

# It's time to power up for summer activities

For most, the glimpse of a blue sky, semi-sunny warm days and driving home from work in the light create an overwhelming desire to be outside.

In addition, the New Year's resolutions made in January have either been discontinued or changed in preparation for the upcoming hiking, running and biking season. I offer the reader this training advice into the new season: Power development is essential and will fuel your training and enjoyment for spring and summer.

Power equals force times acceleration (or speed). Better said, power equals work divided by time. The more work we can do in a certain amount of time, the more power we produce. When a biker changes grade from zero to 5 percent, that change requires a certain power output. When trail runners tackle the Hagen Trail from the Cache Creek parking lot, they undergo a dramatic high-level power change. These examples of power change are required to sustain the same running frequency or pedal revolutions when external factors such as an incline are presented.

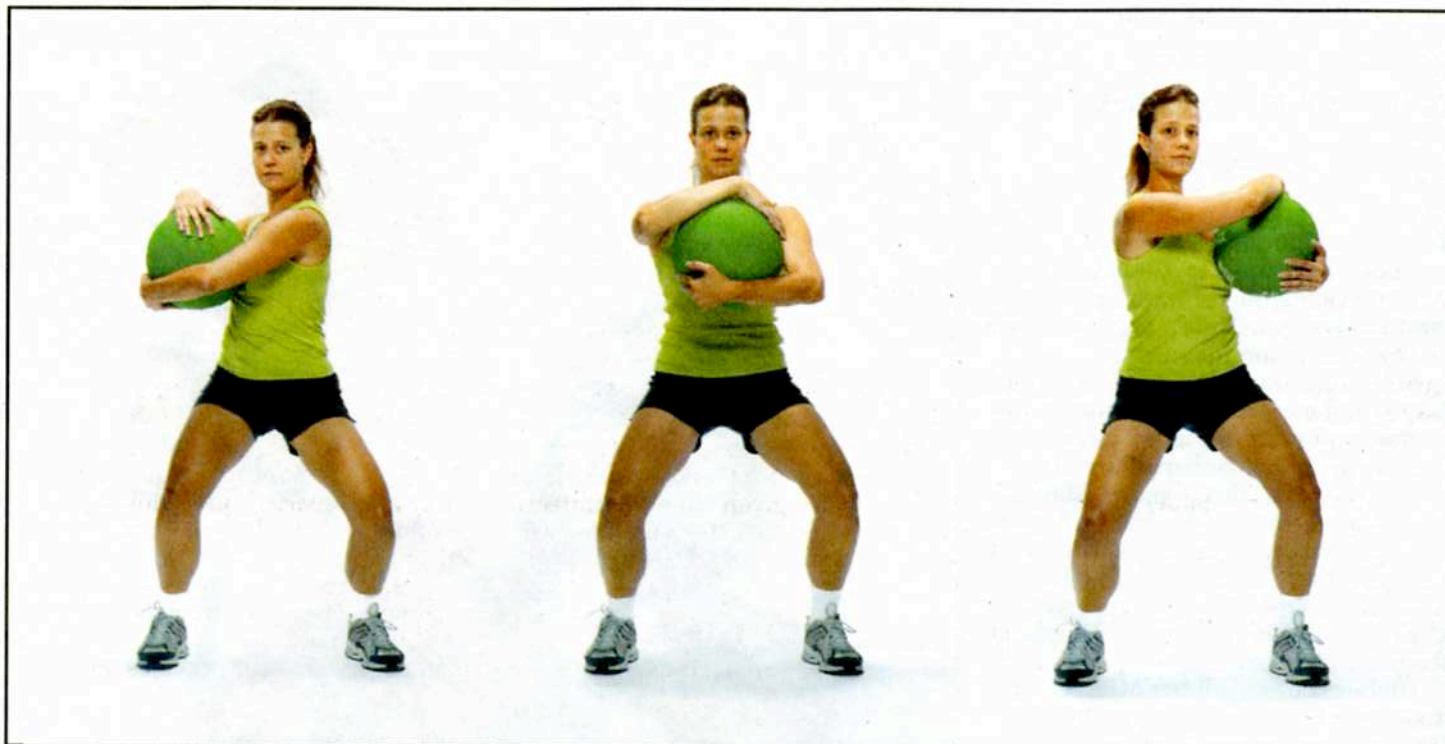
Strength is a component of power, but not the only component of training. Depending on the sport, strength is a foundation for power, coordination/agility, balance and, believe it or not, flexibility. Therefore, the athlete should possess basic strength measure before beginning a comprehensive program designed to increase power development for a specific sport.

Paul Fleschler, a certified strength and conditioning specialist, says athletes must be able to lift their own body weight for several repetitions with good form in a variety of exercises. Some



**Training to  
be balanced**

Augie Hernandez



Ballistic training moves like the washing machine exercise pictured here emphasize fast movements and small amounts of resistance. Those who do the washing machine right will feel fatigue in their hips and oblique muscles.

## Washing machine exercise

### Starting Position

- Stand with feet just outside of hips
- Hug medicine ball close to chest

### Movement

1. Quickly rotate torso left and right
2. Repeat for prescribed number of repetitions

### Considerations

- Keep feet and hips as stationary as possible
- Keep head facing forward
- Rotate torso not hips or feet
- Keep knees slightly bent and back straight

You should feel

## Squat down thrust

### Starting position

- Standing

### Movement

1. Quickly crouch down where hands touch floor
2. Push feet backwards to end up in push-up position
3. Quickly spring back to crouch position
4. Return to starting position using legs only
5. Repeat for prescribed number of repetitions

### Considerations

- Avoid lower back sagging during Step 2
- Always use your legs to stand up in Step 4, not lower back

You should feel

## Lunge runner

### Starting position

- Lunge

### Movement

1. Push off rear foot to single leg stance with knee up
2. Complete Step 1 on ball of foot and hold two seconds
3. Return to starting position
4. Repeat for prescribed number of repetitions and switch legs

### Considerations

- Drive off rear leg quickly
- Arms swing during Steps 1 and 3

You should feel

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