

# Q&A

**Q** | I'm training for a triathlon. On top of swimming, cycling, and running, do I need to lift weights, too?

**A** | The physical trials of swimming, biking, and running are definitely demanding on the body. And even though it seems like lifting weights may be an added stress, strength training can actually prevent unnecessary injuries while helping you become a stronger triathlete.

But strength training isn't just about building bigger muscles. As a triathlete, you should focus on a routine targeted at muscular symmetry. After all, since all three disciplines rely on the single movement of each leg (plus each arm for swimming), it's crucial to have both your left and right side equally strong instead of relying on your naturally stronger side for support.

To help you get started, here's a workout emphasizing the core, which will help you develop that proper symmetry of strength in both sides of your body:

Try this twice a week (do two sets of 15 reps of each.):

**Single leg squat**

**Walking rear lunge with dumbbells**

**Single leg with leg curl machine**

**Single hand dumbbell chest press on stability ball**

**Single-handed dumbbell row with stability ball (2 sets, 15 reps)**

**Single-handed row machine with pronated grip**

**Single leg and arm scaption**

**Stability ball cobras with dumbbells**

**Stability ball crunches**

**Stability ball bridge**

—*Shawn Zetlin*

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