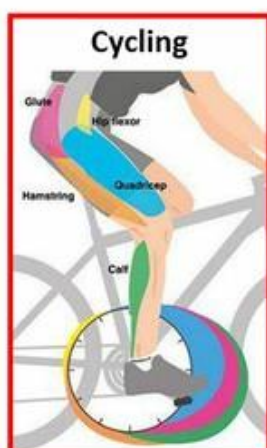
Swimming costs

- hand entry
- press
- catch over the imaginary beach ball
- accelerate
- power to extension of the stroke

Sounds simple! J And it is - once you can picture it. Simple video and apply.

Rules 3 however is not about the above, rule 3 is a conundrum!! All your **swimming fitness** has very little cross over to Running and biking (outside aerobic goals).

In cycling and running there is a 6 to 1 mile transfer, they say 6 miles on the bike is approximately 1 mile of running. You do use a lot of the same muscle groups while cycling s in running however without the impact. And that's where your **conditioning is needed**.



Muscles used while running

- Starting off your leg uses the quadriceps to start running.
- After the initial rush your body switches to using the hamstrings to move your legs.
- At the same time your body also uses the soleus (or inner thigh) and the gastrocnemius (or outer thigh) to assist the quads in moving your legs
- You also use the gluteal muscles in your buttox to help straighten your hips beneath you.
- Lastly you use your hip's flexors and extenders to work with the quads and hamstrings.



Swimming is a totally supported exercise, hence its reduced cross over to the other two sports and predominately a technique driven sport along with being upper body dominated adds two more reasons for the reduced cross over.

It does however have a huge **core influence** and in this area can add a great deal to the graceful triathlete who may neglect this area.

Rule 3 - swim volume has no effect on cycling and running performance!

Take it as a rule. You need to understand however that it does have an effect on **triathlon performance**. Swim racing has a huge demand on VO₂ at the start of an event. If your swim fitness is down before competition, you won't be fit enough to use your ability on the bike and runs.

We need to find the **balance** between swim volume, swim frequency and costs/ demands for triathlon racing.

(costs / demands = your target times • what effort, what time, how much energy demands to produce X time - while maintaining your optimum output in bike and run)

Yours in sports

STL

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