

RUNNING ON WATER #7

Pre-Season Snowshoe Race Training; WHOLISTIC FITNESS® STYLE!

By Coach Steve Ilg



"To train, to race, to climb on top of a podium
is to remain an endless beginner."
- coach ilg

photo: coach ilg leads triathlete student, Shelli Stein, in some "Speed Play training" in Flagstaff.

The hummingbirds have left the Sacred Peak. My neighbor just south of me says that the Geese have arrived in numbers larger than before the epic winter of two years ago. My season ski passes have been purchased. The aspen leaves are changing. Snow has already dappled the rocky heights above timberline.

I just took my little brother, Craig, to the Grand Canyon for a 3-Day backpack trip. I was using this trip for some pre-season snowshoe and ski conditioning to re-train my legs from bicycle racing (see R.O.W #6). For winter athletes, nothing beats loaded-spine backpacking coupled with trail running to impart deep-fiber and bodyweight agility fitness. Craig had never even SEEN the Grand Canyon before, let alone descend the technical South Kaibab Trail 5,000' down into her depths, then hump it out again on the Bright Angel Trail! A recent young father of two, Craig's fitness was not like it used to be when he once cycled around New Zealand and backpacked in the Colorado and New Mexico high country.

"Hey big brother?" he asked me as our Shuttle Bus sliced through a cold dawn toward the 7,200' trailhead. In his eyes i could easily read fear, self doubt, and just plain nerves. I knew well that look.

"Yeah?"

"Uh, you're the big shot Yoga Teacher, shouldn't we be like STRETCHING or something?"

"Dude, if you haven't done the work before now, trust me, NOW is NOT the time to start making up for lost workouts!"

I know my response sounded a bit mean, yet in my words there was grounded wisdom. Too many athletes attempt to make up for a pre-season that only exists in their minds. Not in their bones. I do not want you to make the same mistake. So, let's take a look at a proven path of preparation for our favorite time of the year; SNOWSHOE SEASON!

As the warm months turn cold and as other athletes tend to turn up the thermostats and turn down their training, you and i get to enjoy what i have always felt to be the most special, most enchanting training time; winter pre-season. Outlined below is a sample of a general Wholistic Fitness® pre-season training program designed to impart deep-fiber fitness workouts as well as to keep you psychologically stoked for those first real snowfalls of the year! In Wholistic Fitness® there are Five Fitness Disciplines and Four Lifestyle Principles. This article concerns itself only with the Five Fitness Disciplines and how they should be choreographed to produce a powerful, enduring, and balanced entry into the Winter Racing Season. I'll outline the Goals associated with the Five Fitness Disciplines then offer a sample training week integrating each Discipline. Trust me, you will NEVER be in better shape if you just listen to your ol' Coach!

To optimize this program, consult my latest book; TOTAL BODY TRANSFORMATION for details.



WHOLISTIC FITNESS® DISCIPLINE #1) STRENGTH:

Goal: Establish deep fiber conditioning throughout the "power chain musculature" of the hips and core including select plyometric exercises for developing fast-twitch fibers to help our leg turnover.



WHOLISTIC FITNESS® DISCIPLINE #2) CARDIO:

Goal: Maintain your aerobic capacity and start pressing the throttle on some intensity workouts while also lessening your chance of injury once the season gets into full swing.



WHOLISTIC FITNESS® DISCIPLINE #3) YOGA:

Goal: Increase respiratory immunology, enhanced tissue oxygenation/lubrication, improved thermoregulatory and metabolic fitness, dial in sustained mental concentration skills. Plus, supple joints and connective tissues equate to better transmission of strength, endurance, and power through joint stabilization and coordination. All the above decreases likelihood of injury.



WHOLISTIC FITNESS® DISCIPLINE #4) MEDITATION:

Goal: For this time of the year, this Discipline will take residence within the art of breath-extension or 'pranayama.' Dual training effects from this Discipline provide superb sustained mental focus and the capacity to keep undisciplined senses on target during racing.



WHOLISTIC FITNESS® DISCIPLINE #5) NUTRITION:

Goal: Establish a positive nitrogen balance for overall tissue recuperation from workouts, regeneration, and metabolic/physiologic efficiency. Purge stored bodyfat via sweat and enhanced metabolic 'fire.'

SAMPLE WHOLISTIC FITNESS® PRE-SEASON SNOWSHOE TRAINING PROGRAM:

Chronic Training Variables (Practices to be done each day, every day, without flaw):

- WF Early Morning Meditation:
 - √ wake up, defecate, perform Neti*, then assume a cross-legged sitting posture and do the following Pranayam:
 - 1) close off left nostril, breathe in and out 3x times through the right nostril, switch over to the left and breathe in and out through the left nostril 3x times. Take 5 deep sinus breaths sucking the gut in on the inhales and lifting the gut upward on the exhales. Then repeat that sequence 2 more times.
 - √ time permitting do the following HP Yoga® Sun Salutation workout**;
 - 1) do Ardha Surya Namaskar x 3
 - 2) do Series A-Modified x 5
 - 3) do Series B x 1
 - 4) do Series C x 1
 - 5) do Series A x 3
 - √ take BioBuilde® Amino Acids as directed with product literature***
 - √ at each meal keep the stomach contents one half full with food, one third fluid, one third empty.
 - √ limit all dairy and meat intake to nominal levels.
 - √ take a moment of gratitude before each meal and eat 80% of your meal with your non dominant hand using chopsticks when possible.

Acute Training Variables (Specific Daily Practices):

MONDAY: Strength Day (Can Break Up In Half and do second half on Tuesday if needed):

SUPERSET #1:

- a) "Touch n' Go" Lunges = 15 each leg into:
 - b) Jump Squats using the WF Staccato Technique® (10 seconds hold the bottom position, 10 seconds jump, repeat for 1 minute)
 - c) recover for 30 seconds.
- repeat a-c for a total of 2-3 times.

SUPERSET #2:

- a) Knee Tuck Jumps for 15 seconds into:
 - b) Step ups onto a box with dumbbells for 1 minute
 - c) recover for 30 seconds.
- repeat a into c for 2-3 times

SUPERSET #3:

- a) DB Bench Press (10 reps) into
 - b) DB Flyes (10-12 reps)
 - c) recover for 30 seconds.
- repeat a into c for 2-3 times

SUPERSET #4:

- a) pull ups (? to failure)
- b) DB Seated Press using the WF 3-Stage Technique® (20 seconds upper half only, 20 seconds lower half only, 20 seconds full range)
- c) recover for 30 seconds.

repeat a into c for 2-3 times

SUPERSET #5:

- a) barbell curls x 30 seconds
 - b) DB Arm Swings x 30 seconds
 - c) recover for 30 seconds.
- repeat a into c for 2-3 times

TRISSET #6:

- a) Medicine Ball Crunches x 60 seconds
 - b) Twisting Medicine Ball Crunches x 45 seconds
 - c) Leg Raises x 30 seconds
 - d) recover for 30 seconds.
- repeat a into d for 2-3 times

TUESDAY: Easy Cardio of Choice

Run, hike, or cycle for 1-3 hours at Zone 2 Heart Rate (conversation pace intensity). Do Second Half of Strength Day if needed.

WEDNESDAY: Cardio Drill Day

Run for 20-30 minutes to a flat area then do the following Drills:

Begin with doing each exercise for 20-25 meters and do the whole circuit once.

Build up to doing each exercise for 50 meters and do the circuit 3 times through.

- ✓ Hopping - Hop on one leg for 8 reps going for Height + Distance, then switch.
- ✓ Skipping - Work on your fast reaction to the earth; EXPLODE!
- ✓ Squat Thrusts - Double leg squats with strong upper body involvement; again go for Distance + Height!
- ✓ High knees - nothing better than old school, baby!
- ✓ Butt kicks- nothing better than old school, baby!
- ✓ Ricochets - find an uphill if possible then pretend you are running through tires like football players; side to side!

Run back home at Zone 2.

THURSDAY: SpeedPlay Day

Don't even look at your watch. Pick a land mark and pick up the pace until you get there. Then jog easy for 5 minutes and repeat for the duration of a 60 - 90 minute run. The length of each interval will vary, so your speed will change accordingly. Include some downhills for leg turnover workout! This also a cool day to go to an ice rink and make up some speed skate intervals using the above notion.

FRIDAY: Yoga Of Choice

Go ahead; you KNOW you need it! use one of my DVD's available on my website catalog, or take a local class, or be a real Warrior and

SATURDAY and SUNDAY

Best option here is if you nailed the Monday -Friday workouts above then use your Saturday for club rides, runs, hikes, or knock out another Strength Day. Then, use Sunday as a Recovery Day.

COMING UP NEXT IN RUNNING ON WATER: SNOWSHOE SPECIFIC WORKOUTS!

for more on Coach Ilg, explore his website at:
www.WholisticFitness.com

* for an explanation of Neti or the yogic Practice of 'nasal washing' visit: http://www.netipot.org/demo_video.htm

**see Total Body Transformation pages; 86-95

*** to order BioBuilde use this link: <http://www.bodyhealth.com/?ac=Ilg%20>