



## Preparing for Your Own Ultimate Bucket List

As an endurance sport athlete currently training for the Arizona Ironman, if I created my “ultimate bucket list” it would show my bias towards triathlon, biking, and running. With enough grit, determination, training, and money you can check off your own ultimate bucket list.

What else does it take? Definitely first on my list is a good certified coach. Many people undertake big-time endurance events with a book and some advice from friends. However, nothing beats a good coach who can guide you through all the little stuff that can make the difference between finishing well and ending up in the medical tent.

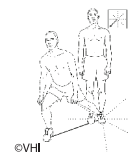
Second, get the right gear for the event and get it fitted correctly. For running shoes, keep them fresh to avoid wearing out your body in training. For your bike, make an appointment with a professional bike fitter so it will be adjusted correctly for you.

Third, and most important, never skip your core exercises. I’m talking about the deepest part of your trunk muscles, not the sexy 6-pack abs. Many injuries can result from core muscle weakness, including plantar fasciitis (heel pain), Achilles tendonitis, shin splints, patellar tendonitis, Iliotibial band syndrome, hip bursitis, piriformis syndrome, sciatica, and low back pain to name a few.

The best muscles to develop for injury prevention and athletic performance enhancement are the Transversus Abdominis (like a corset deep around your abdomen), the lumbar multifidi (right along the spine), and the pelvic floor muscles (yes, Kegels for athletes). They form a good brace around your lower trunk and pelvis to give support. A physical therapist can help you to learn how to properly contract these muscles and incorporate them into your core workout one to two times per week.

Once you’ve mastered contracting the deep part of the core, try integrating it into these exercises. You’ll be training smarter, longer, and with less injury interruptions. To check out my ultimate bucket list, visit [www.therapeuticassociates.com/parkcenter](http://www.therapeuticassociates.com/parkcenter).

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### ANTERIOR LATERAL LUNGE

Stand with equal weight on both feet. Lunge with leg along anterior-lateral direction, keeping foot forward. Do 20 reps 3 times per day.



### TRUNK FLEXION

With side to high anchor, hold tubing with both arms over shoulder. Pull down and across toward opposite foot. Repeat 10 times. Repeat from other side. Rest 60 seconds. Do 3-5 sets per session.



### TRUNK EXTENSION

With side to low anchor, hold tubing with both hands outside foot. Pull up and across, reaching over opposite shoulder. Repeat 10 times. Repeat from other side. Rest 60 seconds. Do 3-5 sets per session.



### TRUNK ROTATION

Stand with back to counter top. Hold a 2-8 pound ball. Turn and place ball on counter. Twist to opposite side and pick up ball. Turn and place ball on counter. Repeat 10 times. Repeat in other direction. Rest 60 seconds. Do 3-5 sets per session.