



Create your own
Healthy Training Program
(for an event)



For people recovering from
chronic illness
and first time
event participants



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Our mission: to improve individuals' lives through health education, providing lasting and inexpensive solutions for disease reversal through self care and healthy lifestyle support (taking into account that conventional medical evaluation may be needed).

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Training for an event can give your exercise program and your health a boost by providing a special goal within a time frame. It's exciting to be part of a group activity and fun to join others who are health-oriented. Congratulations if you are at or have reached a level of health or ability where you can become involved in this type of exercise.

Training for performance is different from mild exercise for general health. If you've never participated in an event before, there are some things you'll need to know. While this booklet is geared towards people recovering from chronic illness or working to improve a health condition, it is also helpful for people who are already healthy and want to participate in their first event.



An event requires performance. When you're reversing a health condition, participating in a performance event like a 5K may seem impossible, but slow and steady training can help you build a base for success. We've got a list of tips for you to keep in mind to help you achieve your goal. We'll put training into a manageable perspective so your health continues to improve and you avoid problems or flareups, all while having fun.

This booklet draws on information from the book, *Recapture Your Health*, by Walt Stoll, M.D. and Jan DeCourtney, C.M.T., which teaches a self-help wellness program called the 3LS (3-Legged Stool). In this booklet, besides "the Right Exercise for you," we'll be referring to the other two parts of the 3LS Wellness Program: Skilled Relaxation and the Whole Foods Diet. We'll briefly explain these

practices in this booklet. For more details, please read *Recapture Your Health*, or visit our website at www.stollfoundation.org.

The following points discuss important aspects of training for an event. At the end of this booklet is a worksheet to help you organize your own training plan. For simplicity, we'll mostly be talking about walking or running events. Please apply and adapt this information to any other activity you choose for your own training program.

Prior to Beginning Your Training

Tip #1: Select an event you'll enjoy. Here are some examples: train for a 1K (.62 mi) run, 5K (3.1 mi) walk or run, 10K (6.2 mi) walk or run; take part in an organized hike sponsored by a local hiking club; participate in a cycling group or race. You may also make up your own event if there is no event near you that's suitable or interesting. To find events in your area, see the Resources Sheet enclosed with this booklet or visit www.stollfoundation.org for resources. Some people with chronic conditions may also consider activities like taking an aerobics class or becoming a member of a team sport to be like an event to train for their participation.

Tip #2: Check your equipment. Since training is a repetitive activity, make sure you have proper equipment that fits you well, such as good shoes, a correctly fitting bicycle, etc. to avoid being prone to repetitive strain or other injuries. Other equipment you may need: hat, sunscreen, sunglasses, water bottle, snacks, pedometer, fanny pack, or backpack. If cycling, you may need a helmet and gloves.



Tip #3: Create a support system. Enlist people in your life to support your goal. Find a training buddy, talk your training plan over with your friends, or ask your family members to encourage you.

Tip #4: Learn the correct technique for your activity, and avoid

injuries. Technique is especially important when taking up a new activity or training for performance. You can pick up useful tips for your sport from books and websites (some are listed on the Resources Sheet and at www.stollfoundation.org), but consider joining a sports club or seeking advice from a coach qualified in your chosen activity. There's nothing like direct instruction from a knowledgeable teacher to help avoid potential problems. Many sports and exercise injuries can be prevented by simply learning how to do your chosen activity correctly. Of course prevention of injuries is better than cure. Plus knowing correct and efficient ways to participate in your activity can greatly enhance your performance and enjoyment.

Tip #5: Set a time schedule for training. If you are training for an event, set up a training schedule and stick to it. Create your schedule by first setting your goal (your event) and the date, and then create periodic mini-goals spaced according to how much time is available until your event.



Considerations for a training schedule include:

- Train for your main event several times a week if possible, with cross training on the off days if you wish. Keep in mind that this is just a guideline. Some people may wish to train only once a week, and that may be enough, if that's what works best for you and there's plenty of time before the event. Professional athletes train for events five days a week or more, but that frequency may not be appropriate or necessary for people whose main orientation is health maintenance, illness reversal, or recovery. Train in a way that works well for you. If you're overcoming a chronic health condition, allow for fluctuations in how you feel.
- Do not increase what you are doing more than 10% in a week. Plan your training so your activity is stepped up slowly to gradually allow your body to easily adapt to the increased activity. Start training well in advance of your event to allow for sufficient time to build strength and endurance.

- Talk to an exercise friend about your training schedule. Get feedback to be certain your goals are not too ambitious. A good friend will tell you if your plan is out of line with your current ability.

- Have a backup plan in case your goal proves to be still out of your reach. Remember: no matter how well or poorly you do, the real prize is moving towards having a healthier body.



Tip #6: Set up a training routine. The correct training routine for you will help you make the most of your time, avoid injuries and flareups, and keep your workout from creating unnecessary fatigue. Here's a sample routine, followed by descriptions. This sample

is just a suggestion; design your own routine according to what works best for you. There is space to do this at the end of this booklet.

1. eat and drink
2. warm up and/or stretch
3. workout
4. cool down and/or stretch
5. eat and drink
6. Skilled Relaxation session (optional)

Get Ready for Your Training Session

Tip #7: Eat before your workout. When training, nutrition is an important consideration, because the body uses and needs more nutrients. You need to fuel your body correctly to create sufficient energy. Follow an eating program that provides enough energy during your days off as well as during training and your event.

Many people find nutrition advice for everyday life confusing enough, out what to eat before, during, and after exercise. It's no wonder: experts don't agree on nutrition guidelines, and what works well for

one person might not work for another.

To figure out what works best for you, try different approaches (during training, of course, not the day of your event!). Also keep in mind that what works when you are running might not work when you are biking or doing another form of exercise.

Note: People following the 3LS Wellness Program to improve health may be following a Perfect Whole Foods Diet



(PWFD). This diet emphasizes eating whole foods and omitting sugars, starches, refined foods, and alcohols as a program for rapid reversal of chronic health problems. The nutritional guidelines in this booklet address both people following the PWFD and those not following it.

When planning nutrition to fuel your activity, consider both your meals and what you eat immediately before, during, and after your workouts. It may take some experimentation to figure out what works best for your body and for the activity you are doing.

General nutrition for daily life while training: To fuel your body well every day, plan a well-balanced diet where approximately 60% of your calories come from complex carbohydrate sources like whole grains, beans, fruits, and vegetables, 25% from lean protein, and 15% from fats and oils. The carbohydrates allow your muscles to store enough glycogen, the fuel for training and for accomplishing your event. Contrary to popular belief, most athletes don't need extra protein when a balanced diet is consumed on a daily basis.

Before each training session: Make sure you have allowed enough time for your last meal to digest before training to avoid gastrointestinal cramping or feeling uncomfortable. If you have eaten a heavy meal, you may need to wait 3 to 4 hours before training or starting your event. Of course, everyone is different. You may find that you have no problem exercising after just 2 hours, or alternately, that you can't tolerate eating anything before an event. Experiment to find what works best for your body. helps you tolerate exercise better.

help prevent hypoglycemia (low blood sugar), settle the stomach, ward off feelings of hunger, fuel muscles, and avoid fatigue. People recovering from chronic illness may find that eating before exercise makes a huge difference in how they feel during and after exercise. Some people also find it helpful to take nutritional supplements that support the nervous system and muscles, such as B complex, magnesium, calcium, potassium, or zinc.

If you are exercising *for less than an hour*, it doesn't matter much what you eat before training, but here are a few guidelines that can optimize your experience. Skip sugary snacks and drinks which may cause a sugar "crash" during your event, leaving you feeling light-headed and tired. Proteins can help keep you from feeling hungry during exercise and are recommended in small amounts paired with unrefined, or whole, carbohydrates. Some people find eating high fat proteins contribute to nausea during exercise, but others do not. Experiment to see what works for you. People following the Perfect

Whole Foods Diet need to consume whole milk products instead of low-fat products.



Choose any of your favorite healthy snacks. Below are some suggestions.

- a few slices of low fat turkey or chicken in whole grain pita bread or with a small portion of brown rice
- whole grain crackers with 1 ounce of low fat cheese
- 1/4 cup of low fat or whole milk cottage cheese with a few slices of pineapple
- a glass of whole milk or low fat milk with a banana
- an English muffin or whole grain bread with a small amount of nut or seed butter (such as peanut, cashew, tahini, or sunflower seed butter)
- plain lowfat or whole milk yogurt with fruit or alcohol-free vanilla and stevia
- a cup of whole grain pasta with tomato sauce and a grilled chicken breast (for a meal or a small amount for a snack)

If you are training or exercising for *longer than an hour*, it's important to eat certain foods. Choose foods with a low glycemic index. The glycemic index is a scale that ranks carbohydrate-rich foods in order of how they effect the body's blood sugar (glucose) levels compared to glucose. The goal is to keep your blood sugar stable by eating lower glycemic foods. A low GI food will cause a small rise in blood sugar, while a high GI food will trigger a dramatic spike and then a crash. The GI of glucose is 100, and low GI foods have a ranking of 55 or less. A partial list of low glycemic foods (which focuses on whole foods and avoids sugary and refined foods), is below. Eat about an hour before exercise to allow the food to be digested easily and well enough to avoid gastrointestinal problems and provide extra energy during your workout.

Partial List of Low Glycemic Foods

Low GI Foods have a ranking of 55 or less. These are listed roughly from low to high, but all are below 55. These foods are all suitable for the Perfect Whole Foods Diet unless marked, but always read labels.

Peanuts 7	Lentils, red split, boiled 25 min 21
Chickpeas dried, soaked, boiled 35 minutes 10 - 36	Full-fat cows' milk 3% fat 21 - 40
Yogurt with apricot 11	Cashew nuts, salted 22
Full-fat cow's milk 11	Peas, dried, boiled 22
Peanuts 13	Lentils, green, dried boiled 22 - 29
Kidney or white bean soaked, boiled minutes 13- 17	Cherries, raw 22
Soy beans, canned in salt, drained 14	Potato, boiled in salted water, refrigerated, reheated 23
Pinto beans, boiled in salted water 14 - 39	Peanuts 23
Yogurt with black cherry 17	Kidney beans, dried boiled 23 - 29
Lentils, red, dried, boiled 18	Mixed nuts, roasted and salted 24
Kidney beans, boiled 19	Plum, raw 24
Soy beans, dried boiled 20	Cashew nuts, roasted and salted 25 - 27
Black beans, soaked, cooked 45 min 20	Cashew nuts 25 - 27
Mixed nuts and raisins 21 (Not PWFD)	Peas, yellow, split, dried, soaked overnight, boiled 55 min 25
	Yam, peeled, boiled 25
	Mung bean, germinated 25
	Grapefruit, raw 25
	Peach, raw 28

Apple, raw 28 - 40
 Wheat tortilla 30
 Black beans 30
 Banana, under-ripe 30
 Smoothie drink, soy, banana 30
 Orange, raw, 31 - 48
 Spaghetti, whole grain, boiled 32
 Lima beans, baby, frozen, reheated 32
 Apple, braeburn 32
 Skim milk 32 (Not PWFD)
 Blackeyed peas, boiled 33
 Pear 33
 Yogurt, low-fat 35
 Yam, peeled, boiled 35 (Not PWFD)
 Hot breakfast cereal, apple & cinnamon 37
 Refried beans 38
 Tortilla, corn 38
 Tomato soup 38
 Tomato juice, canned no added

sugar 38
 Corn tortilla, served with refried mashed pinto beans and tomato sauce 39
 Pea, green frozen, boiled 39
 Corn hominy 40
 Strawberries, fresh 40
 Museli, natural 40 (Not PWFD)
 Carrots, peeled, boiled 41
 Whole meal rye bread 41
 Pumpernickel rye bread 41 - 46
 Corn chips, plain, salted 42
 Banana, slightly under-ripe 42
 Porridge from raw rolled oats 42
 V8juice 43
 Kidney beans, canned, salt 43
 Carrot juice 43
 Pinto beans, canned in salt 45

From: <http://www.glycemicindex.com/>. Database pages created by A/Prof Gareth Denyer and Scott Dickinson using data collected by Professor Jennie Brand-Miller & SUGIRS, Last Modified: February 9, 2005. For a complete list including refined foods and popular brands, visit www.glycemicindex.com.

Tip #8: Drink before your workout: Make sure you are drinking sufficient water to stay hydrated, both in daily life and during your workouts. On average, exercisers fatigue about 25% sooner when they don't drink during exercise and become dehydrated. Even mild dehydration will slow down one's metabolism as much as 3%. Dehydration can also cause muscle cramping. About 75% of Americans are chronically dehydrated, as is probably most of the world's population.



For additional facts and information about dehydration, see <http://www.whatcomcounts.org/whatcom/modules.php?op=modload&name=News&file=article&sid=2449>.

General fluid intake for daily life while training. Although experts continually debate the proper amount to drink daily, most still

recommend 64 ounces of fluid (8 cups) per day. How much you drink may vary depending on your body size and relative humidity (if you live in a hot or dry climate, you may need more), as well as the altitude at which you live (you may need more at higher altitudes).

A general guideline for knowing if you're drinking enough is the color of your urine. If it is very dark in color, you're not drinking enough. If it is almost clear, you may be over-drinking.

It is said that if you are thirsty, you're already dehydrated. So drink before thirst happens when you can, and if you do get thirsty take this as a sign that you are not drinking enough and need to drink more.

NOTE: Studies have shown that each percent in fluid loss can translate to a 2% drop in performance. To determine the amount of fluids you have lost during exercise, weight yourself before and after an event. For every pound lost, consume at least 2 cups of water.

Before each training session: drink about 2 cups (400 - 600 mL) within 2 hours before training to help you stay hydrated during the workout.

Tip #9: Warm-up and/or stretching. A warm-up prepares your body for training or your event. In particular, it starts diverting blood flow to the muscles which you will be using for your activity. Warm up with a few minutes of light exercise. Basically your warm-up should be a slow, easy version of whatever you're going to do during your training session or event.



Stretching is beneficial for most people to prevent injuries, help muscles retain their natural flexibility, and help overall health. Stretching is best performed after muscles are warm, so stretch after your warm-up. Forcefully stretching muscles when they are cold may lead to a tear. Static stretching (slowly stretching a muscle and holding it in the stretched position *without discomfort* for 10 to 30

seconds) is considered the safest method of stretching. A static stretch should be held at the point where you can feel the stretch but do not experience discomfort. If you feel discomfort, ease back on the stretch. Remember not to bounce, rather just hold the stretch. Do most of your static stretching after your cool-down.

During Your Workout or Training Session

Work out in whatever way is suitable for your fitness level and activity. Enjoy! The next five tips are considerations for your training activity.

Tip #10: Use interval training or light weights to increase speed and/or endurance. Interval training is alternating short, fairly intense spurts of exercise with periods of relatively easy exercise. One way to do this is to switch between running and walking, or vary your speed. Other options for increasing endurance and speed are to add some hills or to add extra weight somewhere on your body (using light ankle weights or carrying hand weights, for example).

Dn't forget: do not increase what you are doing by more than 10% in a week. Increase your activity slowly and allow your body to adapt to the increase. We repeat this here because it is so important.

Tip #11: Check your heart rate. By learning to take your pulse or by using a heart rate monitor, you can make sure you are not putting extra stress on your body when you exercise. Taking your pulse or using your heart rate monitor checks your heart rate to keep it at the correct level, called the *target heart rate*. Keeping track of your *resting heart rate*, over time, is another way to watch your fitness level improve. As you become healthier, your heart will work less hard for the same result.

Check your target heart rate: Your pulse during your workout must be in the heart rate range calculated for your age and ability level according to the chart below. Check your pulse several times while you exercise and immediately afterwards, and make sure it is in the proper range. After stopping exercise, check your pulse only during

the first 10 seconds, so your pulse has no chance to slow down. Further details and information are available in *Recapture Your Health* and online at the International Fitness Association’s website at www.ifafitness.com.

Age	Beginner 60% to 70%		Intermediate 70% to 80%		Advanced 80% to 90%	
	Beats/m in	Beats/10 sec*	Beats/m in	Beats/10 sec*	Beats/m in	Beats/10 sec*
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85+	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

Chart courtesy of International Fitness Association

Check your Resting Heart Rate: When you first start training, take your resting heart rate. To get resting heart rate, either count your pulse for 1 minute or 15 seconds x 4, when you are in bed before you move or resting for 10 minutes. Write it down. Check it periodically as you continue exercising and watch the number drop. Having a lower resting heart rate is a sign of good health. The resting heart rate usually rises with age, and it’s generally lower in physically fit people. Athletes sometimes measure their resting heart rate as one way to find out if they’re over trained. If it goes up, they’re training too much. The resting heart rate may also be used to determine one’s training target heart rate.

Using the chart and checking your resting heart rate are general guidelines for tracking your fitness. To get a little more specific, you can calculate your desired target heart rate, and as your fitness level improves, reassess your target heart rate every 8 to 10 weeks.



First, calculate your maximum heart rate with this formula: $Maximum\ Heart\ Rate = 220 - age$

Never exercise at your maximum heart rate, but only a percentage of it as shown on the chart. Use your maximum heart rate and resting heart rate to determine your appropriate target heart rate:

$$((Maximum\ Heart\ Rate - Resting\ Heart\ Rate) \times \% Intensity) + Resting\ Heart\ Rate = Target\ Heart\ Rate$$

Here is an example for someone with a maximum heart rate of 180 and a resting heart rate of 70:

$$50\% \text{ intensity: } ((180 - 70) \times 0.50) + 70 = 125 \text{ beats per minute}$$

$$85\% \text{ intensity: } ((180 - 70) \times 0.85) + 70 = 163 \text{ beats per minute}$$

Tip #12: Eat during your workout only if needed. For most workouts of less than one hour, you shouldn't need to eat anything. Your body's nutrition stores, plus your pre-workout snack, should get you through your workout. For sessions longer than one hour, you might want to bring along a portable snack. Follow the low glycemic guidelines given earlier.

Tip #13: Drink during your workout.

If exercising less than one hour, most people can just drink water. (A possible exception to this guideline is if you are exercising in an excessively hot or dry environment, where it may be more appropriate to consume a sports drink as described below). Drink 3/4 cup to 1-1/2 cups (6 to 12 oz.) of fluid every 15 to 20 minutes during exercise.

If you are exercising longer than 1 hour or in a hot or dry environment,

consume a sports drink with carbohydrates and sodium to rebalance electrolytes. Don't forget to drink 6 to 12 oz. of fluid every 15 to 20 minutes during exercise. Sports drinks are most useful during or after long or unusually hard workouts. Sports drinks provide these functions:



- slightly faster fluid absorption than water. Anything that helps an athlete retain or take in more water during competition increases endurance.
- carbohydrates to help the body replace the energy-producing glycogen expended during exercise.
- quick replenishing of minerals/electrolytes (sodium, potassium, magnesium, and/or calcium). An electrolyte is basically a salt that can carry an electrical charge. The cells of your body rely on electrolytes to carry the electrical impulses responsible for muscle contractions and nerve impulses to other cells. Without electrolytes, your body cells couldn't communicate efficiently. The main electrolytes are sodium and potassium. The salt helps you absorb and retain water to prevent dehydration, as well as prevent hyponatremia (low blood sodium), both of which conditions could send you to the hospital on a long, hot walk.

Commercially produced sports drinks can be high in sugar and additives, but you can make your own sports drink. A standard do-it-yourself sports drink (not for the PWFD) is:

- 2 bags of herbal or fruit tea
- 1 liter or 4 cups hot or cold water
- 3-1/2 tbsp honey
- 1 to 2 tbsps lemon juice
- 1/4 tsp salt

Nutritional content: per 250 ml: 60 cal, 150 mg sodium, 16 grams carbohydrate.

Some sports nutritionists believe that it would be almost impossible to get the true benefits of a "sports drink" without incorporating some

type of simple sugar such as glucose and fructose. People following the PWFD or others who do not consume sugar or fruit juices may consider alternatives to a traditional sports drink. We are working on creating some recipes, considering as an alternative something similar to products called “electrolyte replacement drinks,” “energy drinks,” or “fitness waters.” Such recipes might substitute carrot, tomato, beet, or aloe vera juice, or milk, yogurt, herbal tea, or ginger juice for the honey and lemon juice in the above recipe. Check back for newer versions of this booklet for finalized recipes.

Tip #14: Check your shoes and equipment. *If you’re not having a good time or feeling great*, it could be because your equipment (shoes, bicycle, etc.) doesn’t fit properly. If you experience shin splints, calf or quad cramps, plantar fasciitis or other problems each time you exercise, go to a local running store that can evaluate your gait for problems and see if you need new shoes. If you’ve been feeling muscle fatigue, shin splints, or pain in your joints, especially your knees, you may be wearing shoes that no longer have adequate cushioning. Consider replacements.



Besides pain (not recommended!), how do you know when shoes need to be retired? Don’t use the treads of your shoes to determine whether you should replace your shoes. The midsole, which provides the cushioning and stability, usually breaks down before the bottom shows major signs of wear. Use this guideline: if walking, replace shoes every 1000 to 1500 miles and if running, every 300 to 500 miles. If you use a training log or calendar, record when you bought new shoes to track how many miles you’ve gone in them. You may use the training calendar provided with this booklet or at www.stollfoundation.org. Writing the purchase date on the inside of each shoe’s tongue is another good way to help remember when you first started running in them.

After Your Workout or Training Session

Tip #15: Cool down. Why cool down? The practice of cooling down after exercise means gradually slowing down your level of activity. Cooling down:

- * helps your heart rate, breathing, and body temperature return towards normal gradually

- * helps avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly

- * helps prepare your muscles for the next exercise session, enabling you to compete again at the same level within a short period of time

- * helps remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity.

- * reduces the immediate post-exercise tendency for muscle spasm or cramping

- * reduces muscle soreness and stiffness



For an effective cool-down, perform low intensity exercise for a minimum of 5 to 10 minutes. A cool-down can be a slower version of the activity you just did. The cool-down should be gradual. In other words, do not go straight from running full speed to a walk; instead jog. The cool down can also be a different activity than you just did, provided that it involves the same muscles. Follow it with your stretching routine.

Stretching: Do most of your static stretching after your cool-down because your muscles are fully warmed up. At the end of your cool-down, perform a light static stretching routine as described in tip #9, by stretching each of the muscle groups you have used in your chosen activity.

Tip #16: Eat and drink after your workout

What to eat: Post-training nutrition replenishes nutrients used dur-

ing training. Experts recommend eating a snack or meal rich in carbohydrates 30 minutes to 1 hour after a workout. Follow the same general guidelines as described in Tip #7.

People recovering from chronic illness may find that eating right after exercise makes a huge difference in how they feel for the rest of the day. At this time, some people also find it helpful to take nutritional supplements that support the nervous system and muscles, such as B complex, magnesium, calcium, potassium, or zinc.

What to drink: During your post-exercise/event meal or snack, replenish lost fluids by drinking water paired with sodium in food, or have a sports drink.

Tip #17: Follow exercise with a Skilled Relaxation session (Optional)

Skilled Relaxation (SR) is helpful both for improving athletic performance and to increase or maintain general health. If you are looking to reverse a chronic health condition and are already practicing SR on a regular basis, remember that it is especially healthful and effective to schedule your Skilled Relaxation session after you exercise (never before). Using this order enhances the healing effects of both the exercise and the Skilled Relaxation.



For those not familiar with the practice, here is a general description. Skilled Relaxation is any relaxation method (such as meditation, guided imagery, yoga, breathing, etc.) that reliably produces a relaxed state of mind characterized by alpha or theta brainwaves and a relaxed body characterized by enhanced physical relaxation. When practiced twice a day for 20 minutes each time, SR has a very beneficial effect upon health and can even reverse chronic symptoms or illness. We recommend that people wishing to improve health practice Skilled Relaxation. For more details, read *Recapture Your Health*, or visit our website, www.stollfoundation.org.

Tip #17: Additional training tips

Make your training work for you. Using whatever approach is comfortable for you, continue to adjust it to suit your health condition which will likely keep changing and improving as you continue training. Keep your focus on health first and performance second.

Keep a training calendar. Writing the details of your training sessions on a calendar keeps track of the frequency of your workouts and your progress. A training calendar has been included with this booklet. It is also available on our website.



Be sure to get enough rest. Exercise needs to be balanced with rest, as tiredness may increase the risk of injury. Rest also gives the body recovery time between intense workouts.

Listen to your body, part 1: Listen to yourself before you do something that seems too challenging even if recommended by coaches, teachers, experts, or friends. Exercise is like good medicine for you, but you have to find the correct dose for your individual needs. Go at your own pace and do the amount that feels right for you and according to your capability.

Listen to your body, part 2: Keep improving your health. One of the great things about regular exercise is how much more you get in tune with your body and its needs. As you continue exercising, your body will likely give you gentle signals about areas that need care, attention, or improvement. For example, a tight area of the body may greatly benefit from massage or extra stretching. Listening to the little signs and signals your body gives you can help you be proactive to keep improving your health.

Listen to your body, part 3: Pay attention to small problems to avoid big ones. It is easier to injure yourself when training for an event than

just doing general mild exercise for health. Thus it is important to be more watchful for minor problems and signs of anything that might turn into a major problem. Troubleshoot on an ongoing basis and modify your exercise plan as needed.

Listen to your body, part 4: Avoid overdoing it. Overtraining means that you are putting too much stress on the body. Signs of overtraining include:

- you have frequent flareups of your health problem
- your resting heart rate is way above what it normally is
- you feel chronically sore or weak
- you are not sleeping well
- you get chronic colds or infection
- you are irritable, anxious, or depressed
- you can't concentrate or feel disoriented

The tired you get from too much training is an “I-really-don’t-feel-like-running-today” kind of tired. You may be overtraining if you go out to exercise for just 10 minutes and 10 minutes seems like 9 minutes too long. If you’re overtraining, rest or take a few days off.



Take care of or avoid Delayed Onset Muscle Soreness. Delayed onset muscle soreness (DOMS) describes muscle pain, soreness or stiffness experienced 12 to 48 hours after exercise, often at the beginning of a new exercise program, after a change in sports activities, or after an increase in the duration or intensity of exercise. DOMS is generally worst within the first 2 days following activity and subsides over a few days.

If you’re following the guidelines in this booklet, you are unlikely to experience DOMS. However, here are some tips for dealing with soreness after exercise:

- * Wait. Soreness goes away in 3 to 7 days with no treatment.
- * Try an ice bath or contrast water bath.

- * Do some easy aerobic exercise to increase blood flow.
- * Some gentle stretching or yoga may feel good.
- * Gently massage the affected muscles.
- * Natural anti-inflammatories (like ginger, bromelain, or fish oil) or a nonsteroidal anti-inflammatory medications (like aspirin or ibuprofen) may reduce soreness temporarily, though don't speed healing.



Allow soreness to subside thoroughly before performing any vigorous exercise and avoid vigorous activity that increases pain. If your pain persists longer than about 7 days or increases despite these measures, consult your physician.

If you have an injury or problem, take a few weeks off. Don't let an injury go for weeks without treating it, to avoid permanent damage.

ABOUT THE 3LS WELLNESS PROGRAM: Exercise is even more effective in improving your health when combined with the other two aspects of the 3LS Wellness Program: Skilled Relaxation and Whole Foods Diet. Careful practice of these 3 interconnected legs of the Wellness Program can not only improve your athletic performance, but can greatly enhance your health overall. Many chronic conditions will clear up totally.

It works like this: let's say you get three points for doing one leg of the Wellness Program. When you add a second, you get nine points rather than six. If you add the third activity, you get 27! Our normal thinking is if we get 3 for each part, we end up with a total of nine. But the way which the body, mind, and spirit respond to our efforts is not $3 + 3 + 3$, but $3 \times 3 \times 3$.

Practicing only one or two aspects of the Program will still bring you health benefits, but not to the degree that all three do. The benefits come from helping your body heal itself, because that's the only way you can truly be healthy. Read more about the 3LS Wellness Program at www.stollfoundation.org, and in *Recapture Your Health*.

My Personal Training Plan

Before you write on this page, make several photocopies of it. Keep this original blank. Use one photocopy to write down your first plan and goal. After you meet your first goal, keep updating your program by using subsequent copies with new goals. This can help you get started and provide a record of how and where you started, where you are, and where you want to go.

Today's date: _____

My Goal or event _____

Date to meet goal: _____

Mini-Goal 1: date _____ goal: _____

Mini-Goal 2: date _____ goal: _____

Mini-Goal 3: date _____ goal: _____

Mini-Goal 4: date _____ goal: _____

Mini-Goal 5: date _____ goal: _____

Equipment to obtain or gather: _____

My support system includes these people: _____

My training routine (or design your own):

Food and drink before workout: _____

Warm-up and/or stretching _____

Workout: activity, length _____

Cool-down and/or stretching: _____

Food and drink after workout: _____

Skilled Relaxation session _____

Resting heart rate:

Date _____ Resting heart rate _____

Date _____ Resting heart rate _____

Date _____ Resting heart rate _____

Date _____ Resting heart rate _____

Date _____ Resting heart rate _____

Target heart rate (Reevaluate every 8 to 10 weeks):

$$\text{Maximum Heart Rate} = 220 - \text{age}$$

$$((\text{Maximum Heart Rate} - \text{Resting Heart Rate}) \times \% \text{ Intensity}) + \text{Resting Heart Rate} = \text{Target Heart Rate}$$

Date _____ Proposed target heart rate _____

Date _____ Proposed target heart rate _____

Date _____ Proposed target heart rate _____

Date _____ Proposed target heart rate _____

Date _____ Proposed target heart rate _____

Have a wonderful time training, and best wishes for your greater health and the successful completion of your event. Then keep going! Continue training, but for your next event!



