

By Carmen Bott

Did you know..... that your hip flexors, when tight or shortened, can act like ‘parking brakes,’ and seriously slow your performance down?

Adequate hip mobility is the key to unlocking your potential leg power for running, cycling AND swimming. A series of joint mobility drills, targeting the hip flexors, should be performed prior to training and also used as recovery between training sessions.

The best way to target the hip flexors is to kneel with one foot in front, engage (tighten) the rear glute and gently move the hips forward without arching the back. Stay tall through your spine and gently pulse this mobility drill for 5 seconds on, 5 seconds off for repeats of 60-120 seconds per side. Yoga maneuvers often taken the spine out of neutral and may not be the best means of lengthening this overactive muscle group, plus holding an aggressive stretch for too long can actually make you tighter and we don't want that!

Happy training!

Train smart, be fast. Contact Carmen Bott, MSc. CSCS RKC: carmen@carmenbott.com

