“Cycling is unique. No other sport lets you go like that - where there’s only the bike left to hold you up. If you ran as hard, you’d fall over. Your legs wouldn’t support you.” Steve Johnson

IT’S TRIATHLON TIME!

July is an exciting month for cyclists the world over, but if you’re a triathlete, the following is something you may want to consider.

When performing a squat, the correct form has traditionally been to keep your shoulders back and chest upright, keeping your shins (tibias) and spine parallel. This is true, but when you have to preserve energy after cycling for the running stage of a triathlon, adjusting your form on squats during your strength routine can help improve your performance.

Triathletes understand the importance of reducing drag as much as possible. That said, riding with the forearms parallel to the top tube, supporting the upper body, reduces drag by up to 35%.

The angle your body assumes when performing squats in preparation for a triathlon should mimic the angle your body assumes during an aerodynamic cycling position. (See Figures 1 and 2, noting the cyclists posturing in the lower left quadrant as ideal.) Make sure you’re dropping your hips deep enough into a squat to maximize the output and results for your next race. Implementing this technique, and pairing it with decreased drag, will allow you to save some much needed energy and muscle power for the run stage of your triathlon.