

# Physiotherapy and Tetrathlon

Tetrathlon is unique having 4 disciplines to take part in. All disciplines need different requirements from your muscles.

## Running

Warm up is important to prevent injury as well as optimise performance

I would encourage a 5 minute jog followed by dynamic stretches. Dynamic stretches are muscle movements that provide a stretch without holding the position. Examples of these are high knees, butt kicks, jumping jacks and sumo squats. This stretching improves speed agility and acceleration.

Running wise, I would vary it up a bit, reducing the chance of the repetitive injuries. Try different distances, different paces, different surfaces and different terrains. Avoid running daily as your body needs time to recover. Any increments in speed and distance should be done gradually.

After running I would encourage you to do static stretches, especially for Quads (heel to bottom), Hamstrings (one leg straight on a step and flex at hips keeping back straight), calf stretches (dropping heels on a step) and finally Gluts (left foot across right thigh in sitting). Static stretches need to be taken to the point where you feel the stretch and held for 15 seconds. It shouldn't be pushed beyond a gentle stretch as that can cause micro trauma.

Core strength (abdominals, gluts) and power muscles (Quadriceps, hamstrings and calf) all need to be worked on.

## Shooting

Core stability is important to help with control. You need to hold the gun very still, but your shoulders should not be elevated to your ears. Lifting a pint of milk in front of you for 30 seconds with your arm horizontal is a good place to start. From 30 seconds time needs to be gradually increased and your arm staying as still as possible. Breathing is also important, work on breathing in and out expanding your chest rather than lifting your shoulders. Anything that makes you move your arm, will affect your shoot score.