

Train for your Adventure

Top 10 things to get your body ready



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Adventures Worth Exploring

Get your Body ready for your Adventure!

Is your adventure physically challenging?? From walking the bazaars of Bombay, to running a marathon, you're going to need to prepare your body for endurance to get the most out of your trip! Learn the top 10 things you need to do to get ready and stay strong to the finish, so your event will be the Best Adventure EVER! Includes strength training tips, and self-massage instructions to relieve pain and keep you going. Don't let back, shoulder or leg soreness hold you back from your dreams! Presented by Kathy Flippin, massage therapist to USA Swimming at the London and Rio Olympic Games.

So you finally decided to DO IT!

- An adventure that Resonates
- Hike Bike Walk Run Swim Dive Raft Surf Climb
Ski Paddle Snorkel
- Sightseeing: Visit a Wonder of the World
- Intellectual Pursuit- Learn a Language, Plan an
Instrument, Write, Photograph, Cook
- Tour, Cruise, Glamp

When do you feel most like yourself?



Find your Why

- What is it about this adventure that makes you tingle inside
- Risk, Beauty, Learning, Challenge
- Are you a Tribe Member or a Trail Blazer
 - This is your ideal training/preparation environment

#1

How to Get There



Past

Present

Future

Take Stock!

- Length of time, and distance of Effort
- Intensity of Effort
- Experience and Conditioning
- Age
- Life Stress
- Nutrition & Hydration
- Quality of Training-Appropriate Rest and Taper
- Course difficulty and weather conditions

Do something that Scares You



#2

SUPER-Compensate



Challenge PHYSICALLY AND MENTALLY

- Stress can make you stronger.
- Stress can leave you injured.
- We want to create SUPER-Compensation

#3

Periodize your Training



Periodize by creating training Cycles

- Alternating short and long, easy and hard workouts.
- You don't get Better Every Day

Variety of a hike in rolling hills

Vs

Monotony of hours on the treadmill

#4

Build Strength



Basics for All Levels

- Planks
- Bridges
- Squats
- Stand on One Leg

Planks



Simple Bridge Exercise Progressions



Squats and Pistols



One Leg Stability



#5

Workout Recovery



Tip 7 Focus on Recovery

Any method of increasing circulation seems to be helpful in reducing Delayed Onset Muscle Soreness.

- Recovery Workouts- Crosstrain- HAVE FUN!
- Compression clothing
- Ice Baths (7 minutes) and Heat Sauna (careful not to dehydrate further)
- Try Massage! A Recovery Massage within 24 Hours of hard effort gets the best result

#6

Over-Reach

- Short Term
Recovery(2-3 days)
- Improves
Performance
- *Super-Compensation*



Don't Over-Train

- Long Term
Recovery(weeks)
- Diminishes
Performance
- *Energy Deficit*
Irritability
Lowered Self-Esteem

“It’s better to be 50% under trained for an event than .5% over-trained.”

- Bobby McGee, Olympic Coach

#7

You are what you Eat



So Don't Be
Fast, Cheap,
Easy
Or Fake

Got Chocolate Milk?

After workouts you must

Feed your muscles well

With 25% protein recovery drink

#8

Stretch and Warm Down



- Hamstrings, weak and tight!
- Avoid bending the back to focus on the Ham.
- Straighten back, bend at hip, bend knee of forward leg (not shown in picture).

#9

Tennis Ball Self Massage The Shoulder Reliever

- Deep Shoulder muscles- behind the armpit, and on shoulder blade. Pull arm around chest.
- On Wall or on Floor



Low Back Reliever

- TFL – side of hip, just below belt-line
- Piriformis deep in the glutes,
- On Chair, Floor, Wall or Bed



#10

Be a Muscle Whisperer

- Our muscles want to please us, and will get good at whatever we tell them to do consistently.
- If you want to be good at sitting- sit a lot! If you want to be flexible, stretch a lot, especially if you are doing strength work, which makes the muscles tighter.
- We need to cultivate flexibility and nurture after activity.
- Look at what's Causing the problem- Run Gait, Bike Fit, Swim technique, Posture

Challenge of the Mundane



- Cook a meal
- Change a Tire
- Give Blood
- Express Gratitude or Encouragement