

Triple Threat Challenge

May 15-21, 2022



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#NavyFitnessTripleThreatChallenge

Select three of the four cardiovascular modalities and create your personal triathlon! The selected events should be performed in succession or on different days if recovery is needed.

Warm-Up Exercises	
Exercise	Reps/Distance/Time
90/90 Stretch with Arm Sweep	6 reps per side
Plank with Leg Lift	6 reps per leg
Adductor Stretch – Half-Kneeling	6 reps per leg
Reverse Lunge with Rotation	6 reps per side
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Leg Cradle in Place	6 reps per leg
Inverted Hamstring	6 reps per leg
Linear March	10 yds/m
Cardio (e.g., walk, jog)	5-10 minutes

Events: 1.5-mile run, 500-yard/450-meter swim, 3-mile bike, or 2,000-meter row

For those rowing for the first time, Concept2 (n.d.) provides the following technique for rowing.

The Catch: Arms are straight; head is neutral; shoulders are level and not hunched. Upper body is leaning forward from the hips with the shoulders in front of the hips. Shins are vertical, or as close to vertical as is comfortable for you. Shins should not move beyond perpendicular. Heels may lift as needed.

The Drive: Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull. Hands move in a straight line to and from the flywheel. Shoulders remain low and relaxed.

The Finish: Upper body is leaning back slightly, using good support from the core muscles. Legs are extended and the handle is held lightly below your ribs. Shoulders should be low with wrist and grip relaxed. Wrists should be flat.

The Recovery: Extend your arms until they straighten before leaning from the hips toward the flywheel. Once your hands have cleared your knees, allow your knees to bend, and gradually slide the seat forward on the monorail. For your next stroke, return to the catch position with shoulders relaxed and shins vertical.

Rowing technique videos can be found at <https://www.concept2.com/indoor-rowers/training/technique-videos>

Reference: Concept2. (n.d.). The rowing stroke. <https://concept2.com/indoor>