

SWIM. BIKE. RUN.



GOING STIR-CRAZY WITHOUT YOUR TRI TRAINING? TQ'S TOP TIPS FOR TRAINING AT HOME

By Fraser Rubens

As of midday today, Australians are experiencing restrictions to our daily life that are more severe than nearly any period in recent history. All bars, pubs, clubs, and cinemas have been told to close, and restaurants and cafes are limited to takeaway service only. Another notable closure is that all gyms have been told to shut their doors until further notice. As triathletes, the thought of spending a single day without some form of exercise, let alone an indefinite period, is unthinkable, but it's our duty to do our part to stop the spread of this disease. Fortunately, there are ways to keep your fitness up while still staying inside and maintaining social distancing practices. Keep reading for our tips on how to get your sweat on at home while staying healthy at the same time.

Set up the windtrainer

Seeing as we can't head out for a pack ride, we have to find ways to keep our legs (and our minds) ticking over while we're inside. Setting up your windtrainer in front of Netflix is a great way to rack up the kilometres while still staying socially responsible. Try your garage or balcony for some fresh air, and find a great playlist or show to keep your mind entertained while your body gets the workout it craves.

If you're well, find a new running track

Until public health officials implement a full lockdown, as long as you're healthy and maintain your hygiene and social distancing practices, you're still able to go outside. A great way to clear your head and work up a sweat is to discover a new running track near your house. With many of us working from home, we need to find something to fill our commute time, so what better way to keep your body occupied than by finding a great new running route that you can explore with your running pals when this is over!

Body weight exercises are your new best friend.

We can't all be lucky enough to have home gyms, and if you're not too keen on the idea of running on a treadmill or cycling on your windtrainer, now would be the perfect time to establish your new HIIT routine. In our last newsletter, we spoke about the benefits of HIIT training for triathletes, and there's no time like to present to give it a go. Burpees, push-ups, sit-ups, and squat jumps are all crowd favourites, and will help you stay fighting fit and dripping with sweat in no time.

Keep your mind calm

Remember to practice mindfulness and deep breathing. These are stressful times that we live in, and the constant barrage of information from news outlets, social media, and those we know and love can wear on your mental health. It's a good idea to disconnect when you can; switch off your phone for an hour while you're working out and focus on the task at hand. Find a great yoga or pilates YouTube channel and dedicate some time to stretch and clear your mind. Any way you can centre yourself will have a positive effect on your mental health, which at this time, is invaluable.

While we don't know when this is going to end, there are steps we can take to keep our fitness up before we can make it to our next starting line. It's important that we stay healthy and in the right frame of mind during this tough time, and one of the best ways to do that is through working up a sweat. Let us know how you stay fit in times like this by messaging us on Facebook or Instagram (@triathlonqueensland)!