



January 31, 2019

Part II: HOW Do I Train? For Now?

My training has evolved over the years from Ken Cooper's Aerobics in the 70's to my present day philosophy of *do what it takes* to build and keep a reserve [buffer] of fundamental motor skill competence, a functional foundation and a work capacity that enables me to DO physical stuff, with confidence, in the environments that I choose.

I am not married to any specific training tool or program, but I implement a system that supports keeping and tweaking my reserve. I train daily most weeks, in one form or another, except ski, hike or bike days.

Looking at a 7-day pattern, I ...

Do soft tissue work. Yup, breathing, rolling and stretching have become integral to my training. I admit that I was 'late to the party' here, even though it was central to my coaching. It took a 'shoulder issue' and PAIN to give me a much-needed wake-up call on breathing and soft-tissue work. All are just part of my day, now.

RT 3X/week [primarily BW, KBs, DBs, MBs, plates, Bands, rings/TRX; have not used a BB in years]

- Distribute the foundation moves [uni-bi, reciprocal]; on Day 3, I 'catch' anything I may have missed that week.
- Anywhere from 5-15 reps 3-5 sets depending on recovery bouts and the purpose of the session
- Total body movements [clean & press (my snatch is a work in progress)], lunge & press, squat & pull, etc.]
- Variations of ...
 - Carries, Swings/Hinges/DLs, Squats, Lunges / step ups/downs, TGU's/up-downs, Pushes/presses, Pulls/Climbs, Core Anti's / Crawls

RUN outdoors 3X/week [unless there is an ice storm]; will XC ski and bike more in MT

- Steady state FLAT route – 30:00ish
- Hill Run – 25:00ish
- Intervals [varies] or short sprints [25-30 yds] max 10 reps

Power/plyos 1-2X/week [skips, leaps, hops, bounds, jumps, MB variations, etc.]

Agility, Balance, Coordination, Reaction 4-5X/week

- I teach small groups, & always demo and participate in the warm-up and drills! FUN, reactive, and very effective!! Provides lots of somatosensory stimuli, a must for the 'modern' elder who commonly lives and works in proprio-somato deadsville OR for the 'active ager' who pursues recreation and hobbies outdoors.

P.S. I do my best to skip rope and climb a rope at least ONCE every 3 weeks. You may ask why?
Skipping rope keeps me springy! Climbing a rope tests me!

Start by doing what is necessary. Then do what is possible.

Suddenly, you are doing the impossible.

Saint Francis of Assisi