



Winter Dryland Training

2011-2012 Winter Season



Program collaboration by

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MOVEMENT PREP – WHY DO WE DO THEM?

There's tremendous value in traditional stretch-and-hold, or "static", stretching if executed properly, and it's part of the Core Workout—but only when done **after** a workout. After all, a warm rubber band stretches a lot farther than a cold one, right? So it's best to stretch when the body is warm, which it is after training.

Movement Prep, as the term suggests, prepares the body for movement. It boosts heart rate, blood flow to the muscles, and core temperature. It also improves the function of the nervous system.

Think of the Movement Prep can be compared to a pilot's turning on all the switches in the cockpit before a flight. If you go through this checklist, you'll be dialed in physically and mentally for the rest of your workout. The end result will be a significant improvement in mobility, flexibility, and stability, on top of an increase of speed and power output by nearly 20% compared to static stretching.

We want to improve the long-term mobility and flexibility of muscles. Rather than having your body stretch and go back to where they were—as is the case with traditional stretching—we want your body to remember those ranges of motion.

We do this through a process of lengthening the muscle (known as active elongation), which is no different from a traditional stretch. But then comes the crucial difference: After you stretch the muscle to this new range of motion, you contract the muscle. In other words, you don't just stretch the muscle to this new range of motion and then end the stretch. You actually use it in that stretched position.

When you strengthen muscles in that new range of motion, you stabilize all the tiny muscles around your joints that help hold the joints together. That will improve posture and performance and decrease the potential for injury. Second, and most important, we're going to "activate" these little muscles, throwing on the light switches so they're available and participating all the time.

Movement Prep is going to increase your core temperature and elongate your muscles actively so that you'll make long term flexibility gains. It will improve your balance and proprioception, and it is the perfect formula for building mobility, flexibility, stability, and strength.

Excerpts taken from "Core Performance" ©2004, by Mark Verstegen

MOVEMENT PREP – DYNAMIC WARM UP STRETCHES

KNEE HUGS



HUG KNEE TO CHEST, FLEX YOUR TOES UP, THEN DROP INTO A FORWARD LUNGE

LEG CRADLE



CRADLE FOOT IN HAND, THEN DROP INTO A DIAGONAL LUNGE

QUAD STRETCH TO FORWARD BEND



GRAB FOOT, LEAN FORWARD, & SLIGHTLY BEND STANDING LEG

IT BAND TO LATERAL LUNGE



CROSS LEGS, FOLD FORWARD, THEN STEP INTO A LATERAL LUNGE

MOVEMENT PREP – DYNAMIC WARM UP STRETCHES

HAND WALKS



STAND WITH LEGS STRAIGHT, TIGHTEN YOUR CORE AND WALK YOUR HANDS OUT, (KEEPING LEGS STRAIGHT). MOVE INTO A PLANK POSITION, THEN PROGRESS INTO THE UPWARD DOG, THEN DOWNWARD DOG POSITIONS, THEN WALK YOUR FEET TO YOUR HANDS INTO THE START POSITION.

MINI BAND EXERCISES – INCREASE RESISTANCE IF GOAL IS REACHED

CLAM SHELL: GOAL 3 REPS OF 1 MINUTE



LAY ON YOUR SIDE WITH A 90 DEGREE KNEE ANGLE AND FEET TOGETHER, THEN LIFT UPPER KNEE AND HOLD FOR PRESCRIBED TIME

MINI BAND SQUAT: GOAL 3 REPS OF 1 MINUTE



STAND WITH FEET AT HIP DISTANCE APART, (WITH KNEES/HIPS/ANKLES IN ALIGNMENT), SIT BACK INTO SQUAT POSITION AND RETURN TO START

POWER HYDRANT: GOAL 3 REPS OF 1 MINUTE



LIFT LEG AND BEND KNEE BACK AND OUT TO THE SIDE, KEEPING YOUR BACK STRAIGHT AND STANDING LEG BENT

MINI BAND EXERCISES – INCREASE RESISTANCE IF GOAL IS REACHED

PERFORM MINI BAND SIDE STEPS/FORWARDS/BACKWARDS WITH BENT AND STRAIGHT KNEES

MINI BAND SIDE STEPS



MINI BAND FORWARDS



MINI BAND BACKWARDS



WITH THE BAND AROUND YOUR ANKLES, WALK SIDEWAYS, FORWARDS, AND BACKWARDS KEEPING TENSION ON THE BAND THROUGHOUT

STATIC STRETCHING – TO BE PERFORMED AFTER YOUR WORKOUT

TRIANGLE

HOLD EACH FOR 2 SETS OF 30 SECONDS



RUNNERS LUNGE



LUNGE FORWARD, KEEPING HANDS INSIDE OF FORWARD FOOT. DROP BACK KNEE DOWN, GRAB FOOT WITH HAND.

(YOU MAY NEED TO USE A TOWEL OR STRAP TO ASSIST)