

## **Building & Maintaining Your Powerhouse!**

Hi friends!

I hope that my message finds you healthy and full of hope. As announced at our last session, we will not be in attendance on Saturday due to the holiday, but we need you to continue your training while we are apart as we will be going directly into our exciting second phase of training on the 11<sup>th</sup> of July.

Coach Trevor has been sharing the importance of strength training and I wholly concur with him. It has been a part of my routine for over 27 years. Specific training aids in stronger and faster runs, maintains your bone health, prevents injuries from the strengthening of your core running muscles and for women, can aid in diminishing cellulite as you tone and build muscle mass. Strength training is a great fat blaster and have been known to keep burning calories well after you have finished your session. The objective is to tone and strengthen, not to bulk up unless it is your desire, so I encourage you to EMBRACE it!

I strength train 3 times a week; one day of upper, one day of lower, and one day of full body workout. You do not need a gym; simply the motivation of a fitter and healthier you. You can use all sorts of stuff in and outside of your home to mix it up. I have a long stretch of sidewalk in front of my home, so I bring out my step, yoga mat, various dumbbells, medicine ball, Bosu ball, and leg bands for a workout on my sidewalk several times weekly. I use the steps for core work including push-ups or arm dips. In your home you can use chairs, tables and your walls.

**For these recommended exercises, you can use dumbbells or body weight – both are just as effective. 2-3 days are enough; allow 24 hours to allow for muscle recovery between each session.**

**Try to do 3 sets 10 for beginners/20 for advance, rest 30 seconds between each set.** Do not rush through your movements, control them, engage your abs, and be mindful of your form. Always release your breath, do not tense up, DO NOT train to failure, DO NOT push beyond what I have prescribed even if you are feeling great. Do the best that you can, in time your form and endurance, if consistent with your workouts will get better. I have enclosed links for each exercise to aid in form and demonstration.

- 3 x [Walking lunges](#) with body weight, dumbbell or medicine ball
- 3 x [Walking lunges](#) with hands, dumbbell or medicine ball over head
- 3 x [Walking lunges](#) with alternating side twist; you may use a dumbbell, a ball or body weight
- 1 [Wall sit](#) for 30 seconds novice/60 seconds advance

**Rest 2 minutes by shaking legs or slowly walking back and forth – rest does not equal standing still replenish with water, prepare your mind for next set.**

- 3 x [Duck walk](#) with or without band side to side
- 3 x [Duck walk](#) with or without band front and back
- 1 [wall sit](#) for 30 seconds novice/60 seconds advance

**Rest 2 minute by shaking legs or slowly walking back and forth – rest does not equal standing still replenish with water, prepare your mind for next set.**

- 3 x [Squat and jump](#) body weight or light dumbbells
- 3 x [Jump and squat](#) body weight or light dumbbells
- 3 x [Skater Squats](#) with body weight or light dumbbells
- 1 wall sit for 30 second novice/60 seconds advance

**STRETCH** immediately as you will experience some muscle soreness if this is your first time or your first time back from a break. Yoga poses are great; all poses and stretches should be held for 40 seconds and remember to soften yourself and breathe!

If you encounter muscle soreness on the next day, don't be dormant; move around, continue with your planned workout. If you are consistent with this exercise regiment, your body will in a matter of days, accept the awakening of its muscles.

Replenish with water; water feeds muscle, keeps them supple.

Cheers to you all for a wonderful and safe holiday!

**Coach G**