

# Nordic Walking Co. Newsletter

June 2008

[www.nordicwalkingco.com](http://www.nordicwalkingco.com)

## Summer Greetings!

We hope this letter finds you Nordic walking to your hearts desire! This is a great time to set some goals for the summer and fall. With that in mind, we have included some basic guidelines for setting up a training program. This is for those walkers who might want to participate in a charity walk or even think about walking the Portland Marathon which takes place the first weekend in October. Fittrek and the Nordic Walking Co will be there in full force and we hope to see you there as well. These guidelines can be modified to accommodate those simply looking to put together a solid fitness schedule. The principles are the same. The bottom line is to try and vary your walking to keep things mixed up so that you keep your body is always guessing at what you might do next. This is the best way to develop strength and fitness. Above all, we want to avoid doing the same thing every day. In that case your body gets very efficient at doing the same thing and does not work as hard and does not develop new strength.



### General Training Basics

"Training" need not be a daunting word. It simply means a program or schedule of workouts designed to organize your routine to attain a specific goal. The goal can be as general as, "improved fitness and a greater sense of well- being", "weight loss", "increased energy" , "to finish a hike or distance feeling strong" or more specific such as "finishing the Portland Marathon", or "placing in the top ten in my age group" or "Winning in under 6 hours", etc.

Here are some general guidelines:

### 1. Plan Ahead:

As much as many of us would like to, getting in shape by six o'clock this evening, or even by this coming weekend just may not happen! Try to map out your program for at least the next 6-12 months, if possible. This will give you motivation. As you check off different workouts, over time

you will start to see improvements of many types. You can then look back at where you started and see tangible proof of your progress. This retrospective view can be incredibly exhilarating, particularly if you were a non-believer in the beginning. It is also motivating to know that perhaps last week, on a certain day, you did not much feel like exercising either, but you did it anyway, and felt really great afterwards! This leads to my next point.

## **2. Just Get Out the Door!**

Everyone has bad days!! (No, you are not the only one! And those that do overcome the lack of motivation are not just lucky!! Sorry!) Although there are very few bad days Nordic walking, here is a great trick, just in case. Redefine success for that day. Don't be so caught up in your schedule that you do not allow yourself a bad day now and then. You simply need to readjust. This is what I do; if I was supposed to do xx miles according to my training schedule and it's raining and I don't feel well and I want to chuck the whole day, I decide that my new definition of success for that day will be to just get out the door. "OK. All I have to do is get to the other side of the front door. I can do that," I tell myself. I put on my shoes, which seems rather silly because I am only going a few feet, but I'll play this silly game. Once outside I stop to smell the fresh air and try to focus on something different and positive....the wind in the trees, the lovely smell of that rain or snow that is falling or how well-oiled my joints feel in that wonderful heat! You get the idea. "Well, OK, I'll just go down the street, or to the corner, or to that big tree around the bend. But I don't have to put any pressure on myself because I've already determined that my day has been a success! Phew!" Usually by the second or third round of my silly game, I've discovered that I am starting to feel better. The further I go, the better I feel and all that I am now doing is on top of that success I had earlier of simply getting out the door. Wow! What a virtuous person I have become and have saved the day! Sound silly? It works! Try it!

## **3. Mix it up:**

Some of us are easily bored, and some of us love the comfort of routine. Which ever category you fall into, your body falls into both. If you get very good at walking the same route, the same distance every day, your body will get very good at it as well. The more efficient it gets, the less it has to work. The less it has to work, the more your metabolism slows down. The key here is to try and keep your body guessing! If you throw it a curve one day, and walk a different route, maybe further this time, or maybe faster, or with more hills, your body will suddenly wake up and say, "Yikes! She might do that again tomorrow! Hmmm! I'd better prepare and recruit a few more fat cells to use!" This is what we want. If you challenge yourself and push harder than usual, either in pace or

terrain, or both, you may break down and even have micro tears in your muscle fibers. It is important then, to take the next day easy, so that your muscles can repair those little tears and even add on a few fibers to strengthen that muscle. It is therefore on those 'easier" days that you allow yourself to build up more muscle, which in turn boosts your metabolism.

Cool, huh! But remember, just because pushing yourself is good on one day, doesn't mean that pushing yourself even harder the next day is better!(To "get in shape by this weekend!" ) This can be a set up for injury and burnout. In sum, the hard easy approach is always the best. Get creative. You can even mix things up within a walk, picking out different objects to speed up to, i.e., that tree up there, etc. and then slowing down to recover, and then finding something else to speed up to. This kind of workout is called a "Fartlek" workout. Yes. It means "speed play" in Swedish, in case you wanted to know!

Here is just a sample week of a good mix of workouts. A modified version follows. Obviously you can do more or fewer miles depending on where your fitness level is.

#### **5-6 days/week**

- Monday- 45-60 minutes at a steady medium pace
- Tuesday- 30-45 minutes including a 10 minute warm-up followed by 20 minutes Fartlek workout with 5 to 10 faster paced blocks of 2-4 minutes followed by an easy recovery periods of 2-3 minutes
- Wed- same as Monday
- Thursday- Rest or light workout
- Friday- 45-60 minutes at a steady medium pace
- Saturday- 60-120 minutes with the middle 45 minutes at a medium-hard pace.
- Sunday-Rest

#### **Modified Version: 3 days/ week**

- Monday-30-45 minutes medium pace
- Tuesday- rest or another activity
- Wednesday- !0 minutes at an easy pace, then 15 minutes of alternating between an easy pace and a faster pace in 2-3 minute blacks then 10 minutes at an easy pace.
- Thursday- rest or another activity
- Friday- Same as Monday



### Technique Corner

Make sure to roll your shoulders back and strive for good posture throughout your walk. Before your walk try warming up making giant circles with your both forwards and backwards with your poles attached. Always make sure that the tips of your poles are pointing back behind you rather than swinging forwards with a bent wrist. (Make sure not to clobber your neighbor at the same time!) This will help stretch and strengthen your shoulder and back muscles. The better your posture, the better you will walk and the better your breathing will be.



### Upcoming Events

\*\*\*Fittrek/ Nordic Walking CO, Instructor Certification Course\*\*\*

Saturday, June 28th, GOLDEN, CO

8:30 a.m.-4:00 p.m.

Rockland Community Church, \$200



### Clinics: Intro to Nordic Walking

Sunday, June 22nd:

EVERGREEN, CO, 1:00 p.m., Bergen Park-n-Ride Bike Path, Some Demo Poles available, \$25

Sunday, June 29th:

DENVER, 1:00 p.m., South High School Parking lot, South Franklin St. and Louisiana, across from Washington Park. \$25

Sunday, July 13th:

SOUTH DENVER, 11:30am, Eisenhower Park, North of South Colorado Blvd & Hampden Ave.

LITTLETON, 2:00 p.m., Bike Path across from Boulder Running Company on South Wadsworth & Bowles Ave.



### Ongoing Classes:

Wednesdays:

Evergreen, CO, 9:00 a.m.-10:00 a.m.

Gentle Nordic Walking for Beginners, Bergen Park-n-Ride Bike Path

Thursdays:

Evergreen, CO, 8:15 a.m.-10:15 a.m.

Nordic walking Adventures, various locations

Denver, CO, 5:30 - 6:30 pm, Washington Park

Sundays:

Westminster, CO 9:00 a.m.

Front Range Community College, ongoing workouts with Craig Shires of  
Adventure Nordic Walk, call 303-621-6310

CALL 303-674-2144 to register or email [sally@nordicwalkingco.com](mailto:sally@nordicwalkingco.com)