

# PHYSICAL CONDITIONING:

## SUGGESTED WEEKLY WORKOUTS:

*THE SPECIFIC OF THESE WORKOUTS WILL VARY DEPENDING ON THE SEASON AND THE INDIVIDUAL'S GOALS.*

**Long, Slow, Distance Training:** Often humorously called “LSD workouts”. Steady workouts at a “comfortable” pace. Can usually be maintained for 2-6 hours, depending on fitness level and activity, without undue respiratory stress (about 60% of Max HR). Good for basic muscle adaption, muscle endurance (muscles ability to continue to contract submaxilly for an extended period of time) and for “training” the mind to endure for long periods of time. Typical workouts include long walks or hikes or long ‘cruisey’ pace bike rides, or a long day paddling on the river. Often modes of exercise can be combined to achieve a LSD workout, such as a swim followed by a run.



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**Threshold or Steady State Training:** Designed to stress the athlete at an intensity corresponding to the “lactate threshold;” the point at which blood lactic acid begins to accumulate at a more rapid rate. Exercise at this pace can usually be maintained for 30-60 minutes. Theoretically, threshold training will allow the athlete to maintain a faster pace with no greater accumulation of lactic acid (thereby increasing the lactate threshold.) This is a typical ‘race pace’ effort—as fast as possible without ‘blowing up’. Training threshold pace is typically just under race pace effort.



**Interval Training:** Taking a mode of exercise which is normally completed over a certain duration at a certain speed and breaking it up into smaller portions and completing those portions at a greater speed/intensity than can normally be maintained for the usual duration of this exercise mode. The intensity may be fixed by maintaining a constant hear rate or velocity/time and the rest duration is generally fixed by commencing the next repeat of the interval after a certain time. Interval training may be workouts of typically 10 seconds to 5 min of high-intensity effort. A good rule of thumb is to not exceed 15 min of effort in a single workout and to keep a 1:1 work, recovery ratio; making sure to allow heart rate to drop to baseline before beginning the next effort. Recovery time will be reduced as fitness improves. Time devoted to interval training should not exceed 15% of total training time. Interval training is ideal for increasing VO2 Max.



**Fartlek Training:** A Swedish term meaning “speed play”, not to be confusing with the English definition of the word. Exercise at your discretion, working hard at certain times during the exercise bout and easier at others. A combination of several types of training in one session. Distance and pace are varied throughout the workout. Good for training the muscles to accelerate.

**Hill Training:** This can be either a long, steady hill or short hill intervals. This workout builds up leg strength as well as working the cardiovascular system.



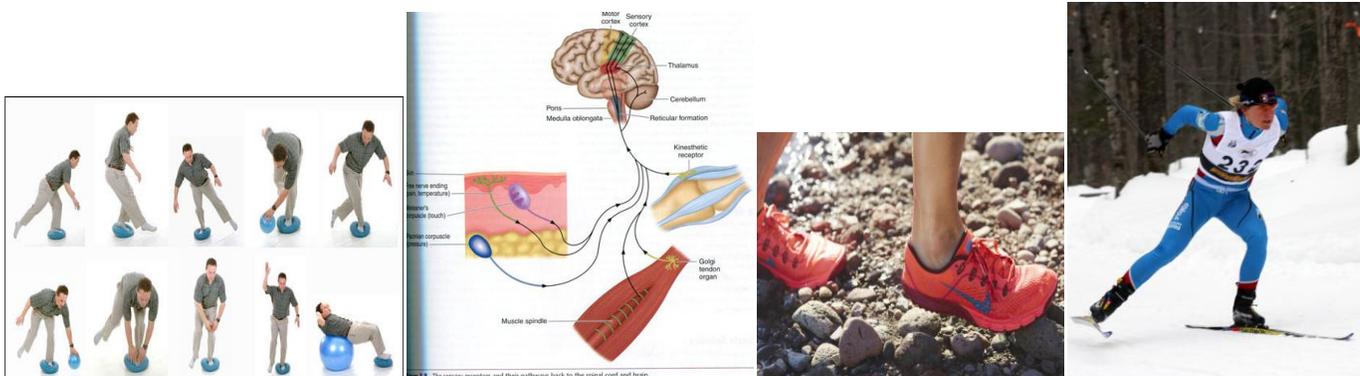
**Easy Day/Active Recovery Training:** Take it easy but allow for the blood to circulate. Often a gentle stroll or a relaxing swim, or a slow bike spin. Important for recovery. As one ages, these workouts will be more frequent as recovery is slower with age.



**Strength Training/Weights/Plyometrics:** Muscular strength is the maximum force that can be applied by a muscle during a single maximal contraction. Muscular strength is closely associated with muscular endurance. Muscular endurance is the ability to perform repetitive muscular contraction against some resistance. As muscular strength increases, there tends to be a corresponding increase in endurance. These workouts are typically in a gym with weight lifting machines or dumbbells. Pull ups/push ups/dips/squats and other body-weight bearing exercises are also good for strength training. Many of the 'boot camp' type classes incorporate plyometric type training which help with muscular strength.



**Balance/Proprioceptive Training:** This training enhances your sense of bodily movement and position in space. The brain-nerve-muscle pathway is enhanced allowing for better balance and coordination. This is important not just in sport, but in daily life. Especially for older folks in helping with balance to prevent falls. Various balance and coordination exercises can be done to stimulate the proprioceptive sense. Sports such as canyoneering, technical trail walking/running, mountain biking, skiing and snowshoeing (without poles) all require a strong proprioceptive sense and balance drills are recommended. Pilates and Yoga also help.



**Flexibility/Stretching:** Increasing muscle, tendon, and ligament length allows for a more efficient athlete and reduces the chance of injury. Gentle stretching before and after each workout is a good idea. Specifically focus on the muscles that 'feel' tight. Yoga can be a good flexibility workout, and also build core strength. Gentle bouncing is ok and can help flexibility. Massage is a relaxing way to increase flexibility and can be especially helpful for tight muscles that are difficult to stretch. Keep in mind that too much flexibility can actually make one more prone to injury, especially if not supplemented with strength training. The tissue can become 'flimsy'. Just like everything, stretch in moderation.

