

Training to be Balanced LLC (T2BB) has a client that often creates a New Year's Resolution many times through out the year. Instead of a resolution, I like to think that he never gives up. His job and constant set backs of injury gets him frustrated but he is always making a new effort to succeed and better himself. He is 69 years old. If you have ever read T2BB end of the year or first of the year articles in previous years, you will understand that a New Year's Resolution should occur several times a year. Not just at the beginning of a new year but consistently to avoid excuses of why someone should not workout.

Although, before a repetitive soap box develops that may make you turn the page I would like to challenge you right now! Don't wait until the first of the year. Start training in the middle of crazy week with relatives, travel, Christmas parties and stress to get that package out before holiday end. Don't wait until after the first of the year or even after Christmas, train now! I am calling you out! I will give you then foundation. Don't make New Year's Resolution, just do it!

If you are reading this, you are an athlete. Many disagree with me on the appropriate definition of an "athlete" but all who train with T2BB are athletes. The only difference is that they are not paid to workout. However, we use the same model to enhance his/her training ability so they can perform outside, in the pool or that one extra pull up. T2BB does not train individuals for just body image or weight loss those are automatic by-products of performance goals.

At T2BB we train for activities like skiing, hiking, marathons, biking, swimming, playing with children, pregnancy, ski/snowboarding tricks or simply progressive indoor "gym rats" to name a few. As a result, we train individuals like athletes in preparation for competition. The difference is that those in the valley have different competition events. Examples include the first day of skiing, hiking, running, cycling...etc. We use multi-movement exercises to develop strength, power, core, endurance, flexibility, balance, and agility/coordination. These are vital in the success of injury prevention and continued indoor/outdoor sport activities.

Enough small talk, I think you get the picture so let's get rolling; here is an example of a weekly program.

Monday: Perform resistance training and Energy System Development (ESD). Resistance training involves some type of free wghts integrated with machines if desired. Ensure you hit the whole body, avoid training just body parts, think of training the whole movement, besides, how is biceps curls going to help skiing? Perform 10 to 15 exercises with 1-2 sets at 8-12 repetitions. You want each set to feel like a challenge and weight selection is always trial and error.

Follow with ESD. This would be your cardio. Specifically, intervals of non-machine base (treadmill, bike...etc.). Use those old basketball drills or boot camp type exercises. Examples include lateral movements side shuffles, medicine ball slams, board jumps onto a step or across a floor. Perform 3-4 exercises for a minute each with a 30 sec recovery at 4 sets. Your entire workout should about an hour with 20-25 minutes of interval work and 35-40 minutes of 1-2 sets of resistance training.

Tuesday: Perform preventive exercises (Prehab) and core work. Prehab are the small movement exercises that most of us do not like to perform because they are low level and tend to be "wimpy" in comparison. Although, "wimpy" exercises, they can save many people future hospital or Physical Therapy bills if placed in a routinely training program. Examples include pulley or band rows, dumbbell rotator cuff exercises, rev bent over dumbbell flies, single foot Bosu or disc balance. Perform 1-2 sets of 8-12 repetitions. You don't want to "burn" these muscles out but feel a good challenge at the end of each set.

Core pillar strength development can be achieved through plank, side plank, bear or spider man crawling across a floor, Physio ball balancing or medicine ball rotation exercises. Again the entire workout should be about an hour.

Wednesday: This includes Yoga or Pilates classes. Form roller work, active isolated stretching or self-static stretch after 15 minutes or less of Zone 2 interval training (this ensure the muscles are turned on).

Follow this by long endurance such as swimming, long runs, bike, walks or Elliptical training. Perform endurance training of 30-60 minutes at a moderate pace or Zone 1. Defined, zone one is slightly difficult to talk and Zone two is difficult to talk and Zone three is impossible to talk.

The next three days are repeated with Sunday off from hard physical workout...walking with the dogs or friends is appropriate.

So there you go, easy as can be, ah? Even if you do something it is ALWAYS better than nothing...your output needs to exceed your input, especially during the holiday season.

Train hard, be safe, and happy holidays! T2BB staff.