

Making the Most of Your Indoor Training

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Training indoors during the cooler and inclement weather doesn't have to be a sentence. Make good use of your indoor training time to recover, rehab and prepare for the upcoming season.

First this is a good time to see a professional about those nagging injuries that may inhibit performance at higher levels. Second making sure things are in good mechanical order will prepare for the next season and keep risk of injuries and accident down. Dropping your bike at the local bike shop for an inspection and tune up may be in order. Things move on your bike they migrate shift and just plain get out of whack, so the third thing to is take advantage of your bike being stationary on the trainer and check a few things:

- 1) Is your seat level
- 2) Is your seat the correct height (are you sure?), film your self riding see if your wobbling.
- 3) Are your cleats in good working order and are they positioned correctly? (They move)
- 4) Dynamically do some drills to work on power, cadence, and technique
- 5) Work on making sure your pedal power is equal by doing single leg pedaling on the trainer

Swimming takes coordination, making sure your swim specific flexibility and strength is in order is a great thing to do out of the water and working on some basic stroke drills in the water is a great way to prep in the off season. (Who's doesn't like drills?)

Working on running form, and checking your shoes is a great way to work in the off season. Some basic work on things like the "POSE Method" could greatly improve your running strength and flexibility and improve your running efficiency. Looking at the break downs of your training and racing times may help identify deficits in either strength, ability to transition, endurance, and nutrition and hydration.

While we are on the topic of the 4th discipline this is a great time to practice your nutrition and hydration, and making sure your taking in the right amount at the right time that works for you. Don't wait until your outside to experiment with new items do it inside for greater outside performance, otherwise the only sprints will be to the nearest outside public bathroom.

Don't feel like you have to be just stuck on your trainer or treadmill take a look at some of the performance videos offered by Troy Jacobson (SPINNERVALS, and Cheetah Fast Treadmill workout). It makes the time go by and holds you too a higher level of intensity.)

Embrace the inside!!