THE STABLE START:
A STRENGTH-BASED GUIDE FOR RUNNERS & TRIATHLETES STARTING A NEW TRAINING CYCLE

***Promise*:**

After this guide, you'll understand how to use stability work to stay injury-free, move more efficiently, and build a stronger foundation for your upcoming training plan.

3 BIG IDEAS + ACTION STEPS

Stability Is the Foundation of Every Strong Season

When training volume increases, your body relies on stability — not just strength — to control force, absorb impact, and maintain form.
Without stability, your body compensates.
Compensation leads to inefficiency, fatigue, and early-season injuries.

Action Step:

At the start of your training plan, prioritize low-load, high-control movements that teach your body how to stabilize before intensity ramps up.

Full-Body Stability = Better Form + Fewer Injuries

Stability isn't just "core work."
It's how your feet, hips, trunk, and shoulders coordinate under movement and fatigue.
For runners and triathletes, this means:

- Better running economy
- Stronger push-off and stride control
- Less stress on knees, hips, and low back

Action Step:

Train stability as a full-body system, not isolated muscles — especially during the first 4–6 weeks of a program.

Stability First = Stronger Mileage Later

Athletes who skip stability often feel “fit” early — then break down mid-season.

Athletes who build stability first tolerate higher mileage, harder workouts, and faster paces with less wear and tear.

Action Step:

Use stability work as your insurance policy for the rest of your season

.

⭐ **QUICK WIN: 3-MOVE FULL-BODY STABILITY CIRCUIT**

Perform this circuit 2–3x per week during the first phase of your training plan.

1. *Single-Leg Balance + Reach* (30–45 sec each side)

Build ankle, hip, and core stability while training control through range.

2. *Dead Bug with Controlled Breathing* (6–8 reps each side)

Reinforces trunk stability and coordination — key for efficient running mechanics.

3. *Side Plank with Hip Abduction* (20–30 sec each side)

Targets lateral hip stability to reduce knee collapse and improve stride control.

➡️ Move slow. Control the motion. Quality matters more than reps.

NEXT STEP

Want a stability plan tailored to your body, sport, and training goals? Book a free **Performance Chat** to identify where you need stability most — and how to integrate it into your training without overdoing it.

👉 *Book Your Consult at*

https://motionsportschiro.janeapp.com/#/staff_member/1/treatment/26

or use the QR code:

info@motionsportschiro.com
(707) 800-3987
motionsportschiro.com

1500 Valley House Dr. #210
Rohnert Park, CA 94928

MOTION
SPORTS CHIROPRACTIC