

# Semester Programs 2022



## Pre-Semester Fitness Expectations

### Definitions:

#### 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 can be developed through sustained aerobic activity such as running, biking, swimming, rollerblading 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 45 minutes.*

#### Muscular strength and endurance:

Is 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 firewood 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. When you exercise with your body weight you tend to develop long and efficient muscles. When you exercise with weights and machines you tend to develop big bulky muscles. This is not entirely accurate, but it will work as a guideline for now.

#### 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).*

#### Balance:

Is the ability of your body to maintain in 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 bike down hills without crashing into the trees! You can practice it on a slackline, unicycle, skateboard, or any activity where you balance on something while involving movement.

#### 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 the ball, shooting the bow, splitting wood, etc.) or foot-eye exercises (kicking the ball, jumping from one rail of the train track to another, jumping on rocks in a dry stream bed, etc.)

#### Reaction Time:

Is the ability to respond quickly or move out of the way (such as making a turn on your skis before hitting the tree, get out of the way of falling log) *Both qualities can be well developed through conventional sports or through practice of concentrated shooting, throwing or martial arts.*

### **Expectations:**

Kroka's Semester Program will likely be the most physically demanding thing you've ever done. Showing up on Day 1 prepared physically will set you up to thrive for the following four months, rather than just survive. Even more importantly, the success of the group depends on the fitness of its individual members, instructors and students alike.

Towards this end, your instructors expect you to:

- Develop an exercise routine that incorporates the four elements of fitness: endurance, strength, flexibility, and balance.
- Set realistic yet challenging goals that will push you to achieve your best possible fitness before the program start date
- Fill out your fitness log daily
- Upload a picture of your log WEEKLY to your student portal  
When we begin our exercise classes on the first full day of semester, you should not be huffing and puffing due to a lack of endurance. You are strengthening your team by coming to Kroka at your physical peak.

### **Developing Your Routine:**

You need to work up to a very high level of fitness. It takes time to get there. If you aren't already, start working out at least four days per week. Begin tomorrow. Make your routine fun and based on what you have at hand. For the fall semester, workouts should include regular biking and swimming laps. Working out shouldn't require driving long distances, especially during a pandemic, or spending lots of money. Remember to spend at least 20 minutes stretching with each workout.

### **Examples of Workouts:**

- 45-minute jog followed by 15 minutes of calisthenics
- 30-minute high-intensity interval training with weights
- 25-mile fast-paced bike ride
- 1.5 hour competitive 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

- Hiking a mountain (at least 2-3 hours uphill)
- Cutting, splitting and stacking firewood for a few hours

### **Taking 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 each routine do some jumping and shaking to prevent the build-up of lactic acid.
- After working out be sure to stretch well 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 bath and then get dressed really warm.

### **Goal Setting**

Record four basic exercises: squat jumps, burpees, number of abdominal crunches in a minute, and a timed mile run. Set and record your month-end goals. This will help you to monitor your own progress. If you're unsure about these, or any other, exercises, a plethora high quality of "how to" videos are easy to find on YouTube.

### **Getting help**

If you need help establishing or maintaining your routine, feel free to reach out via phone at 603-835-9087. We will be happy to answer your fitness training questions.

### **Habits that Make Unstoppable Athletes:**

- Make a slackline 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 a high traffic area of your house. Do a pull-up (or five) every time you walk by.
- Do five (or fifteen, or twenty-five) pushups after every time you use the bathroom.
- Walking to the end of the driveway to get the mail? Lunge walk instead.
- Going half a mile down the road to see a friend? Run it.
- Minimize carbs, and especially sugar, while increasing protein and fat.

### **Suggestions for general wellbeing and preparation:**

Swim in cold streams and lakes, and start sleeping outside. Take time every day to walk barefoot outside for some time. 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!

*This is what you should come being able to do on day 1:*

- A continuous set of 30 jump squats
- A continuous set of 30 burpees
- A continuous set of 50 crunches
- A five mile outdoor run in 60 minutes or less

Here is a [link to a BLANK fitness log](#). Please fill out the fitness log DAILY and submit a photo or upload of EACH WEEK below for every week until semester begins.