



Warm Up Conditioning and Cool Down Exercises

INTRODUCTION

Congratulations on registering for the 2015 Collas Crill Island Walk. We at Jersey CrossFit have devised the following training program to assist and prepare you for the physical and mental demands of the Island Walk. The full program is aimed at those completing the full walk. Those completing the Lieutenant Governor challenge or the Relay should still follow the plan and if time the full plan but if you do not have sufficient time we suggest taking out one of the conditioning sessions per week and one of the walks a week, ensuring you cover some cliff path walks during the 8 weeks. The aim of this training plan is to improve your general fitness and prepare you for some of the tougher sections of the walk particularly the cliff paths, which are normally the most physically demanding.

FITNESS WALKING TECHNIQUE AND FORM

By using this technique of walking, you can become more efficient in your stride and confident in your ability to achieve your goals. The technique will help you safely cover more ground in less time, with less effort, and with greater consistency. There are 4 basic steps your can take.

STAND TALL, WALK TALL:

The foundation of a good basic stride is posture. The spine should be elongated by standing straight — not in a rigid military position, merely straight, tall, and relaxed. You should be able to draw a straight line from your ear down to your shoulder, to your hip, knee and ankle. A common problem to look for here is an unnatural arch in the lower back. Commonly known as a “sway back”, this incorrect posture can create great discomfort, especially when walking long distances. To eliminate this problem, practice tucking your glutes under your body, putting the pelvis area in a more neutral position. To accomplish this, pull in your abdominal muscles, and at the same time squeeze your glutes.

HEADS UP:

The head should be level, eyes looking forward, and the chin parallel to the ground. A protruding chin or tilting the head down to look at the ground is a common mistake. If the head is allowed to tilt forward, excess strain is put on the neck and shoulders and will lead to undue fatigue. Focus on looking forward to about 12-20 feet in front of you. If you need to look closer to where you are stepping, lower your eyes, not your whole head.

ARM SWING:

A walker's shoulders should be relaxed, not drawn up towards the ears. Arms should swing naturally with each step, and should be bent at the elbow at a 90 degree angle. This is important. Straight arms on long walks lead to problems with swelling, tingling, and numbness of the fingers or hands. Bending them will not only eliminate this problem, it will help you gain upper body strength and tone your deltoids, biceps and triceps. One more great reason to keep the arms bent and moving in an athletic motion is that you will immediately be able to pick up your pace for greater periods of time. The bent arms should swing comfortable and naturally at about waist level. Your hands should be relaxed and loosely closed. Any excess tension in the arms or hands should be avoided — it wastes energy. The elbows should be close to the torso, with the hands going no higher than the center of the chest on the forward swing, or past the back of the hip on the back swing. Again, more motion than this is wasted energy. If you are new to this technique, you might initially find your arms getting fatigued. When practicing, keep your arms bent for 5-10 minutes, and then lower them to recover. As soon as you feel rested, raise them again.

BELOW THE BELT:

The movement of the lower half of the body in this technique is the most difficult to describe, and for many walkers, the most difficult to achieve. This is usually due to the inflexibility of the hips. Flexibility can be improved by consistently stretching the hip flexors and lower back, and for most people, simply doing the technique will help them considerably. People new to this should go slow and practice. The time spent in learning and becoming comfortable with it will be rewarded with more efficient movement.

In your lower body, the walking technique begins by using the abdominal muscles and hip flexors to rotate the hip forward and lead the leg in its forward motion. As the leg swings forward and straightens, the body will land on the heel. The ankle should be flexed with toes pointed upward at about 45 degrees angle from the ground. The foot placement should be in front of the body, as if almost walking along a straight line. Keep in mind the shortest distance between two points is a straight line. As the body's weight passes over the leading leg, the foot should roll forward and push off from the toes to begin the next step. A strong push will give you more momentum and power. That's the basic technique. As you practice it and increase your hip flexibility, you will naturally develop a slightly longer stride.

A word of caution: It is counter productive and potentially harmful to your back if you try to increase the length of your stride by taking longer unnatural steps. Speed and efficiency in walking are generated by hip flexibility and quicker, not longer, steps.

At first, this technique may seem complicated; but actually it is a natural motion where the whole body works in unison. Because of its low impact nature, the head does not bob up and down. When done correctly, it is a very fluid movement that is easier on the body.

TIPS

Every time you do a segment of the course during training keep a log of how long it felt, give it a difficulty rating (say a mark out of 10) and note the time it took you and the pace you were going at (fast, brisk, moderate, slow) after the 8 weeks training you will have a good idea of the whole course and learn which sections to retain the most energy for and which you can make up time on.

Make sure to stay hydrated whilst training and make sure to drink plenty of water leading up to and during a long walk.

Ensure suitable clothing and footwear are worn for training and ideally the same trainers/boots you intend to wear on the day.

Try and walk with somebody who can walk a similar pace, you will motivate each other during training which will encourage you to keep going.

Walk at varying times of day and in different weather in order to be suitable and organized for all conditions.

There also a few charity walks between now and the big day so why not get involved in some of those and substitute some one of the walking days in the training plan. Details of all walks can be found at

<http://www.jersey.com/english/sightsandactivities/walking/Pages/CharityWalks.aspx>

CONDITIONING WORKOUTS:

These should be approximately 30 minute sessions to work on your conditioning and core strength as detailed on the weekly schedules. All exercises will be demonstrated at the session we plan on running to go through this with you in person. If you cannot make this session all of these exercises have many demonstration videos on you tube or feel free to give one of us a call to go through them with you if you are unsure of anything. With all of these workouts pace yourself to begin with ensuring you have the correct form before speeding up or pushing yourself. All of these workouts can be done without equipment

WORKOUT 1:

10 Rounds For Time (30 Min Time Cap):

10 Pushups

10 Sit ups

10 Squats

WORKOUT 2:

5 Rounds For Time (30 Min Time Cap):

Run 200m

10 Squats

10 Push Ups

WORKOUT 3:

20 Rounds For Time (30 Min Time Cap):

5 Pushups

5 Squats

5 Situps

WORKOUT 4:

10-9-8-7-6-5-4-3-2-1 reps of sit-ups

100 meter sprint between each set

WORKOUT 5:

20 Rounds For Time (30 Min Time Cap):

5 Tuck Jumps

5 Squats

5 Broad Jumps

WORKOUT 6:

10 Rounds For Time (30 Min Time Cap):

20 Walking Lunges (10 each side)

10 Pushups

WORKOUT 7:

10 Rounds For Time (30 Min Time Cap):

10 Burpees

Run 100m

WORKOUT 8:

For Time (30 Min Time Cap):

100 Jumping Jacks

75 Air Squats

50 Pushups

25 Burpees

WORKOUT 9:

For Time (30 Min Time Cap):

Run 400 meters

50 Squats

Run 400 meters

50 Push-ups Run

400 meters

50 Sit-ups

Run 400 meters

WORKOUT 10:

10-9-8-7-6-5-4-3-2-1 sets of

Air Squats

Push Ups

Mountain Climbers

100 meter sprint between each set

WARM UPS AND STRETCHING:

Make every walk a complete workout by including these elements, and following the correct sequence. Neglecting to do so will make walking more difficult, and increase the risk of injury.

WARM UP:

Warming up is exercising at a lower intensity in order to get the blood circulating and let your body know that you are preparing for exercise. For many of your walks it will only be necessary to warm up for about five minutes. As you progress through your walking program you will need to warm up longer on days you will do your fast workouts.

FLEXIBILITY:

These exercises are part of your warm up and should be done after you have warmed up with 5 to 10 minutes of easy walking. The faster you plan to walk the more time you will need to dedicate to flexibility exercises. There are many different exercises in this group. Here are a few to try:

TOE POINTS - Stand on one leg and lift the other foot off the floor. Gently point your toe and hold for a few seconds. Next flex your foot pointing your toes up. Do this five or ten times on each foot.

ANKLE CIRCLES - While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

OVERHEAD REACH - Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

THE TWIST - Stand with your feet shoulder width apart and your arms straight out, parallel to the ground. Keep your lower body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back and shoulders.

ARM CIRCLES - Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a

second and do the same thing in the forward direction. As you improve your pace you may wish to include more flexibility exercises into your routine. This becomes more important on your fast/hard workout days.

WALK:

Now that you have warmed up you should be ready to complete your walk at your normal walking pace. For the first few weeks do not push too hard. Your breathing should be elevated, but you should not be gasping for air. A rule of thumb that works for most people is... If you cannot talk you are walking too fast, if you can carry a tune you are walking too slow.

COOL DOWN

At the end of your walk you need to walk at a slower pace to cool down. The harder you have worked out the longer you should cool down. In the beginning your walks are very short and you only need to cool down a couple of minutes. As your walking time and intensity extends so should your cool down period.

STRETCH

This is such a neglected area for many people. Start off right and take the time to stretch AFTER every workout. In the beginning stretches should take at least 5 minutes. As you increase distance and pace you will probably need to stretch longer.

Important rules for stretching:

- 1) Never stretch cold muscles. The best time to stretch is after your walk. If you have problem areas they can be stretched prior to your walk, but only do this after you have warmed up.
- 2) Do not bounce. Go into a stretch slowly and hold gently. Stretch to the point of feeling a gentle pull, but never to the point of pain.
- 3) Hold each stretch for 60-90 seconds. If you have problems with a particular area stretch that area twice. (hold for 30-40 seconds release, then stretch again.)

There are so many stretches it is impossible to cover them all. Be sure to stretch all the major muscle groups, and put extra focus on any areas you have trouble with. Find a few recommended stretches below:

CALF STRETCH - Stand on your toes on a step or curb. Hold on to something

for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep you body upright and straight. Release and repeat on the other side. Another calf stretch - Take a big step forward with your left foot, keeping you right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

SHIN STRETCH - Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

HAMSTRING AND LOWER BACK STRETCH - Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

OUTER THIGH GLUTES AND SPINE STRETCH - While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.

LOWER BACK - While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface...it will bruise the spine!

QUADRACEP STRETCH - Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot as high as comfortable. Repeat with other leg. (To protect your knee... think of pulling the quads back rather than pulling the foot toward your buttocks.)

SHOULDER STRETCH - Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

NECK STRETCH- Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards. Next, gently drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backwards.

Please consult a doctor before attempting any of these exercises.