

## **Shh!...Top Secret Training Tips**

I can't believe I'm doing this...I guess I'm losing that ruthless competitive edge (or edginess) I had during my pro years. But gosh, after four kids and ten years of grade-school teaching later, alas I've softened (literally). My ChicoTriClub compadres, it's time to share. But shh, let's keep these between us. We still want to soar past those outside the club ☺.

In all seriousness though, there have been instances during the ten years I spent as full-time triathlete and, maybe even more profoundly, the last couple of years that I have spent reviving my latent passion, whereupon I have discovered breakthrough tools, techniques, and nutrition/supplements that have had stunning effects on performance. I can't stress enough that coming back after a 15 layoff and into fairly intensive training as an out-of-shape 43 year old, with the frame of reference gotten from the pro years, has afforded me a chance to see what really jumps out as a big difference-maker.

I'm certain I'm not the only one who has found such things during the course of their training endeavors, so please don't hesitate to share...I can certainly pass them along to the club as well.

So here are a few training tips that I believe can help you a great deal. The focus this time is RECOVERY and WARM-UP. I will continue to post more as we go along, so stay tuned. Finally, please feel free to ask about these or any related topics, but beware, I might talk your ear off ☺. (*NOTE: To activate the links, press CTRL + click*)

### **THE STICK**

For WARM-UP and RECOVERY I am hooked on this thing! It's as important to as food!

- This tool helps raise your muscles temperature and enhance enzyme activity, so it allows you to warm-up gently. The Stick also releases what are called trigger points which are fibrous bands of muscle containing knots that restrict blood flow to the muscle.
- Restricted blood flow to muscles following exercise hinders muscle growth and repair. The Stick relaxes tight muscle which enhances muscle growth and repairs tissue following exercise...major recovery implications!
- When you have had an intense workout, carbohydrates that are stored in muscles in the form of glycogen breaks clown and is used for energy. This results in the formation of lactic acid. For enhanced lactic acid removal, The Stick expedites the removal of Lactic Acid.

<http://www.thestick.net/using.htm>

### **THE ULTIMATE WARM-UP**

For WARM-UP and MOBILITY: I truly believe nothing is more important to efficiency of movement than core stability and mobility. Even 25 years ago early in

my triathlon career we were discovering the importance of, as we spoke of it back then, HIP strength and flexibility. These days it's all about CORE. Not really new, just recycled. There is no better way to warm-up for cycling and running than the following routines in the links below, which I do before almost every training session. Once you have them as routine, you're only going to need 10 minutes max to perform. They will also improve your performance by inducing greater range of motion, strength, and symmetry in you hips/lower back/core.

<http://www.youtube.com/watch?v=jRtLhJW6HdQ&NR=1>  
<http://www.youtube.com/watch?v=MGIwJkdMaME&feature=related>  
<http://www.youtube.com/watch?v=pmarsM7IEBQ&feature=channel>

## PNF

I first utilized PNF stretching the day before the most important race of my career, the international distance World Championship of 1989 in Bermuda with the most competitive field ever assembled. I know I'm bragging, but the long and short of the story is I ran a 32:45 10k split on a not particularly fast course in hot and humid conditions (after a 55 minute 40k bike split). I was catching Mark Allen (still the fastest Ironman marathon split ever) late in the run, but cramped on a steep uphill in the last ¾ mile and was passed by 3 athletes to finish in 5<sup>th</sup> place. O.K. now that I got my bragging in, here's the point. I had never before gotten off my bike and felt such incredible magic in my legs as I did that day. There's no doubt in my mind it's because of the PNF stretches I did the night before with a chiropractor. The following article might help explain why:

<http://www.runthepanet.com/trainingracing/stretching/chap3-PNF.asp>

### **Here are some other general guidelines when completing PNF stretching:**

1. Leave 48 hours between PNF stretching routines (twice per week).
2. Perform only one exercise per muscle group in a session.
3. For each muscle group complete 2-5 sets of the chosen exercise.
4. Each set should consist of one stretch held for up to 30 seconds after the contracting phase.
5. PNF stretching is not recommended for anyone under the age of 18.
6. If PNF stretching is to be performed as a separate exercise session, a thorough warm up consisting of 5-10 minutes of light aerobic exercise and some dynamic stretches must precede it.
7. Avoid PNF immediately before, or on the morning of competition.

Here is a demonstration: <http://www.youtube.com/watch?v=4GWIJMSAlu4>

## THE GRID

For RECOVERY, INJURY PREVENTION, and CORE STRENGTH: Here's a tool that resembles something I used years ago with wonderful effects. As I remember it, this tool really did help prevent injuries, particularly I.T. band syndrome. Great for core strength, but there is nothing like it in terms of myofascia release, improving circulation, and making muscles more pliable. This is an extension of what The Stick

does. Although The Stick is more of an everyday use tool, this is a must have for staying injury-free.

<http://store.tpttherapy.com/>  
<http://www.facebook.com/video/video.php?v=179397678819>

## **BCAAs**

For RECOVERY and PERFORMANCE: I've become extremely sensitive to the effects of what I put in my body through many years of trial and error. BCAAs work!! They are a must have for recovery as you'll retain more lean muscle. They are also very effective during training at keeping your brain in a high energy disposition during your longer session and will absolutely help your energy systems- glycolytic and lipolytic. If you would read the following scientific journals you'll be rewarded. Here is tip- focus on the first and last parts of the studies.

[http://www.ncbi.nlm.nih.gov/pubmed/16365098?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum&ordinalpos=43](http://www.ncbi.nlm.nih.gov/pubmed/16365098?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=43)

[http://www.ncbi.nlm.nih.gov/pubmed/19352063?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum&ordinalpos=8](http://www.ncbi.nlm.nih.gov/pubmed/19352063?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=8)

[http://www.ncbi.nlm.nih.gov/pubmed/17641599?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum&ordinalpos=24](http://www.ncbi.nlm.nih.gov/pubmed/17641599?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=24)

[http://www.ncbi.nlm.nih.gov/pubmed/11125767?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum&ordinalpos=84](http://www.ncbi.nlm.nih.gov/pubmed/11125767?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=84)