
THE MOBILE HIPS ADVANTAGE:

A PERFORMANCE GUIDE FOR RUNNERS & TRIATHLETES BUILDING STRENGTH, STABILITY, AND LONGEVITY

Promise:

After this guide, you'll understand how hip mobility supports better stride efficiency, injury prevention, and power transfer — so you can train harder, move smoother, and stay consistent all season long.

3 BIG IDEAS + ACTION STEPS

Hip Mobility Unlocks Better Movement Everywhere Else

Your hips sit at the center of force transfer for running and triathlon training. When hip motion is limited, stress shifts to the knees, low back, and calves. Hip mobility isn't about being flexible — it's about having usable range you can control under load.

Action Step:

Train hip mobility alongside strength and stability, not instead of it.
Think: mobile hips + strong hips = efficient, resilient movement.

Mobile Hips Improve Stride Efficiency & Power Output

For runners and triathletes, hip extension and rotation directly impact:

- Stride length
- Push-off power
- Cadence efficiency
- Fatigue resistance

Restricted hips often show up as “tight hamstrings” or recurring low-back tension.

Action Step:

Prioritize hip mobility drills that move through controlled, active ranges — not passive stretching alone.

Hip Mobility Is an Injury-Prevention Strategy

Limited hip motion forces compensations during higher mileage and intensity. Over time, those compensations become pain patterns. Athletes who maintain hip mobility tolerate higher training loads with fewer setbacks.

Action Step:

Use hip mobility as a maintenance tool throughout your training cycle, not just when something feels tight.

★ **QUICK WIN: 3-MOVE HIP MOBILITY FLOW**

Perform this flow 3–5x per week, ideally after training or on recovery days.

Move slowly. Control the range. Breathe.

1. 90/90 Hip Rotations (6–8 reps per side)

Improves internal and external hip rotation — key for stride control and pelvic stability.

2. Half-Kneeling Hip Flexor + Reach (30–45 sec per side)

Restores hip extension while reinforcing upright posture and core engagement.

3. Controlled Hip Circles (3–5 slow reps per side)

Builds active hip mobility through full range — strength and control together.

➡ Quality over quantity. If it feels shaky, you're training the right thing.

NEXT STEP

Want to know where your hips are limiting your performance? Book a free Performance Chat to identify mobility restrictions, stability gaps, and how to integrate the right work into your training plan

👉 *Book Your Consult at*

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

or use the QR code:

