



Bowden Physiotherapy and Gym

JULY NEWSLETTER

HAPPY CANADA DAY!

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BOWDEN DUATHLON SPECIAL EDITION

"There are no shortcuts to any place worth going" – Beverly Sills



EXERCISE OF THE MONTH

It's time to dust off those sneakers and find out what you're made of! New to running? Get started with this 5 minute workout.

5 Min. Moderate Walk – warm up

2 min Fast Walk

1 min Slow jog

3 min Fast Walk

1 min Slow Jog

3 min Fast Walk

1.5 Min Slow Jog

2.5 min Fast Walk

1 Min Slow jog

5 Min Moderate Walk (cool down)

As you improve, increase the amount of time you spend jobbing and decrease the amount of time walking. Then begin to increase your overall time. REMEMBER: A common mistake is starting out too fast – keep your running pace slow to begin with.

BREAKING NEWS!!

The duathlon route has been changed!

Due to the construction along Westview Crescent, this year's duathlon route has been changed – for the better! Less corners make this year's bike route faster than ever, setting the pace for your best time yet! The run explores the north side of town for a pleasant change of scenery, and as always leads back to the school running track for the big finish. The route map will be posted at the gym 2 weeks prior to the race.

WHAT'S HAPPENING AT THE GYM

THE DUATHLON!!

July 23, 2010

Start Time: 6:00 pm

5 km bike ride/2 km run or walk

Sign up as an individual or as a team (1 runner, 1 cyclist)

\$20 – individual \$25 – team

Bring the whole family!

Kids race and post-race snack



TEAM DUATHLON TRAINING UPDATE

The members of the duathlon training camp are doing fantastic. Everyone is achieving personal goals they never thought possible – and we're only ½ way there!!

Watch for the team Duathlon members that day and make sure to give them an extra cheer for all the hard work they have done!

RECIPE OF THE MONTH

GUILT FREE SNACK

MINI POWER BITES

- 2 cups rolled oats
- 1 cup whole wheat flour
- ¼ cup cocoa
- ¾ cup sugar
- 1 tsp cinnamon
- ½ tsp sea salt
- ¼ cup ground flax
- 1 cup chocolate chips
- 1 cup raisens
- ½ cup sunflower seeds
- 1 cup pumpkin seeds
- ½ cup coconut
- ½ cup milk
- ½ cup canola oil
- 1 tbsp molasses (or 2 tbsp honey)
- 1 egg



In a large bowl, mix together first 12 ingredients. Stir in remaining ingredients. Spoon mixture onto greased a cookie sheet with a teaspoon. Bake at 350 degrees F for 10 minutes.

TRAIN LIKE THE PROS

Training for an event such as the duathlon is a big deal and takes more than just a couple of bike rides and running sessions to make it feel good. Here are some tips to help take your training to the next level and avoid injuries:

Cycling:

Make sure your bike fits. Without getting too technical regarding frame size...etc, there are some guidelines you can follow to ensure your seat is at the proper height.

Have someone hold your bike while you sit on the seat with your shoeless feet on the pedals. Place your pedals in the 6 and 12 o'clock positions (straight up and down). The heel of your extended leg should just touch the pedal.

When you are riding, if you find that your hips rock from side to side as you pedal, your seat is too high. If your seat is too high, you will likely experience lower back pain and quadriceps fatigue. If your seat is too low you will likely experience quadriceps fatigue, pain under the kneecap and decreased power.

Now it's time to maximize the power in your pedal stroke. Imagine you are scraping mud off the bottom of your shoe when you come through the bottom of your pedal stroke. On the upstroke, slightly un-weight your back leg, decreasing the amount of drag forces acting on it. Use your abdominal muscles to stabilize your upper body and hips. The more stable you keep your upper body, the more efficient your cycling is.

Running

There really is no perfect running form. Be aware of your own unique and natural style. If running feels like a struggle then you are not working in harmony with your natural style. With that said, there are a few fundamentals you can work on to improve your form and speed.

Keep your upper body tall, while keeping your face and shoulders relaxed

Your arm swing should be natural, not exaggerated and your arms should move in a relatively forward and backward motion.

Your abdominals should be engaged, keeping your upper body from rotating.

Keep your stride shorter than you might think, landing mid-foot, as opposed to striking with your heel first

Try these tips at an easy pace to start with until they become more comfortable. See you at the Duathlon!!