

SEMESTER PRE-PROGRAM FITNESS TRAINING

I. Definitions

1. Cardiovascular (aerobic) endurance: “the ability of the heart, blood vessels, and lungs to supply oxygen to muscles during physical activity for a prolonged period of time.”
Aerobic endurance will allow you to ski for many hours and miles each day, maintaining a constant speed through any terrain and varying conditions while carrying a load.
Aerobic endurance can be developed through sustained aerobic activity such as running, biking, swimming, roller blading and long hikes as well as sports like soccer, Ultimate Frisbee, etc. *Activity needs to be conducted at a heart rate well above rest heart rate and increased breathing for at least one hour, 5 – 6 days a week.*
2. Muscular strength and endurance: the ability of your body to perform physical work at both peak times (i.e. lifting a very heavy log, splitting a big chunk of wood) and sustained times (i.e. carrying your pack all day, sawing and splitting fire wood for hours on end.) Strong muscles absorb stress to the joints and in doing so prevent joint injuries.
Muscular endurance is best developed through work itself (a long period of splitting or sawing wood, paddling a boat, etc.). Muscular strength is best developed through exercises such as pull-ups, sit-ups, push-ups and weight lifting. *30-45 minutes 5 days a week*
3. Flexibility:
Is the ability of muscles, tendons and ligaments to flex and retract. In times of stress to the joints (a fall or a twisted ankle) flexible muscles will absorb the stress and will not get torn. Develop a stretching routine, which addresses every muscle group (neck, shoulders, elbows, wrists, upper body, stomach, back, sides, hips, upper legs, lower legs.) *Stretch briefly before all workouts (3 minutes). Stretch thoroughly after each workout, when your body is the warmest (at least 15-20 minutes).*
4. Balance:
Is the ability of your body to maintain a chosen position. Balance is subdivided into two categories: static and dynamic. For example static balance is used in yoga. Dynamic balance will allow you to ski down hills without crashing into the trees or mountain bike on a single track without crashing off the trail! You can practice it on a slackline, unicycle, skateboard or any activity where you balance on something while involving movement.

There are other qualities we want to bring to your attention:

Coordination: Is the ability to coordinate the movement of arms, legs and torso together in activities where the whole body is in motion. It is achieved through working on hand-eye exercises (throwing a ball, shooting a bow, splitting wood, etc.) or foot-eye exercises (kicking a ball, jumping from one rail of the train track to another, jumping on rocks in dry stream bed, etc.)

Reaction Time: Is the ability to respond quickly or move out of the way (such as paddling swiftly to avoid an unseen hole in a big rapid or getting out of the way of a falling log)

Both qualities can be well developed through conventional sports or through the practice of concentrated shooting, throwing or martial arts.

II. Expectations

1. Develop an exercise routine that incorporates the four elements of fitness: endurance, strength, flexibility, and balance. Set realistic yet challenging fitness goals that will push you to achieve your best possible fitness by the semester start.
2. **Fill out your on-line fitness log daily.** One of your teachers or admissions counselors will check your fitness progress weekly.
3. When we begin our exercise classes on the first full day of semester you will not be huffing and puffing due to a lack of endurance. You are strengthening your team by coming to semester at your physical best.

III. Developing your routine

You are working up to a fairly high level of fitness and it takes time to get there. Depending on where in your training you are at this point you may need to begin with a four-day per week workout routine for the first month, then go to a five-day per week routine. Make your routine fun and based on what is available to you without driving or spending money. Remember to include 10-15 minutes of stretching with your workout!

Below are examples of possible workouts:

- 45-minute run at medium pace followed by strength training
- 1-1.5 hour interval training and strengthening workout
- 20-30 mile fast-paced bike ride followed by stretching
- 1.5 hour game of Soccer or Ultimate Frisbee

- Sprint day: fifteen minute warm-up run, followed by 30 minutes of sustained fast running, ending in a five minute jog, followed by stretching and strength training
- 1-2 hour cross-country run at comfortable pace
- Hiking a mountain, then running back down (at least 2-3 hours uphill)
- Cutting, splitting and stacking firewood for a few hours

B. Take Care of Yourself

- Each day you should ease into your routine, allowing your body to warm up before pushing it hard so that you do not cause injury.
- After working out be sure to stretch while your body is still warm.
- Always cool down after workouts, jogging and walking for several minutes, then gently stretch again.
- After long runs or after your first routines as you are getting into shape, soak your feet in hot water and then put on wool socks and warm slippers.
- After long runs and big routines you can soak in a hot tub and then get dressed really warm. *The above activities will help prevent soreness!*

C. Setting goals:

Do and record four basic exercises: pull-ups, push-ups, number of sit-ups in a minute, and a timed mile run.

Set and record your goals. Record your achievement at the end of your training period. This will help you to monitor your own progress.

Getting help: If you need help establishing or maintaining your routing, please call the Kroka office at 603-835-9087. We will be happy to help you in goal setting and will coach you over the phone.

IV. Suggestions for general wellbeing and preparation for living in a cold and/or high altitude climate:

- Make a slack line and use it every day. Balance on logs and rocks in the trail, curbs in parking lots, or wherever else you have the chance.
- Put up a pull up bar in several places in your house. Do a pull-up every time you walk by.
- You can start sleeping outside. Your body will adjust to sleeping in the cold/outside and will learn how to burn fewer calories and sleep warm.
- As the weather gets colder, work outside without gloves whenever you can. Your hands will adjust and you will learn how to work in the cold and stay warm.
- Take time every day to walk barefoot outside. Even if the snow covers the ground, make time to go outside barefoot for a few minutes a day.
- Swim in streams and lakes (until they freeze, if you live in a colder climate). After the freeze, you can maintain an open water hole if you are really determined!!!

Our bodies are the dwelling places of our spirits. Some traditions teach that our bodies are the only things that are truly ours. Everything else is a gift. Our bodies are what allow us to experience this world. Enjoy spending this time taking care of and getting to know your body.

Two weeks prior to the start of the semester program, we will need to receive verification from an outside party that you are able to meet the following basic fitness requirements:

- **5 mile run** in one hour or less
- **3 pull ups** at the minimum
- **50 sit ups** in one minute
- **30 push ups**

Examples of appropriate outside parties include: a physical education teacher at your school, sports coach, or another teacher/mentor. No parents, guardians or friends please.

NAME OF STUDENT _____

NAME OF OUTSIDE PARTY _____

RELATIONSHIP TO STUDENT _____

REQUIREMENT	DURATION/AMOUNT	NOTES	SIGNATURE
5 mile run	1 hour or less		
3 pull ups	Minimum of 3		
50 sit ups	In 1 minute		
30 push ups	Minimum of 30		

GENERAL NOTES:

PLEASE SEND IN THIS SIGNED FORM TO THE SEMESTER OFFICE NO LATER THAN: *September 1, 2020*