

MAR 2021 | VOL. 11

ULTIMATE TRI CAMP

Clermont . Florida



Coaches

Erinne Guthrie | erinne@fullcirclecoaching.com | 786-586-6057

Dennis Phipps | denniswood17@hotmail.com | 786-468-3119

Jacquelyn Schwartz | jac@fullcirclecoaching.com | 123-456-789

Domingos Oliveira | domingos@target-usa.net | 305-775-8419

Welcome!

We're so excited you've joined us for the 11th annual Ultimate Tri Camp!

It is going to be an amazing few days of everything triathlon and you're going to love it! We want to ensure your experience is the absolute best, so if there's anything that you need in addition to all the things we have planned, please don't hesitate to ask. If you love it, tell the world, if you hate it, tell me and I will fix it!

In this packet you'll find tips and items for your perfect camp experience: Everything we do is meant to enhance your camp experience and I suggest trying it all and then decide if it worked for you, always keep an open mind.

Ultimate Tri Camp What's App Group

Please be sure you are in the "group chat" before leaving this meeting. All important and the latest information will be communicated via the "group app, "please check for changes often.

Itinerary (see pgs. 5-10)

Starting now; Swim, Bike, Run, Eat, Sleep, Recover, Fun, Repeat!

Maps

All GARMINS can be programmed with the group ride routes. It is your responsibility to stay with your group leader and follow the map. If you are up in front you can circle back every few miles to be sure you didn't lose the group.

SAG Support - Thomas 352-536-2453, All bike rides will have SAG support, all equipment is provided.

Safety

Bike helmets are mandatory while you're on the bike, NO EXCEPTIONS EVER.

We'll create bike groups based on ability, but patience is still important on the group ride. We're here together and need to ride together. We will be reviewing safe ascending and descending hill practice on the first day. This is a mandatory part of the first day.

Bike support during the trip is provided by:

Trek Clermont

1675 Hancock Road, Suite 600
Clermont, FL 34711
(352) 536-2453



Emergency Procedure

We need to know of any health concerns, medications you're taking and if you feel badly please notify a coach as fast as possible. If you or anyone around you gets hurt call 911 immediately, always have your cell phone with you and know coaches numbers.

WAIVERS

Please complete all forms prior to participation and these include video and photography waivers.

Nutrition

During camp it is imperative that you show up to every training session having eaten before you arrive and have nutrition during the training and be ready with a post training recovery snack. We don't want you to miss out on a thing due to lack of energy. Enjoy your Perfect Aminos after every workout. Eat big healthy dinners daily. Breakfast and lunch will be catered and delivered (if you purchased meals) from:

Press'D

426 W Plant St, Ste C D
Winter Garden, FL 34787
(407) 914-8184



Recovery Time

Your recovery each day is equally as important to the training. Please take advantage of the stretching sessions post training, breath work, yoga, the Marc Pro's, Normatec boots, massage, Ice baths, Stretching and SLEEP.

Massage is essential during 6-days of training, self or professional. Ice Baths are highly recommended. Take advantage of hotel (ICE). Take a 10-min. ice bath each day to ensure quick recovery.

List of Sponsor Affiliates

Please review the list of generous supporters who have supplied the items in your SWAG bag. If you have any questions about the items, please ask us. These are items that we recommend because we believe in them and use them ourselves.

Your SWAG BAG IS LOADED, let's look inside now!

FC GEAR: If you own FC apparel please wear it to all training sessions. You received some in your bag. It's especially great when we take group pictures!! I have extras if you want more. We take a group photo on Saturday at the base of Sugarloaf (the highest mountain/hill) in Florida.

Coach Time

Want to learn more... hang out with the coaches at training sessions. We're here for you. In the beginning, we'll be checking everyone's fitness level to place you in the appropriate group. Most people start off WAY too hard and end up in the sag wagon or dropping off the back-don't let that be you! If you swim, bike, or run near a coach you will get coached!

Add-on Sessions

BIKE FITS, 1-on-1 Video for run or swim are available, but you will also have group video. Individual sessions must be schedule with Coach Erinne. We also offer massage and stretching sessions that must be prescheduled.

SOCIAL MEDIA

Please post your comments and photos all weekend include us by using @fullcirclecoaching, #fullcirclecoaching #ultimatetricamp when posting your images to Instagram and Facebook. It's great to see and share images of all the awesome activities we're doing. Special Bonus if you post the most!!!!

Post Camp

You'll receive special training offers (take advantage)! We'll also ask for your personal feedback, please consider leaving us a video testimonial about your experience at Ultimate Tri Camp.

In the survey, I want to know everything you're happy with or, what you're not satisfied with, to help us improve! Our goal is to keep our campers coming back every year because of their personal experience.

Lastly, remember to have FUN!! Enjoy every minute and commit to making it a great experience as a team, together we are stronger, faster and happier!

If you need help in any way, ask a coach we are here for you!



UTC Itinerary

Day 1 | Tue 23 | Arrive in Clermont, FL

HOTEL

Home2 Suites by Hilton Clermont
1450 Champions Way Clermont, FL
Ph: 352-227-2900

12:00-6:00 PM: 1-on-1 sessions: This day is for any 1-on-1 video analysis in swim or run, bike fitting, lab testing for VO2 max, lactate threshold, or metabolic efficiency testing, and 1-on-1 coaching consults with Coach Erinne, Dany, Dennis, or Jac. Please look on resources page at the bottom for descriptions of these sessions and to set your appointments early. This day fills up quickly so do not delay if you want individual coaching time. You can also text Coach Erinne: 786-586-6057

3:00-6:00 PM: Mandatory Bike Check-In – Conference Room – with Coach Dennis: All athletes must check in during this time for bike approval and set up. Every camper requires a quick look at bike set up so that our first ride we have no mechanical issues and make sure all bikes are in working order. We recommend a bigger cassette on the rear wheel of the bike to be able to handle the climbing terrain in Clermont like a 12/28. This check-in allows us to roll out of the hotel in the morning with no delays. - Coach Dennis if you have questions: 786-468-3119

****PROGRAM BIKE COMPUTERS WITH COURSE MAPS****

6:00-7:00 PM: Mandatory Orientation – Conference Room: Pick up swag bags and meet the coaches and campers.
Dinner as a group or on your own.

Restaurants

The Southern on 8th | 801 W. Montrose St.
352-394-7777

The Crooked Spoon | 200 Citrus Tower Blvd.
352-404-7808

Thai Blossom | 99 W. Plant Street
407-905-9917

Press'D | 426 W Plant St, Ste C D
(407) 914-8184



UTC Itinerary

Day 2 | Wed 24

6:00 AM: Light Breakfast at Hotel or delivered

6:30 AM: Walk together to NTC Track - bags in the car – bring water bottles, Garmin

6:45 AM: Check in at the National Training Center Track

7:00-9:00 AM: Track @ NTC Video Capture, 1 mile run test run, form & drills

TAKE 10 BODYHEALTH PERFECT AMINOS on empty stomach

9:00-9:30 AM: Snacks (Nooty/Shanti Bar)

9:30-10:30 AM: Conference Room – Kihara Run Specific Strength and Strength - barefoot, bring mats and towels

10:30-11:30 AM: Conference Room - Brian Dubow, Happiness Seminar

11:30 AM-12:30 PM: Free time - Shower/change, grab lunch & meet back in conference room, Optional Massage time

12:30-1:30 PM: Conference Room - Endurance Nutrition – Metabolic Efficiency, Holistic Lifestyle Principles & 30- Day Cleanse – **Coach Erinne**

1:30-2:00 PM: Conference Room - Rooted In - Natalie, presenting in person (407-432-1335), Magnesium Creams (Optional Massage time)

2:00-2:45 PM: (Free Time) Sports recovery: Marc Pro, Hyperice, Normatec Boots; Essential Oils sampling, Optional massage time

3:00-5:00 PM: Ride together from hotel to Lake Mineola Waterfront Park – Break into groups A, B, and C –Mandatory bike handling skills session for C group, SAG support included - Hill Training for group A, B
All coaches and campers – bring cell phone and wear sunscreen.

6:00-7:00 PM: (Free Time) Sports recovery: Marc Pro, Hyperice, Normatec Boots; Essential Oils

7:00 PM: Meet hotel lobby to carpool for dinner - The Southern on 8th - 801 W. Montrose St. Clermont, FL 34711, Ph: 352-394-7777

UTC Itinerary

Day 3 | Thurs 25

6:30-7:00 AM: Conference Room - Morning Mindset, breath work, yoga and meditation (SAVERS) Coach Erinne

7:00-8:00 AM: Conference Room - bring your Breakfast and get inspired with **Hector Picard**

8:00-10:00 AM: Meet in lobby - Run session – Hill training

TAKE 10 BODYHEALTH, PERFECT AMINOS, empty stomach

10:00-11:00: Conference Room - Airofit - Sean Coakley

11:00 AM-12:00 PM: Shower/change free time

12:00-1:30 PM: Nate Last from Mental Grit, Mental Skills Seminar, bring notebook + pen

1:30-2:45 PM: (Free Time) Sports Recovery, optional massage time

2:45 PM: Meet in hotel lobby to carpool to NTC Pool

3:00-5:00 PM – NTC Pool: Swim test, video capture, break into A, B, C Groups by lane

5:00-5:30 PM: Stretch on pool deck and change clothes

5:30-7:00 PM: NTC Weight Room – Triathlon Specific Weightlifting Session

7:30 PM: Dinner - Montrose Street Market, 793 W Montrose St, Clermont, FL 34711



UTC Itinerary

Day 4 | Fri 26

6:30-7:30 AM: Conference Room: Meditation, Breath Work, Yoga and Essential Oils

8:00 AM-10:00 AM: Pedals up from the hotel: 25–30-mile bike ride on Great Clermont Course, Hill repeats, SAG Support included

10:00 AM-11:00 AM: Transition Run off the bike

11:00-12:00 PM: – Conference Room: Swim/Bike/Run Stability, Mobility, and Core – Triathlon Specific Strength and Strength
Bring your mats and foam rollers, come right off the bike, do not change your clothes.
Optional massage time

12:00-1:00 PM: Lunch time, shower + change, optional massage time

1:00-2:00 PM: Athlete Blood Test, Dr. Anna Sewell Q and A

2:00-2:45 PM: (Free Time) Sports Recovery

2:45 PM: Meet in hotel lobby to carpool to NTC Pool

3:00-5:00 PM: Pool Swim/Bring all swim gear – Groups A, B & C – Relay Races

5:30-6:30 PM: – Conference Room: Breathing, meditation, work-in movements from packet & total body foam roller routine

6:45 PM: Meet in hotel lobby to carpool for dinner

7:00 PM: Dinner Crooked Spoon 200 Citrus Tower Blvd, Clermont, FL 34711, Ph: 1-352-404-7808



UTC Itinerary

Day 5 | Sat 27

6:30-7:30 AM – Conference Room: Meditation, Breath Work, Yoga and Essential Oils

7:30-8:00 AM: Breakfast

8:15 AM-1:00 PM: Pedals up - Long Ride – 3 groups 40-50+ miles (HILLS) Groups A, B & C - Full SAG Support for this ride, bring water bottles and food to the lobby to put in cooler

1:00-3:00 PM – Hotel Pool Deck: Take 10 Perfect Aminos!!! > EXTREME RECOVERY, Optional massage time

2:00 PM: Lunch Time, as you finish with the recovery - eat a LOT!!!


3:00-4:00 PM - Conference Room: Optional Group video analysis review (swim and run mechanics), Garmin computer set up and Training Peaks questions (Optional massage time)

4:00-5:00 PM (Mandatory) - Conference Room: Body Health Seminar with Dr. Minkoff on Zoom

5:00-6:30 PM: Healthy Happy Hour, raffle prizes, give away's and kudos, Q and A surveys, - How to keep up the momentum, video testimonials

6:30 PM: Meet hotel lobby, drive to Thai Blossom

7:00 PM: Dinner Winter Garden Thai Blossom Reservations: 99 W Plant Street, Winter Garden, FL 34787 Ph: 407-905-9917



UTC Itinerary

Day 6 | Sun 28

7:00-8:00 AM: Restorative Yoga session with Haley Weber

8:00-8:45 AM: Breakfast hotel or delivered

8:45 AM: Meet hotel lobby, drive to Lake Mineola

9:00 AM: Transition/Brick Workout: open water swim, bike, run OR

9:00-11:00 AM: Long run, on clay trail

TAKE 10 BODYHEALTH PERFECT AMINOS

11:30 AM-12:00 PM: Hotel lobby – final stretch and recap. Please say goodbyes!

1:00 PM: Ask for late checkout, Late checkout and FAREWELL

**Itinerary and schedule subject to change*



NTC National Training Center Map



1935 Don Wickham Dr, Clermont, FL 34711



Swag Bag Contents

Here's a handy list of the items in your over-the-top swag bag. It's filled with awesome and useful products from our very special sponsors. ***Click*** on the company name to visit the website to purchase. **TAKE ADVANTAGE OF DISCOUNTS BY CLICKING ON THE LINKS PROVIDED!**

Try a few while at camp, we welcome your feedback! Please show the love by sharing (posting) pictures on your social media of your favorite goodies!

Don't forget to include #hashtags, and tag us as well!

@FullCircleCoaching on Instagram and @fullcirclecoachingUSA on Facebook.

We're official ambassadors of the sponsored products, so please keep it fun and share!



BodyHealth

@bodyhealthoptimized

**Promo code: FULLCIRCLE for
10% off**

Presentation by founder Dr. Minkoff
Products: Perfect Amino Tablets ,
Perfect Amino Electrolytes, T-shirts

Vitargo

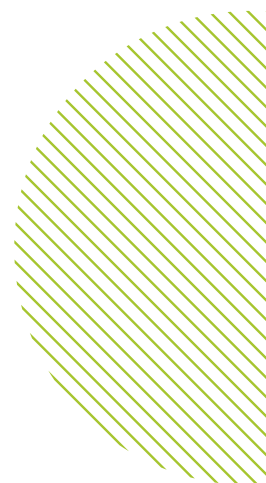
@vitargo

**Promo code:
fullcircle25 for 25%
off**

Products: Vitargo
carbohydrate drink mix



vitargo®





Athlete Blood Test

@athletebloodtestcom

Promo code: FCC20 for 20% off

Presentation from Dr. A'anna Sewall

anna@athletebloodtest.com



Mental Grit Consulting

@mentalgrit

Presentation from Nate Last

801-368-7564, natel@mentalgritconsulting.com



Airofit

@airofit_sport

[Use link to access discount](#)

Presentation from Sean Coakley

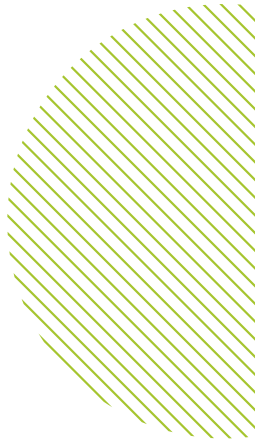


Hyperice

@hyperice

[Use link to access 10% off discount](#)

Trial use: Normatec Recovery Boots, Vyper 2.0 vibrating roller,
Hypersphere massage ball



Endurance Tap

@endurance_tap

Promo code: fullcircle for 20% off + 5% is donated to 4KIDS

Products: Salted Maple Energy Gel, Organic Maple Ginger Stroop Waffle



The logo for paleovalley features a green leaf icon to the left of the word "paleovalley" in a bold, black, sans-serif font.

Paleo Valley

@paleovalley

Promo Code: PVFRIEND15 for 15% off

Products: Grass Fed Beef Sticks, Essential C Complex, Neuro Effect, Superfood Bars, Grass Fed Bone Broth Protein, Apple Cider Vinegar Complex, Turmeric Complex



Zone3

@zone3us

Promo Code: T-Z3-FullCircle30 for 30% off

Giveaways: Race belt, Aspect swim goggles, Visor





Marc Pro

@themarcpro

Promo code: FullCircle for 5% off

Trial units for sports recovery



Pachamama

@enjoypachamama

Products: Icy Muscle Gel for sale,
Giveaway t-shirts and sample tinctures



Four Sigmatic

@foursigmatic

Promo code: fullcirclecoaching for

10% off

Sample mushroom coffee



Mt. Capra

@mtcapra

**Promo code: FullCircle10 for 10%
off, expires April 30**

Product: clean goat whey protein
sample



ROKA

@roka

To receive ROKA team pricing log in to
your ROKA account, team prices will
show up in your cart. To activate Full
Circle Coaching membership, click
"Activate ROKA Team Account" and enter
handle FullCircle and passcode 6042.

Product: swim cap



Rooted In

@berootedin

Sample magnesium lotions + presentation



Millennium

@milleniumsport

Promo code: FULLCIRCLE

Sample of CREO2, creatine supplement



Kettle & Fire

Kettle & Fire

@kettleandfire

Promo code: FULLCIRCLE for 10% off

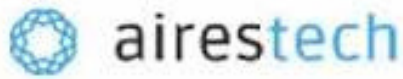
Giveaway bone broth



DoTerra

@doterra

Sample OnGuard, Peppermint Essential oils



Aires Tech

@airestech

Promo code: FULLCIRCLE15 for 15% off, valid March 23-April 6



Ociau

@ociau



No Sweat

@nosweatco

Promo code: FULLCRICLE for 30% off, expires April, 2021

Hat/visor sweat liner sample



Nooty

@very.nooty

Product: Nooty sample



Wellness Ami

@amiwellness

Product: Sample CBD Tincture



TRIHard

@wetrihard

Promo Code: WETRIHARDER for 20% off



EcoLips

@ecolips

Chap stick samples



add more life to yours one bit at a time

Energy Bits

@energybits

Promo code: FULLCIRCLE, 10% off

Product: spirulina bits



SBR Sports

@sbrsportsinc

Products: TRISWIM and SKIN SLICK samples



RA Optics

@ra_optics

Promo code:

FULLCIRCLEBUNDLE for \$45 off 2 pairs of glasses, valid March 28-April 12



Go Macro

@gomacro

Products: Sample bars and free bar coupons

PERFORMANCE SUPERFOOD™

**SHANTI
BALANCE™**

Shanti Bar

@shanti_bar

Product: sample bars

**SHOWER
TOGA**

Shower Toga

@shower_toga

Giveaway shower toga
and simple shower

backmate

Back Mate

@mybackmate

Trial Use/Giveaway Back Mate and
Power Roller

Redeem
THERAPEUTICS

Redeem Therapeutics

@redeemrx

CBD Pain Cream

vertiball™

Vertiball

@vertiball.massager

Promo code: ULTIMATETRICAMP
Trial Use/Giveaway Massage Ball

banana
THE SUPER BANANA SNACK™

Barnana

@barnana

Banana bite samples

**ZUDA
BAR!**

Zuda Bar

@zudabar

Sample bars

Beessential®
Pure • Natural • Good



Beessential

@beessentialbdcr

Sample body and hand lotion

Avanza

Skin™

Avanza Skin Care

@avanzaskin

Promo code: **ULTIMATETRI15** for **15% off, active March 1**

Sample skincare for athletes



Zealios

@zeliosskincare

Promo code: **ZupFULLCIRCLE21** for **25% off, expires December 31, 2021.**

Sample athlete skincare products

Coach Erinne Guthrie



Coach Erinne Guthrie specializes in helping triathletes get faster and stronger, transforming their lives with her unique blend of triathlon based training and holistic lifestyle principles, which has led to amazing results for thousands of athletes she has worked with across the globe. She is the Founder and Chief Motivating Officer at Full Circle Coaching, LLC - a Holistic Lifestyle and Triathlon Coaching Company since 2009.

After personally racing over 200 races for 22+ years and 100's of podiums as well as training her athletes to success, she knows exactly what it takes to become a champion across any finish line you dream of. After suffering from setbacks involved with over training, poor nutrition and injury, she is determined to educate the world that there is a better way to live an active lifestyle and remain balanced in life and sport to avoid illness, injury and burnout.

Her passion for this lifestyle is evident in everything she does, including giving back to the triathlon community with free clinics, great social media content and racing with physically challenged athletes and kids. As a native Floridian and lover of everything ocean you can find her in the sea with her daughter and sisters in the Bahamas or Hawaii surfing and free diving. Always an adventure lover, her next big challenge is riding her bike 3000 miles across the United States as part of a 4-person team to raise awareness and \$250,000.00 for 4KIDS. She requests that you ask yourself everyday how you can be of service in the world and see what opportunities present themselves! Are you up for the challenge?

Education/Certifications Master's Degree in Exercise Physiology Bachelor's Degree in Anthropology, USA Triathlon Level 1 Coach, 1999 USA Triathlon Level II Coach, 2001 Paul CHEK Holistic Lifestyle Coach, Level III, 2009 ACSM-Health Fitness Instructor, 1995 USA Cycling Federation Cycling Coach, 1999 PR/First Aid/AED/ First Responder

Coach Dennis Phipps



Full Circle Coaching – USA Cycling Level I Coach Dennis Phipps

Certified Personal Trainer since 2001, a Cycling Coach who specializes in helping cyclists and triathletes dial in their best bike fit and training to achieve their ultimate performance.

He is a USA Cycling Level I Coach, a certified Personal Trainer since 2001 and Pro 1,2, 3 Cyclist. He has over 15 years of experience in fitness, cycling and triathlon. Many of his client's state that the key to their overall improvement happened after having a proper bike fit by Coach Dennis.

He also leads Full Circle's weekly Fast Fit Friday program and is known for getting all the right muscles strengthened for the best function and performance. His coaching motivation comes through the success of his clients. He guides each of them toward their personal goals and highest physical potential.

Coach Jacquelyn Schwartz



Full Circle Coaching – Coach Jacquelyn Schwartz

Jacquelyn Schwartz (Jac) just finished graduate school at the University of Miami where she studied Exercise Physiology and Strength and Conditioning.

Jac has been swimming competitively and recreationally since age 6 and started racing in triathlons at 19. In college she participated at Collegiate Club Nationals three times and was the president of the student led club triathlon team, Tricanes.

Her next triathlon goal is to complete a 70.3 distance race. Jacquelyn is a certified strength and conditioning specialist and has experience training various populations including collegiate athletes in sports performance and injury prevention exercises.

She is excited to join the tribe and help everyone to become a healthier, more balanced, and happy athlete!

Coach Meredith Bass



Full Circle Coaching – USA Cycling Level I Coach | Coach Meredith Bass

I got into the role of teaching fitness while in University where I worked in personal training and teaching swimming. I then went on to run a non-profit community water sports center for 11 years and taught recreational water sports to people with disabilities and youth.

Now for the past 5 years, I have been teaching fitness, yoga and swimming at a 5-star hotel on Miami Beach. I also work privately in personal training and doing Ki Hara Resistance Stretching.

Certifications

Group fitness AAFA

200 hr RYT

Ki Hara resistance stretching

Water Safety Instruction

Spinning

First Aid

CPR

Coach Domingos Oliveira



Full Circle Coaching – USA Triathlon Certified Coach Level 1 - Domingos Oliveira

USA Triathlon Certified Coach Level 1

Domingos Oliveira (Mingo) a Brazilian native, migrated to triathlon from marathon running in 2002.

Since then he has competed in a numerous triathlon events from Sprint to Half IronMan distances. He's also a Miami Half Marathon stalker.

Bicycle Safety

As our group rides become larger it becomes more and more important that participants are aware of certain guidelines to insure a safe ride for everyone. Please be advised that these guidelines are mainly common sense and are meant to take as much risk as possible out of riding with a group of people.

- 1... **ALWAYS** wear a helmet. Disregard for one's own safety does not instill confidence among one's ride companions.
- 2... **ALWAYS** use lights if riding in darkness. Riding without is just plain stupid. Plus, it's against the law.
- 3... **NEVER** use headphones when riding. Being aware of one's surroundings is essential to survival on the roads. Again, it's against the law.
- 4... **NEVER** use aerobars in a pack or paceline unless leading. One needs complete control and quick access to brakes when riding inches away from another rider. Pull out and ride beside the group if you **MUST** ride on your aerobars. When rejoining the paceline, do so from the rear.
- 5... **ALWAYS** call out hazards to the group. Potholes, bumps, debris, etc. are not readily visible when back in the pack.
- 6... **ALWAYS** be prepared to stop or slow down at intersections. Lead riders have the responsibility to check for traffic and call out the situation (i.e. "clear!" or "car left!"). Lead riders should not call "clear" unless intersection is clear for the **WHOLE GROUP**.
- 7... **The call of "car back!"** indicates a car approaching from the rear. Tighten up to the right of the roadway and make room. Sharing the road is a two-way proposition and being courteous just might rub off. Regardless, a 20lb bicycle is no match for 2 tons of steel. The cyclist will **ALWAYS** lose. Remember this whenever riding on the roads.
- 8... **NEVER** overlap wheels! One's front wheel should always be **BEHIND** the rear wheel of the rider in front of them. Overlapping is just asking for a crash.
- 9... **When pulling at the front, maintain the pace.** Don't try to be a hero. Pull off and drop back before the pace slows down. This keeps the paceline steady and discourages others from pulling out and moving to the front. A series of short, steady pulls is much better than someone staying on the front too long and pulling at an erratic, uneven pace.
- 10.. **After a turn at the front,** pull off and drop to the rear of the paceline to work back to the front. Keeping the paceline organized and orderly increases the efficiency and safety of the ride.
- 11.. **Sprints, and other racing from the pack are common,** especially when out of the city on open roads, but get out of the paceline when doing so and always rejoin the pack at the rear. Following these simple guidelines will help keep our rides safe and more enjoyable for everyone. Please use courtesy and common sense.

Climbing Bike Tips


Climbing hills on the bike is definitely a skill that many cyclists don't have if they live in a flat area and only ride flat rides. Here are my top tips on how to climb better with more efficiency and use different methods of climbing to get stronger. Safety is always first!

Mental Attitude: Your mental attitude toward the climb can affect everything. The best thing is not be in a hurry to get to the top unless you are in epic fitness and have been doing hill climbs for 4-6 weeks at all out intensity. I always say, let the hill or climb come to you. Tackle it one pedal stroke at a time, stay relaxed, and use even intensity/power and breathing. If you have a full day of climbing ahead of you, you need to pace yourself and give your legs a chance to survive the day, get stronger and not have to get off and walk!

Seated vs. Standing Climbs: You want to stay seated as much as possible because your heart rate stays in control and you can keep your momentum going. There are times however when you just have to stand up to get your cadence or RPMS going a little faster, or your butt hurts, or you are almost to the top and just need to eek it out. When you stand up, stay relaxed and use your upper body and the bike to help you rock back and forth and apply pressure with your whole body on the down stroke and then again on the next pedal stroke. Doing standing repeats is a great way to just get stronger climbing on the bike as well.

Too Steep: When it's just too steep there is a last resort to getting off and walking up the hill. Try slaloming up. What that means is don't take a straight path up. Ride on a diagonal to the incline for 5-6 feet and then switch back in the other direction to help reduce the steepness and allow you to get your pedals turning over. This works like a charm on the biggest climb we have in Florida, Sugar Loaf Mountain.

Gearing: It can be very helpful to have a bigger cassette or set of chain rings on the back wheel if you are going to be climbing a lot (a 12/28). Also knowing when to shift is important. If you do not have a ton of fitness on climbs and want to survive a long weekend of training, I suggest riding mostly in the small ring up front and keeping your cadence 90 or above, even on the climbs if you can. Climbing in the big ring up front definitely fatigues the legs faster but you definitely want to use the big ring on your descents to power over the top and take advantage of your downhill and recovery.



Climbing Bike Tips

Downhill: Riding downhill is fun and can provide a much needed break from the uphill climbing. Please ride downhill with caution as your bike can get a little wobbly with speed. Hold your line, communicate with other cyclists you are passing. If you want to descend fast, go in the big ring pedal hard over the top and coast with feet parallel, tuck at the waist and squeeze the top tube with your knees. If you are being more cautious, stay upright in the saddle to catch more wind, keep one foot down with weight on it as if standing on it, keep your butt in the saddle and feather the brakes until you get to the bottom. If you get good at descending you can take advantage of getting momentum to climb the entire next hill without much effort. AS you get toward the bottom of the hill, grab harder gears and start pedaling. As it starts to get harder, drop 1 gear at a time and keep pedaling with a high cadence and see how far your momentum can carry you.

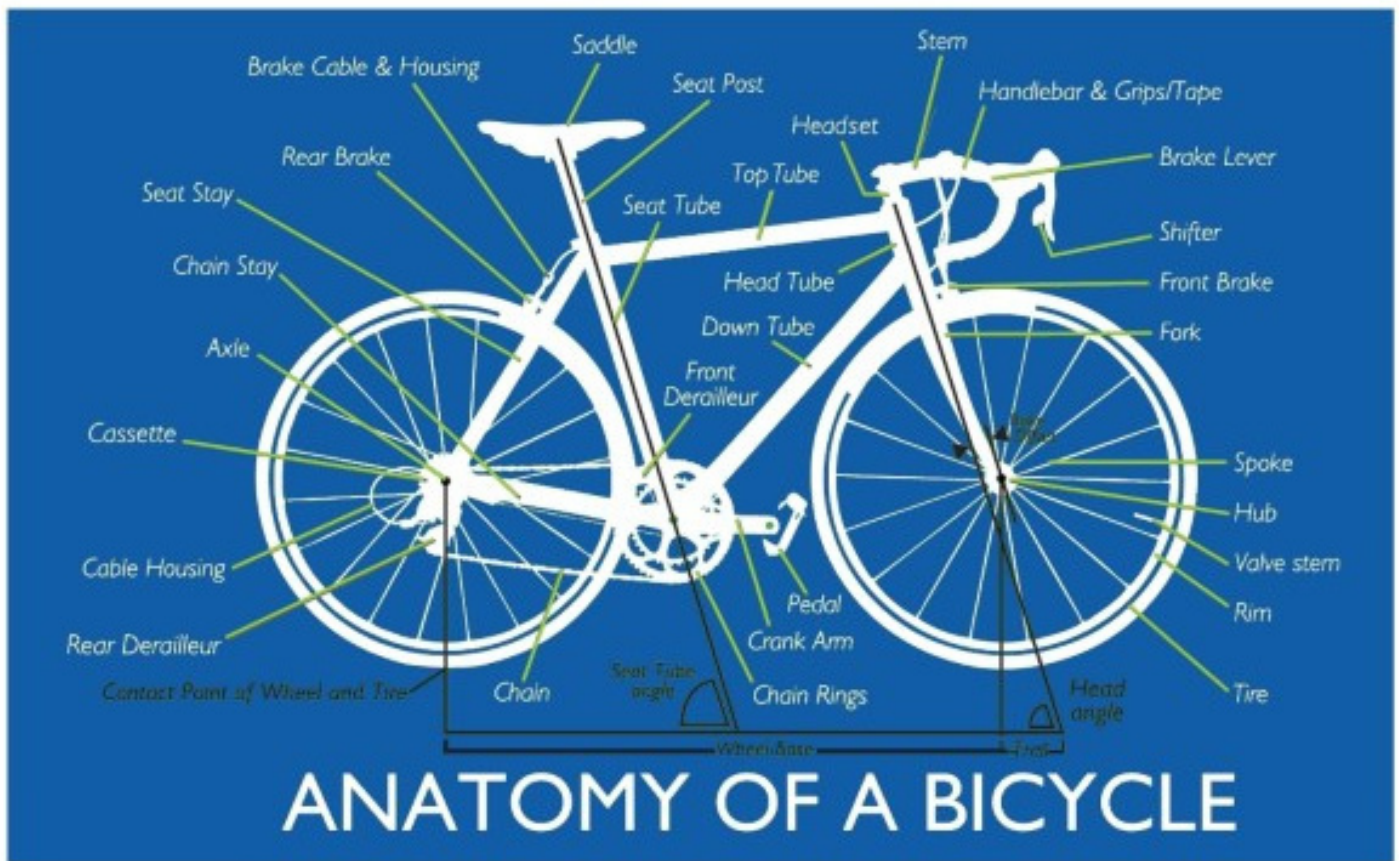
Position in the saddle: Be sure when you are climbing to push back in the saddle and keep your heels down. This is so you can access all the muscles in your legs.

Drafting: Getting close behind another rider who is of similar ability to you up a climb can actually help you pace yourself and stay consistent in your pedal stroke all the way up. But, if they are going too fast and you can't keep up you can blow up. SO decide early if you are sticking with the pull up the hill or ask the rider in front to slow down just a bit to keep you together. Definitely worth the draft if you can keep it.

Eating and Drinking: Plan these for the flats or the gentle downhills or breaks in the ride. Being able to ride with 1 hand to drink is very important so you don't get dehydrated during the ride.

Regrouping after a climb: It's always polite to wait for the cyclists that got dropped on the climb and pedaling slowly at the end of a series of hills can allow the group to get back together and finish strong together. Nothing worse than seeing the group you're riding with just 200 yards ahead and not being able to bridge the gap. Always look back for dropped athletes and get the group back together.

Anatomy of a Bicycle



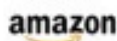
BICYCLE CLEANING ESSENTIALS



degreaser for chain / tires
\$3.99



Ozzy Outdoors Bicycle Chain Cleaner
\$12.77



car wash
\$4.89



Dry Lube
\$3.99



adhesive remover
\$4.39



metal polisher
\$8.99



any good carwax



leaf blower
or old beach towel



old tooth
brush



small rag



old cotton
t-shirt



C.H.E.K. Approach in a Nut Shell

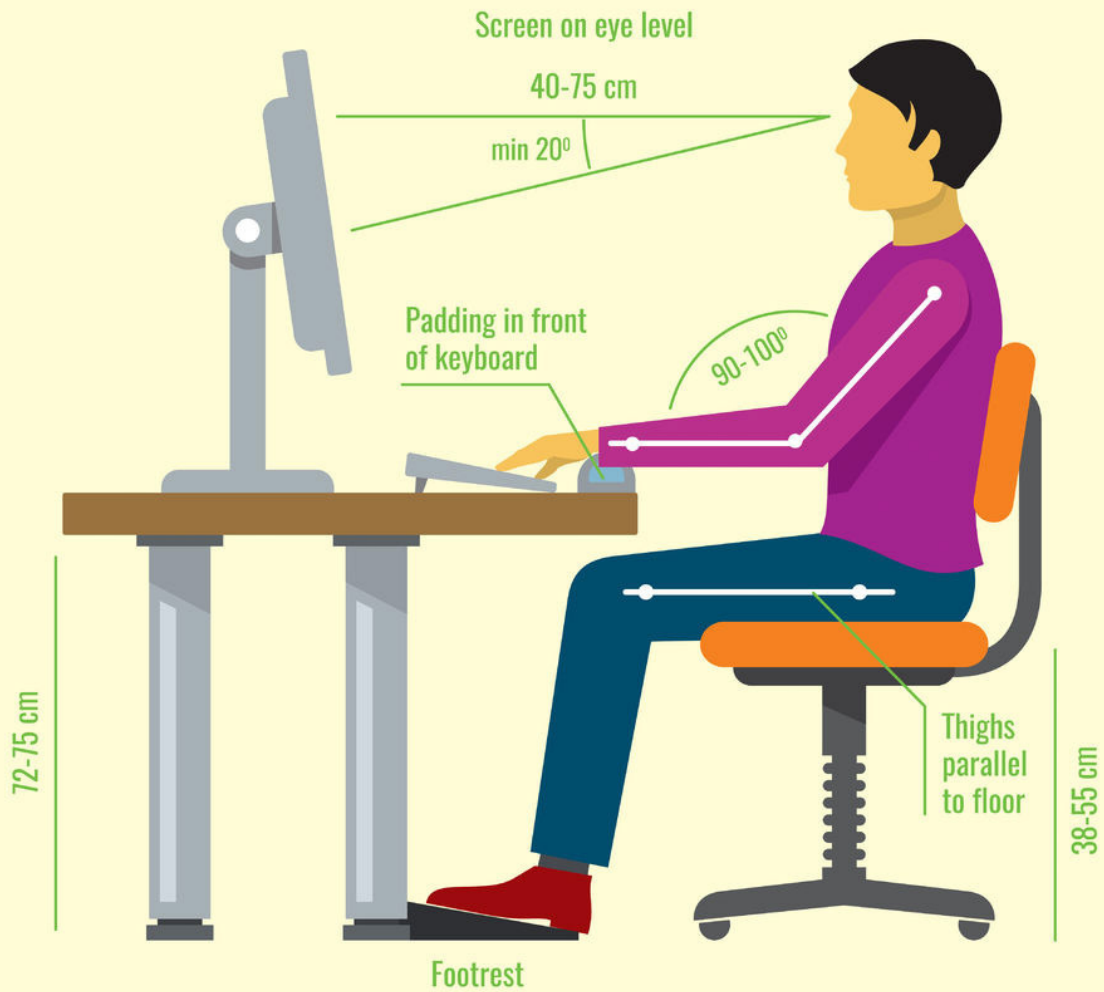
The C.H.E.K. Approach in a Nut Shell

To achieve optimal health and fitness, apply the following nutritional principles:

1. If it's white, don't eat it! The three white devils are white flour, white sugar and milk processed by pasteurization and homogenization. If you must use a dairy product and can't acquire raw dairy, always choose Certified Organic as your first choice. Additionally, those that are milk (lactose) sensitive should use full fat cream, which is very low in lactose and high in fat. You can also use a high-quality yogurt, in which the lactose is predigested.
2. Avoid any food made from any of the white devils!
3. If you can't pronounce a word on the label, don't eat it - your liver won't like it!
4. If it wasn't here 10,000 years ago, don't eat it!
5. If it's sweet, but it's not freshly squeezed juice, it's sugar water! Don't drink it.
6. The longer the shelf life, the more harmful it is likely to be to your body!
 - If irradiated, don't eat it!
 - If pasteurized, it's not good for you. Ultra-pasteurized is very bad for you!
 - Unless packaged in glass, the longer it's been in the package, the more toxic it is.
7. Aside from good water, if you are eating a food that is clear - disease grows ever near! For example, clear apple juice, clear honey and clear hydrogenated oils are all garbage foods to be avoided.
8. Choose produce and meats in this order:
 - Certified Organic Produce:
 - Organic: Organic
 - Locally Farmed: Locally Farmed - Free Range
 - Commercial: commercial - Hormone Free
9. Always season foods and water with 100% unprocessed sea salt. The best is Celtic, followed by sea salt from New Zealand because heavy metal toxicity is lowest there.
10. Drink 1/2 your body weight in pounds in ounces of water daily. For example, a 200-pound man needs to drink 100 oz.
 - Nothing substitutes for water, not tea, not juice, not beer....nothing!
 - Always choose the top selling brands such as Evian, Fiji, Trinity and Volvic because they sell the fastest and therefore have the least exposure to plastic bottles.
 - Always buy water in glass if possible.
 - The most health-giving waters have a hardness factor of 170 mg/L or > and a Total Dissolved Solids (TDS) of 300 or >.
 - Adding a pinch of two of quality sea salt to water is recommended to replace electrolytes.
 - Additionally, it will harden otherwise good, but soft waters and will significantly increase the TDS.
11. Follow 80/20 Rule: If you live right 80% of the time, you can absorb the other 20%!
12. Always eat right for your metabolic type.

Proper Posture

✓ CORRECT SITTING POSTURE



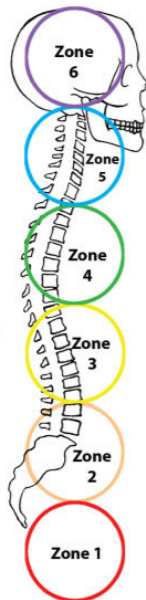
How to Work-In

The definition of a "Work-In" Exercise:

Any exercise that can be done on a full stomach that does not elevate heart rate, nor elevate respiratory rate. "Work-In" exercises leave you with more energy than when you started.

Zone Exercises

<u>Muscles</u>	<u>Related Functions</u>
Upper Neck Face Head	-Sleep/Wake cycles -Hormonal/ Physiological Regulation
Lower Neck Shoulder Arm - Hand	-Metabolism -Calcium Regulation
Upper Back and Chest	-Electromagnetic Field generator -Blood Pressure -Immune
Upper Abdominal Middle Back	-Digestion -Assimilation -Muscles
Lower Abdominal Lumbar Leg Feet	-Sexual Functions -Elimination -Water Regulation
Pelvis Leg Feet	-Adrenals -Fight/Flight Response -Bones / Skeletal Structure



Zone Related Issues

Zone 6 Mental congestion, lack of mental clarity or creativity

Zone 5 Communication

Zone 4 Stress over relationships and love

Zone 3 Personal power and self will, digestion


Zone 2 Stress over relationships and sex


Zone 1 Financial stress



Holistic Principles for Health & Wellbeing

Holistic Principles for Health & Wellbeing:

1.  **THOUGHTS**
The biology of your body is linked to your mind – **healthy thinking produces a healthy body.**

2.  **BREATHING**
Optimal breathing maximizes THE most important nutrient, oxygen: removes waste & energizes your body.

3.  **HYDRATION**
The best solution for pollution is dilution – water is an essential cleaning agent for the body.

4.  **NUTRITION**
Whole, organic foods eaten according to your Primal Pattern Diet Type fuel your body for success!

5.  **EXERCISE**
Exercise pumps your organs, removes waste, improves metabolism, and cultivates energy.

6.  **SLEEP**

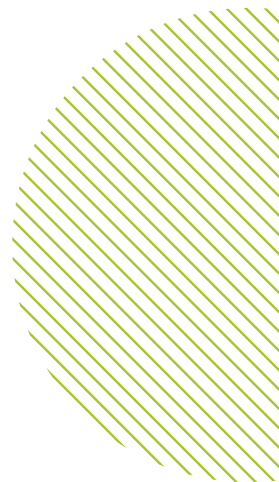
We don't get stronger when we work out, **we get stronger when we rest!**

8 hours of sleep each night is essential for rest & repair.

Limit EMF after 7 pm.

("Electromotive Force" that measures the energy that causes current to flow through a circuit. Also known as voltage)

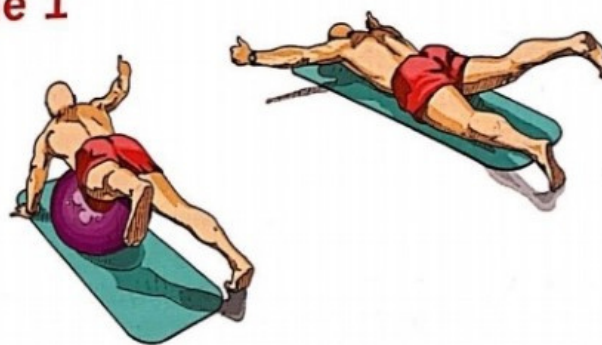
Block **blue light** from computers with *Gunnar Glasses* and *EMF protectors*.



Zone 1

Superman

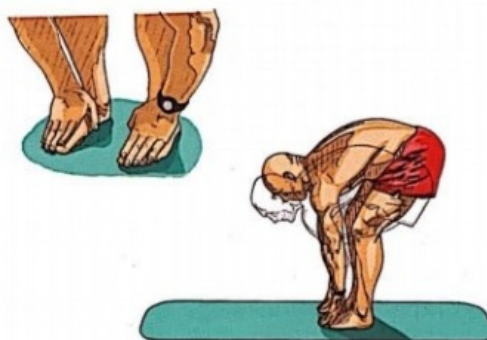
- Start face down on the floor, or over a Swiss ball.
- Inhale as you lift your left arm and right leg so that they are at about the same height.
- Your arm should be at a 45-degree angle from your head with your thumb pointed up.
- Pause both breath and movement at top, then exhale as you slowly lower the arm and leg. Pause at bottom. Repeat on the other side.



Tempo	Duration of inhalation up should match exhalation down
Reps	2 - 10 minutes each side

Qigong Toe-touch

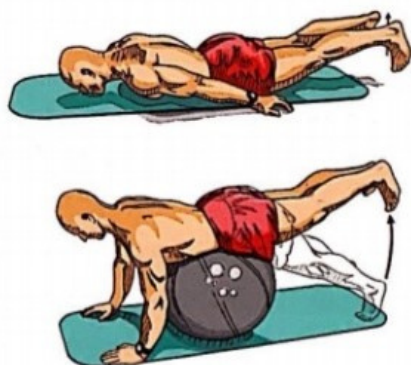
- Stand with your feet together.
- Slide your hands down your legs, bending your knees.
- Place your hands directly over your toes, fingers aligned with toes. If can't touch your toes, allow your hands to comfortably rest on your ankles, shins or knees.
- Inhale, raise your hips up and roll slightly back on to your heels until you feel a stretch in your hamstrings.
- Exhale and drop down again, rolling slightly forward toward the balls of your feet. You may slowly move your head and hips in a circle as you perform the exercise.
- This exercise is contraindicated for anyone with a disc pathology or pain when flexing your back.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Leg Raise

- Start face down on the floor or over a Swiss ball. Place palms of hands facing down as lying over a ball.
- Inhale and raise your legs up in the air. Exhale as you lower your legs back down.
- If you are lying on the floor, your forehead stays on the mat. On a ball, your eyes look down the entire time, keeping your neck in a neutral position. Your head should not drop down or raise up.
- Your upper body acts to support you while you pump the hip and low back extensors to bring energy into Zone 1.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

6

Hip Extension

- Start by laying on your back on the floor. Or sit on a Swiss ball and roll back so that your upper back, shoulders and head rest on the ball.
- Inhale as you pick your hips up so that your shoulders, hips and knees are in a straight line.
- Exhale as you slowly drop your pelvis straight down to the floor or as low as you comfortably can on the ball.
- You should not roll forward or backwards on the ball as you perform the exercise. Keep your head and upper back on the ball and your shins vertical at all times. It is okay if the ball rolls slightly forward as you drop down, but your knees should not move in front of your feet.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Wall Squat

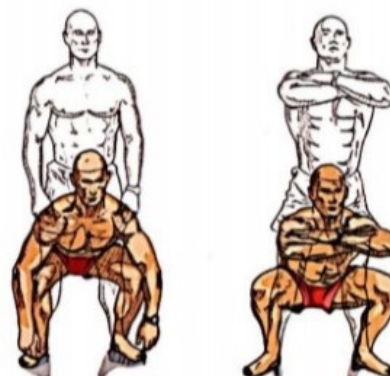
- Stand with your back against a Swiss ball, supported by a wall.
- Inhale, then squat down as you exhale. Go only as low as you comfortably can. When in your lowest position, the ball should never push your head forward. If it does, start with ball placed lower on your spine and try again.
- Keep your knees aligned with your second toe and do not let them drop in towards each other. You should not feel any discomfort in your knees.
- Stand up again slowly.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Breathing Squat

- Take a comfortable stance, wide enough to squat down between your legs. Place your arms at your sides, or let them hang so they go between your legs as you squat. You may also hold your arms up in front of you as shown.
- Inhale, then lower yourself down as you exhale. Go as low as you comfortably can, pause, then inhale as you return to standing.
- Repeat at the pace you naturally breathe. Breathe through your nose. If you need to exhale through your mouth, keep a little tension in your lips.



Tempo	Natural breathing pace
Reps	work up to 100

Zone 2

Feldenkrais Hip/Pelvis Integrator

- Lie on your back and bend your left leg, with your left arm at your side.
- Gently push onto your left foot so that you just barely lift your pelvis up as you inhale.
- You should use as little effort as possible; imagine that you have a puppet string attached to the front of your pelvis, that it is lifting you up.
- Progressively roll your pelvis over and lifting just one vertebra off the ground with each repetition and inhalation. Lower the vertebrae one at a time in the opposite order, as you exhale.
- Make sure to relax. With each rep, allow your hips and chest to open up. Switch sides and repeat.

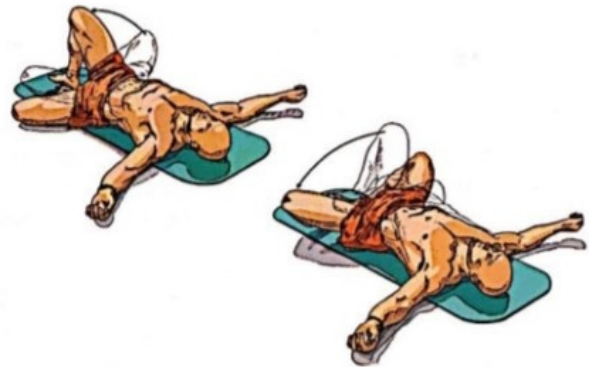


Tempo	Natural breathing pace
Reps	1-10 minutes per side or until you roll onto your side

6

Alternating Leg Drop

- Lie on your back with arms out forming a T and palms up. • Bend your knees, keeping your feet together.
- Starting with your knees touching, let one leg lower gently as you inhale; let the weight of the leg roll your pelvis as your leg approaches the floor.
- Exhale as you raise your leg back to the starting point. Your feet should stay together throughout.
- Inhale and repeat the movement on opposite leg.
- Keep your low back & abdominal muscles relaxed and use minimal effort. If your groin is tight, the up-leg will be pulled past center. Just relax, let it flow with the movement and settle where it naturally wants to, so you don't create tension that stops your spine & pelvis from rotating naturally.



Tempo	Natural breathing pace
Reps	1-10 minutes per side

Leg Tuck

- Lie on your back with your knees bent, and your arms down by your side, palms facing the ground.
- Inhale, then exhale as you draw your legs towards your armpits.
- Inhale as you return your legs to the floor and pause before repeating. Keep effort minimal during the exercise.
- If you have a lumbar disc injury or if flexing your spine bothers you, do not do this exercise.



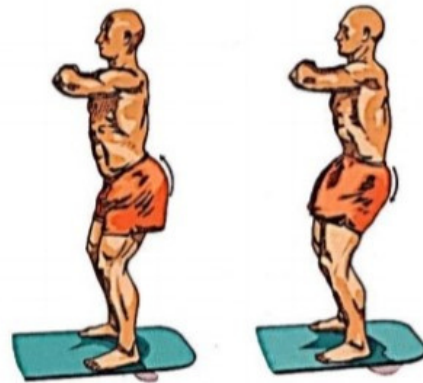
Tempo	Natural breathing pace
Reps	2-20 minutes in total

- If you have any pain with flexion of your legs, hips and spine during this exercise, it should be stopped until you are cleared by a physician.

Pelvic Rock Exercises

Front to Back

- Stand with soft knees, or sit upright on a Swiss ball.
- Inhale and rotate your pelvis forward (imagine that you have headlights on your butt and shine them up).
- Keep your trunk still as you move your pelvis.
- Exhale and rotate your pelvis back (shine the headlights down).
- Your arms may be held as shown, or hanging relaxed at your sides



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Side to Side

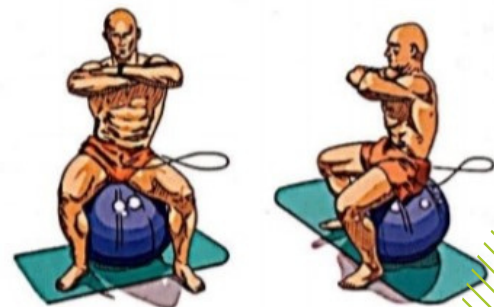
- Inhale and lift one hip up as you exhale, then return to the start position.
- Inhale and lift the other hip up as you exhale.
- Repeat going side-to-side.
- Your arms may be held as shown, or hanging relaxed at your sides



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Figure Eight

- Complete a figure eight, moving front-to-back and then side-to-side.
- When creating figure 8s with your pelvis, go slowly enough to time your breathing to the movements. When your abdominal muscles are contracting, breath out. When your back muscles are contracting and your abdominals are lengthening, breath in.
- Your arms may be held as shown, or hanging relaxed at your sides



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Zone 3

Horse Stance Dynamic

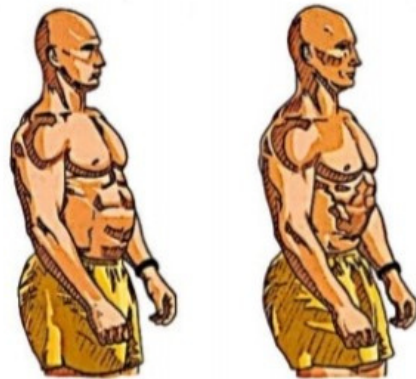
- On your hands and knees, place your wrists directly below the shoulders and your knees directly below the hips.
- Your legs should be parallel and elbows should remain turned back toward your thighs with your fingers directed forward.
- Inhale and raise your right arm up and out to a 45-degree angle and lift your left leg as high as you can without your pelvis swaying to the side.
- Exhale and tuck your elbow and knee in under your torso so that the elbow goes past the knee. Use your abdominals to pull you to the end of the movement.
- Repeat set on one side, rest and repeat on other side.



Tempo	Natural breathing pace
Reps	1-10 minutes per side

Piston Breathing

- Stand or sit in a relaxed, upright posture.
- Begin by practicing a few full diaphragmatic (belly) breaths; the first 2/3rds of the breath from belly expansion, and only let the chest rise during the last 1/3rd, once the belly is fully expanded. Don't force the breath so that neck muscles contract and stick out.
- Take quick inhales and exhales out through nose to pump abdominals. This breathing is much like a dog smelling something. Start slowly and build the speed of your inhale/exhale cycles, being aware that your abdominals expand as you inhale and contract as you exhale, ideally through your nose. It is a good idea to blow your nose before you do this exercise!
- Alternatively, inhale a full breath, then exhale out in a series of short exhalations, until all the air is out of your lungs. Repeat.
- Start by doing the exercise for 10-15 seconds; the increased oxygen can make you feel high or dizzy. As you feel more comfortable, extend the amount of time to 1 minute, or what feels good to you.



Tempo	With the breath as described
Reps	Up to 100 pulses or 1 minute

Zone 3

Swiss Ball Crunch

Caution: If you get dizzy when looking up at the sky or reaching into cupboards overhead, you may move a little more forward on the ball to perform this exercise. Stop this exercise immediately if you feel dizzy. This indicates a decrease in the blood supply to the brain and may be a symptom of vertebral artery occlusion. Consult your medical professional or C.H.E.K Practitioner.

- Lie over a Swiss ball so that your back is comfortably on the ball. Your head should be extended back and touching the ball. If your neck is uncomfortable being extended in this position, you can either try a bigger ball, or roll the ball toward your head until comfortable.
- Your tongue should be on the roof of your mouth.
- As you slowly crunch up, imagine rolling your spine from head to pelvis.
- On the way back, unwind from the low back to your head, one vertebra at a time.
- Exhale on the way up and inhale on the way back.
- To make the exercise easier for work-in purposes, you can roll the ball closer to your head, and you can let your butt drop so your torso is on a slight incline with your head at the top.

Arm positioning:

Beginner – arms reaching forward

Intermediate – arms across chest

Advanced – finger tips behind ears (do not support your head and neck with your hands)

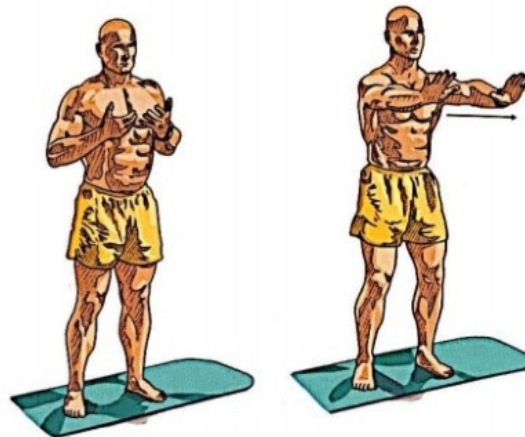
As a Work-In exercise, do not increase the intensity by raising your arms if it causes you to have a hard time keeping your heart rate and breathing rate from raising, or your movements timed to your breathing.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Energy Push

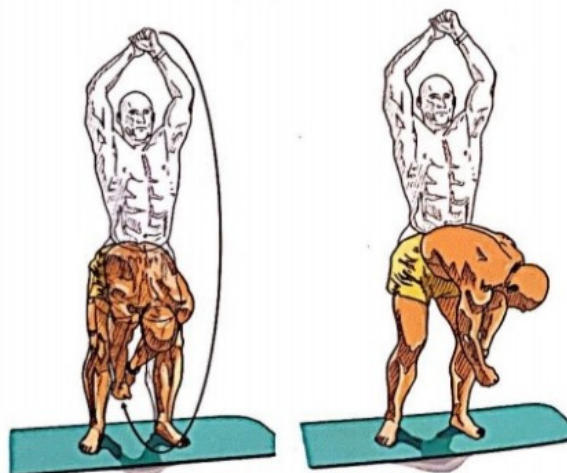
- Stand with your arms raised straight out in front of you.
- Inhale and bring your hands back in towards your abdominals. Hold your hands in a cup position; like they would look if you were to grab an upside-down cup and imagine you are both grabbing space, and drawing life-force or chi into the palms of your hands.
- Exhale and push your arms straight out with the intent of projecting energy from your core out of your arms and hands. Open your fingers and imagine you are projecting your life-force energy out of your palms like light is projected from a flashlight.
- Repeat, pushing to the center, front left, front right, back left and back right.
- As you push to the sides and back, keep your feet planted and turn your body towards the direction you are pushing.
- For the back position, only go as far as you comfortably can. Do not over-rotate your spine.
- The motion through the rib cage massages the organs of digestion.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Wood Chop

- Stand upright and bring your arms over your head as you inhale, with one hand over the other, or holding a very light dumbbell.
- Exhale as you come down, bending from the waist and knees (slightly) as if you were chopping wood.
- There should be a natural pause at the end of the movement when flexed, just before you begin to inhale and raise your body to the start position.
- Alternate your chopping; left, right and center.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Zone 4

McKenzie Press-up

- Lie face down with your hands just outside the top of your shoulders.
- Inhale as you push up, keeping your pelvis on the floor.
- Relax your back and butt.
- Exhale on the return.
- Note: If you are using this Zone Exercise as a spinal mobilization to centralize the nucleus of lumbar discs, then exhale as you push yourself up and inhale as you lower to the floor.



Tempo	Natural, slow breathing pace
Reps	2-20 minutes in total

Feldenkrais Shoulder/Spine Integrator

Phase I

- Lie on your side with a foam roller, or towel just big enough to maintain good neck alignment, placed under your head. Your neck should be parallel with the floor.
- Your hips and knees should be at 90-degree angles, with your feet on top of each other.
- Place your top hand on your forehead and gently rotate your neck backwards as you inhale.
- Exhale as you return to the start position.
- Perform 10-20 reps, allowing your neck to rotate a little further and your arm drop a little closer to the floor each time.



Phase II

- Assume the same starting position as Phase I, but place your arms out in front and on top of each other.
- Inhale as you slide the top hand across the bottom arm and your body.
- Exhale as you return, sliding as far forward as you comfortably can, allowing your top hand and wrist to glide over your bottom hand.

Tempo	Natural, slow breathing pace
Reps	1-10 minutes per side

Prone Cobra

- Lie face down with your arms at your sides.
- As you inhale, pick your chest off the floor while simultaneously squeezing your shoulder blades together and rotating your arms out so that your palms face away from your body with your thumbs pointing up to the ceiling.
- Keep your head and neck in neutral alignment, with your toes on the floor.
- You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back, squeeze your butt cheeks together prior to lifting your torso.
- Hold until you need to breathe out, and exhale as you lower your torso to the floor.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

The Fish

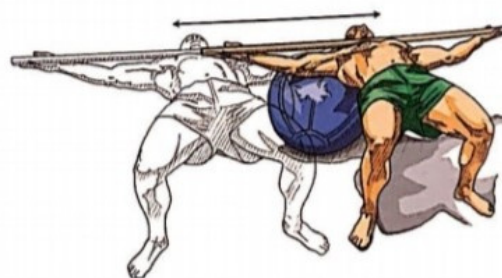
- Lie back, resting on your arms.
- Inhale, pick your chest up as high as you can.
- When you are ready to exhale, allow your body to return to the start position as you breathe out.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Lateral Ball Roll

- From a sitting position on a Swiss ball, roll back so that your head, shoulders and upper back are supported by the ball. Lift your hips up so that they are in line with your knees and shoulders.
- Place your tongue on the roof of your mouth and hold your body in perfect alignment (best to use a mirror). As you do the movement, your hips and arms should stay parallel to the floor. You can use a wooden dowel rod to help, as shown opposite.
- Inhale as you shuffle your feet sideways and move your body laterally as you roll slightly across the ball to one side.
- Pause at the end of your inhale, and exhale as you roll back to the center, or balanced position on the ball. Inhale and repeat to the opposite side.
- Move only as far to each side as you comfortably can without increasing the load too much to keep heart rate and breathing from speeding up. If you can only roll an inch or two to the side, that is perfectly fine.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Zone 5

Neck Ball Exercises

- Stand next to a wall or post.
- Use 50% effort for the following exercises.

Neck Side Bend

- Place the side of your face slightly under the ball.
- Bend your head into the ball as you exhale.



Neck Extension

- Place the back of your head against the ball.
- You may hold onto the doorway for support.
- Press your head into the ball as you exhale.



Neck Flexion

- Face ball.
- Place your tongue on the roof of your mouth.
- Push your head into the ball as you exhale.

Neck Rotation

- Place the side of your head behind the apex of the ball.
- Turn your head into the ball as you inhale and back out as you exhale.

Tempo	Natural breathing pace
Reps	1-10 minutes per side

Neck Rotations

- Let your head drop down naturally as you exhale.
- Rotate it around slowly, letting it follow your natural range of motion barrier, inhale as you begin moving to the side and back.
- Start with small circles and progress to larger circles as you warm up.
- Spend extra time in tight zones; imagine that you are breathing through the tight muscles.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Thoracic Mobilization

- Hold arms straight out to the side and stay as relaxed as possible.
- Inhale as you look toward your left hand and turn your right palm upward as though holding a cup of soup, while letting left hand turn over like pouring the soup out of the cup.
- Exhale as you slowly rotate your head toward the center and begin to reverse the positions of the hands.
- Begin inhaling once you pass the midline and start turning upward the hand and arm you are looking away from.
- To improve thoracic mobilization, you can put a little bit of effort into turning the hand over into supination (holding the soup), but keep the opposite pronated (pouring soup out) hand as relaxed as possible. Go slow, steady and in time with your breathing.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Shoulder Clocks

- Stand or lie down on your side with your knees bent and visualize that your shoulder is in the middle of a clock.
- Elevate your shoulder toward your ear (12 o'clock), then roll your shoulder either forward (1, 2, 3 o'clock) or backward (11, 10, 9 o'clock) around the clock. Inhale as you move through the back half of the clock (7 - 12 o'clock) and exhale as you move through the front half of the clock (1 through 6 o'clock).
- Keep your head looking forward and hand relaxed.



Tempo	Natural breathing pace
Reps	1-10 minutes each side

Zone 6

Alternate Nostril Breathing

- Plug one nostril with a finger or your thumb.
- Breath in through the open nostril. Then switch nostrils and breath out.
- Breath in through the same nostril that you just exhaled through. Switch nostrils and exhale. Repeat.

This exercise balances the left and right sides of your brain and the autonomic nervous system.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Eye Rolling

- Look to the left and inhale as you roll your eyes around in a circle.
- Start breathing out as your eyes look downward and inhale as they move upward.
- Make sure to repeat exercise in the opposite direction for the same amount of time. You may find one direction is harder or that your head wants to move in one direction; work in that direction more.

Precaution: If you get a headache from this exercise, consult an optometrist.



Tempo	Natural breathing pace
Reps	1-10 minutes each direction

Cross Crawl

- Raise your arms up and inhale.
- Pick up your left leg and bring your right elbow to the left knee as you exhale.
- Inhale back to starting position.
- Alternate sides.



Tempo	Natural breathing pace
Reps	2-20 minutes in total

Face Energizer

- Breathe in through your mouth while opening your mouth, sticking out your tongue and looking up toward the ceiling with progressive widening of your eyes.
- Exhale through your nose with a puckered mouth (like tasting a sour lemon) and tightening of your facial muscles while your head flexes slightly toward floor with eyes closed.

This exercise helps improve your energy if you feel tired.

6



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Scalp Shifting

- Contract your scalp muscles as you inhale and relax your scalp as you exhale.
- Looking up with your eyes as you contract your scalp muscles improves the energy flow.



Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

Nutritional Supplements

Please visit [Full Circle's website](#) to obtain a list of nutritional supplements recommended by coach Erinne Guthrie.

Disclaimer: These are recommendations based on personal use by coach Erinne Guthrie, not a medical doctor. Discuss with your personal physician before you begin using these or any nutritional supplements.



Ki-Hara Stretches



Ki-Hara “*Kritical*” Stretches

Meredith Bass

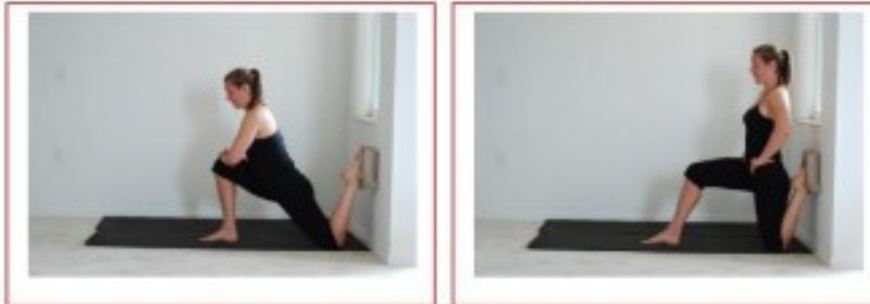
Ki Hara Trainer

305.205.4578

meredithbass27@gmail.com instagram: @stretchstronger

1. Quads at the Wall – 7 reps each side

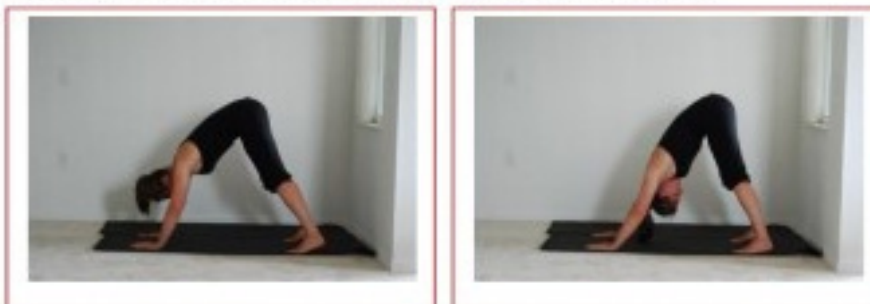
Muscles Worked: Rectus Femoris, Vastus Lateralis, Psoas



1. Kneel about 4 inches from the wall with padding under the knee
2. Kick the (left) foot into the wall and allow that force to move your HIPS FORWARD
3. Use the front (right) leg to beat the force of the (left) leg into the wall and sit up tall
4. Tuck the glutes & sit up tall
5. REMEMBER: the (left) leg is kicking into the wall the ENTIRE time – never stop contracting...5 out of 10
6. You should feel this down the front of the (left) leg

2. Resistance Calf Stretch – 7 reps

Muscles Worked: Gastrocnemius, Soleus, Central Hamstrings



Ki-Hara Stretches



1. Push hands into the ground to push you back onto your heels and then pull forward and stick your chest out to complete a repetition
2. Try to get the heels onto the ground
3. Try to tip the pelvis forward/ stick the butt out (bring the belly button to the thighs)
4. Keep your legs straight!
5. You should feel this down the back of the leg, especially the calves

3. Seated 4-Stretch: **2 reps in each position on each side**

Muscles Worked: Calves, Lower Back, Lats, Hamstrings → Fascial Stretch Focusing on Rotation



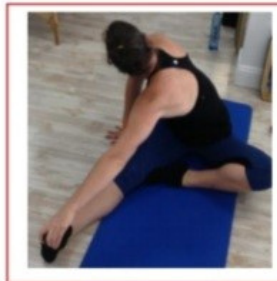
Step 1: The Pump

- 4 position and grab outside of opposite foot (right) with (left) hand
- Pump the foot like pressing on a gas pedal while pulling back with the (left) hand
- You will feel this under the (left) arm



Step 2: Thoracic Extension

- Same position
- Perform a thoracic extension, sticking the chest out and trying to tip the hips forward
- You will feel the mid back working and get a stretch along hamstring and calf



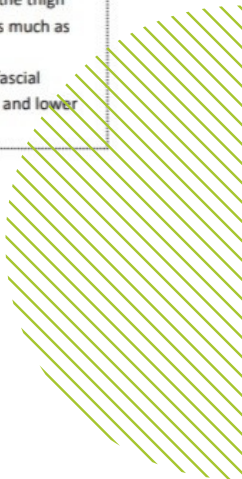
Step 3: Rotate Away

- Same position
- Rotate away from the body (to the right)
- You will feel this as a stretch through the back and outside leg



Step 4: Rotate Other Way

- Same position
- Try to bring (left) shoulder to ceiling and spin the body underneath the (left) arm by pushing the (right) elbow against the thigh
- Try to rotate as much as possible
- This is a huge fascial stretch for lats and lower back



Ki-Hara Stretches



4. Internal/External Rotation – 7 reps each side

Muscles Worked: Vastus Lateralis, TFL, glutes



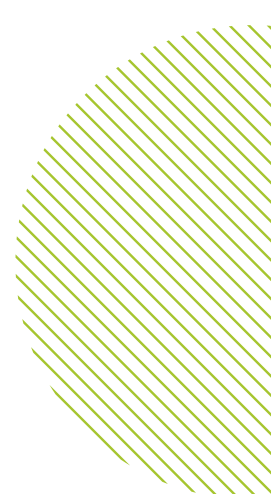
1. Push the leg on the ground (right) out as leg crossed over (left) beats the force to bring the (right) leg down toward the center line– TRY keeping the (right) hip on the ground as the leg moves internal to increase the stretch
2. Return to start position by the ground (right) leg beating the force of the crossed (left) leg
3. Keep pushing the (right) leg out and the (left) leg down as you go back and forth
4. This will stretch the (right) leg into internal rotation (you should feel it in the outside of hip area) and the (left) leg into external rotation (you should feel it in the glute area)

5. Side Lying Lateral Line Stretch – 7 reps each side

Muscles Worked: Peroneals (Lateral Calf), Biceps Femoris (lateral hamstring), Outside of Hip → Fascial



1. Lay on your (left) side
2. Grab the outside of your (right) foot with your (left) hand



Ki-Hara Stretches



3. Kick your (right) leg straight out while pulling toward you with your (left) hand
4. Rotate your (right) arm back to intensify the stretch
5. Bend the (right) leg and bring the (right) arm back in and then repeat
6. You will feel this down the outside of the body

6. Hip Flexor Lunge – 7 reps each side

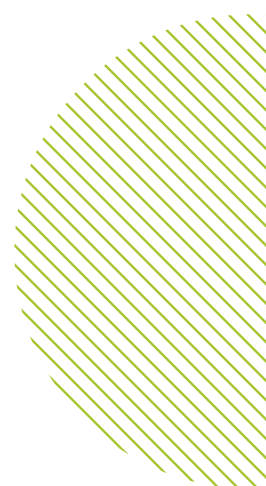
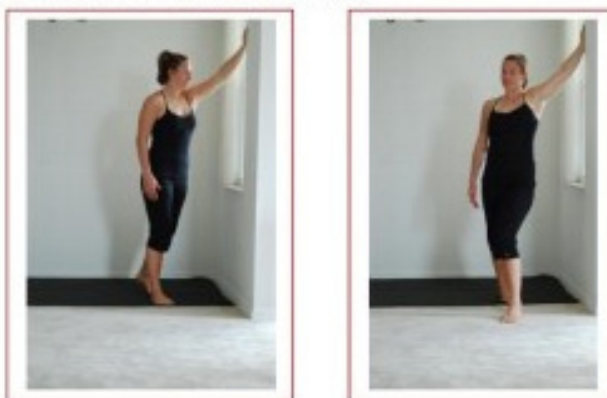
Muscles Worked: Psoas, Iliacus, Rectus Femoris. ****Focus on strength too**



1. Kick the back leg (left) into the floor and drive the (left) knee into the chest
2. Use the front lunged leg (right) to beat the force of the back leg and pull you forward
3. Keep the glutes tucked, core tight and stay tall
4. Back leg (left) beats the force of the front leg (right) to return to start position
5. **KEEP** the (left) hip flexor **CONTRACTED** the entire time
6. Change rotations: move the back (left) foot external (toward the body) and do 2 reps; then move the back (left foot) internal (away from the body) and do 2 reps each way

7. Chest Stretch – 7 reps each side

Muscles Worked: Pec minor and major



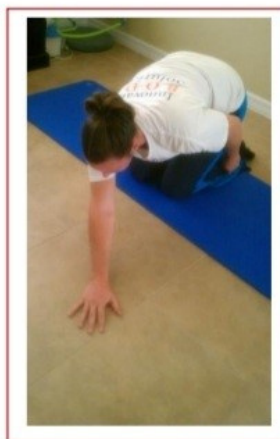
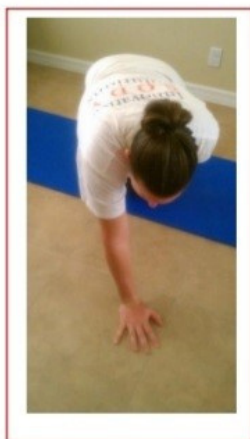
Ki-Hara Stretches



1. Find a wall or a partner
2. Push the arm into the wall & KEEP contracting the muscle
3. Step through with the same side leg
4. You can also change the angle of the arm, moving it up or down the wall

8. Lat Stretch – 7 reps each side

Muscles Worked: Lats



1. Push the (right) hand into the floor, contracting the muscle
2. Keep pushing the hand into the floor as the hips pull you back to the right
3. The stretch should be just under the arm/armpit area

Keys to "Unlock Greatness":

- Always keep a contraction in the muscle – the **WHOLE** time.
- We want muscles that are long & strong.
- Even level of resistance – "5 out of 10"
- Be smooth.
- Increased flexibility = speed, strength, skill, power, explosiveness, quicker recovery & less energy expenditure

Mental Skills - The Basics

The core of Mental Skills Training is solidifying an awareness of and skill to move each of the following mind-scape elements into the most facilitative space possible for optimal performance!

Focus-Attention

Self Talk

Imagery

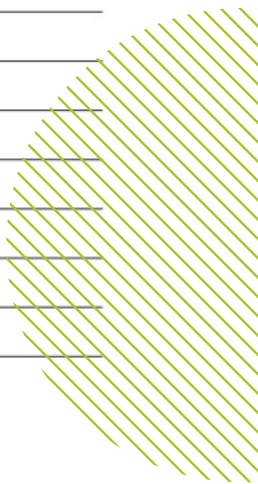
The Most **HELPFUL** (Facilitative)

Focus-Attention

Self Talk

Imagery

The Most **HARMFUL** (Debilitative)



Cue The Shift - Attention

**It's OK to find your mind-scape in a debilitating place... It's NOT OK to stay there!
MAKE THE SHIFT!**

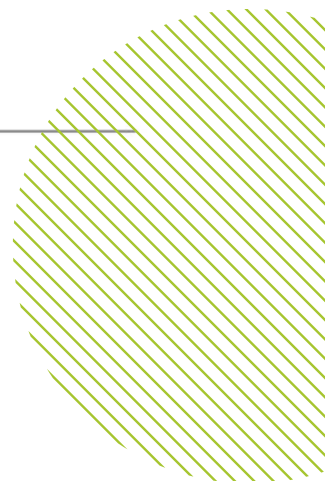
If you find your mind-scape in a debilitating space, what will you do to change it? See if you can define 3 technical aspects of each discipline that you can engage in and focus on to achieve your performance goals! Know that each of these technical aspects are much more helpful than the debilitating!

Swim (Example)

Physical Form Element	Proper Form Description	Cue It Up
<u>Strong Pull</u>	<u>3 stages to the pull - reach with scapula pulled back - drop forearm and hand FIRST - pull direction backwards - FLICK OUT!</u>	<u>1 - 2 - 3 (Buhm Buhm Flick)</u>

Swim

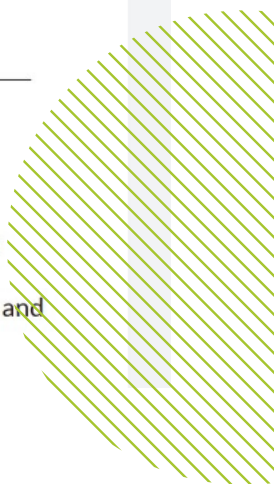
Physical Form Element	Proper Form Description	Cue It Up
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Mental Grit by Nate last

	Bike	
Physical Form Element	Proper Form Description	Cue It Up
_____	_____ _____ _____	_____
_____	_____ _____ _____	_____
_____	_____ _____ _____	_____
	Run	
_____	_____ _____ _____	_____
_____	_____ _____ _____	_____
_____	_____ _____ _____	_____

Now, that you know where you CAN put your mind-scape to support performance, it's all about making the shift AS MUCH AS YOU CAN IN PRACTICE AND RACING! Take AT LEAST 2 days a week where you make the purpose of your workout not JUST to do the workout but to observe and shift your attention to the FACILITATIVE when applicable.



Race Strategy - Make the Decision

This week we take a look at strategy and decision making around the key points of the race. Most of this decision making will occur between you and your coach but you should still walk through these questions with your coach to be on the same page. If you do not have a coach please proceed to answering the following questions as best as you can.

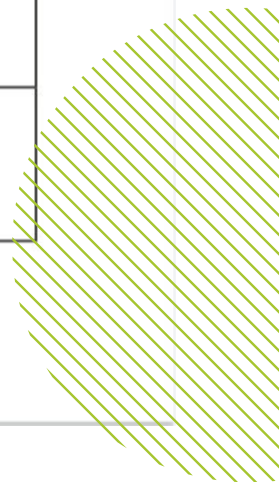
Note: In most cases you will be able to find a course map or at least have an idea of the key features of the course (hills, transition areas, any special course notes etc). Have a image of the course available to utilize as you progress through this exercise.

Feature - What is the key feature and where is it on the course?

Importance Level - Rate 1 to 10 on importance to a effective race.

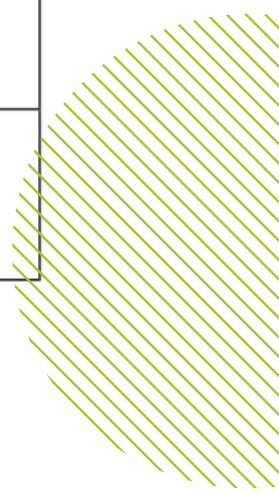
Approach - Focus on the controllable here and decide how your are going to approach the feature in the race. Make decisions NOW so they will be easier when you get there in reality!

Feature	Difficulty Level/ Importance - (1-10)	Approach How are you going to RESPOND to the feature on race day?
EXAMPLE: Mass Start - Ocean	8	Slow and methodical entry, long smooth strokes focused on the breath for the first 100 meters, calm approach!



Mental Grit by Nate last

Feature	Difficulty Level (1-10)	Approach How are you going to RESPOND to the feature on race day?





MENTAL GRIT + FULL CIRCLE COACHING

As apart of Full Circle Coaching you have direct access to a professional Mental Performance Trainer online at anytime! What is available to you?

- 1 Free Private Mental Skills Training Session (45 Min)
- Discounted Continuous Training (~35% off | \$65 per session after discount)

ABOUT COACH LAST

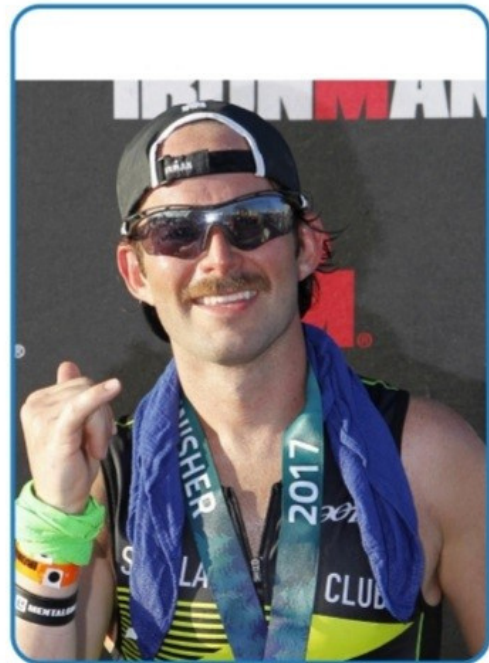
Nate Last is an athlete turned coach who works with athletes to help them optimize their performance potential by training the mental game. He graduated with a master's degree in what the University of Utah called Psychosocial Aspects of Sport and the field at large calls Applied Sport and Performance Psychology.

A triathlete, father, and mental skills trainer, he now spends his days working with athletes, clubs, and teams of all levels to improve their competitive edge and their lives as a whole through mental training. His purpose is to give other athletes what he wished he had to achieve further success in athletics.

Contact Coach Last through email or text to get started.

Text/Call - (801) 515-3866

E-mail - nlast@mentalgritconsulting.com



Follow On Social Media

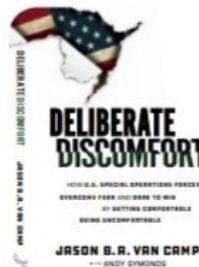


[/mentalgrit](https://www.facebook.com/mentalgrit)



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Link to Purchase Deliberate Discomfort





HIT ^{of} HAPPINESS

REFRAME YOUR REALITY

Ultimate Tri Camp-Happiness Seminar

What Makes You Happy?

Big Things:

Small Things:

SPIRE Assessment

	Tri Camp	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Spiritual										
Physical										
Intellectual										
Relational										
Emotional										

Values Assessment

Love	Purpose	Friendship	Spirituality	Self-Realization	Social Engagement (volunteering)
Family	Work	Health/Exercise	Learning	Finances	Misc. (Loyalty, etc.)

Top 3 Values

1. _____
2. _____
3. _____

Reality

1. _____
2. _____
3. _____

Tips to remember:

STOP (Stop, Take a breath, Observe, Proceed)

Don't pursue happiness, pursue the elements that lead to happiness

Saying no to others is saying yes to yourself

Happiness is a journey, not a destination

The small things are the big things

Give yourself permission to be human

Our happiness is not contingent on external circumstances, but rather on our thoughts

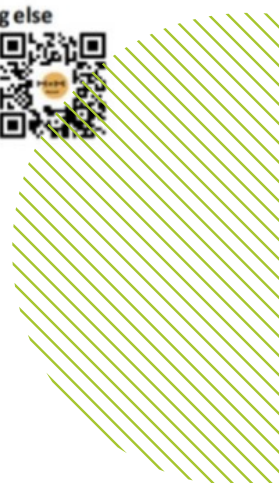
Question what energizes and what depletes you

Any decision is the right decision once you make a decision

Control what you can control, release everything else

Happiness is a choice

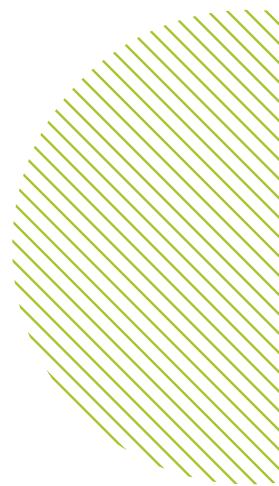
Be grateful to be at Tri Camp!!!



Dr. Minkoff | BodyHealth | Speaker



Dr. Minkoff speaks about his over 30+ Ironman experiences and how his product line can help you achieve optimum results.



Hector Picard | Triathlete | Speaker

BIO

Hector Picard is an internationally-known motivational speaker and triathlete who lost both arms in an electrical accident 25 years ago.

A husband, father of 4, and grandfather.

Finisher of 150+ triathlons since 2009 that include 5 Ironman distances.

Instead of giving up or feeling sorry for himself he decided to Don't Stop Living. As the founder of DontStopLiving.org a website setup to inspire others to live life to the fullest, Hector shows us all that life is a gift meant to be enjoyed. His unique way of "juggling" family, dating and then marriage, as well as a successful career will inspire all that attend his presentations. Hector has also completed two long distance USA cross country bike rides, from Fort Lauderdale to New York City in 2012 and most recently from Miami to Spokane, Washington, when Hector raised money for a baby in need of prosthetics. Through his creative approach to fundraising, which has been televised across the country, Hector Picard shows us that anything is possible.

2010 Paul Mitchell Spirit Award winner

2012 USAT - Jeff Jewell Spirit Award winner

2013 HITS - Para-triathlete of the year

2014 Univision - Hispanic Para-athlete of the year

2016 USAT - Hall of Fame Inductee

Novation Settlement Solutions Spokesperson

LuLuLemon Ambassador

Producer - Video "Changing a Bicycle Flat Tire Without Hands" with 50+ million views on social media worldwide.

Featured on the hit show "The Walking Dead"

Hector Picard - First Double Arm Amputee 5x IRONMAN.



Available for:

Corporate Meetings

Employee Safety Seminars

Schools and University Functions

Religious Gatherings

Sporting Events

All Ages



Various presentations (English and Spanish) are available and designed to Motivate through the telling of life experiences such as family, marriage, divorce, dating, sports, career, religion and living life as a physically challenged individual.

Custom presentations are made age and subject appropriate!

*****For more information contact Hector Picard (954)695-4210
dontstoplivingpr@yahoo.com or visit www.DontStopLiving.org



Thank you... What a week!

Congratulations on being a part of this amazing event. I work very hard to make it special in so many ways. I really hope you enjoyed it!

This past year has been an extremely challenging one and I know for sure how much you have struggled and grown.

The yin and yang in my logo is there for a reason. It's about finding the middle way. Working "IN" as much as working "OUT".

Sometimes you'll be up and sometimes down, but if you listen to your bodies and pay attention to the guidance all around you, you can find your way back to the middle and ride the waves of success in every part of your life.

Thank you for helping me live my purpose. Nothing gives me more joy and happiness than when I see your joy and success in overcoming your limiting beliefs about what is possible for you.

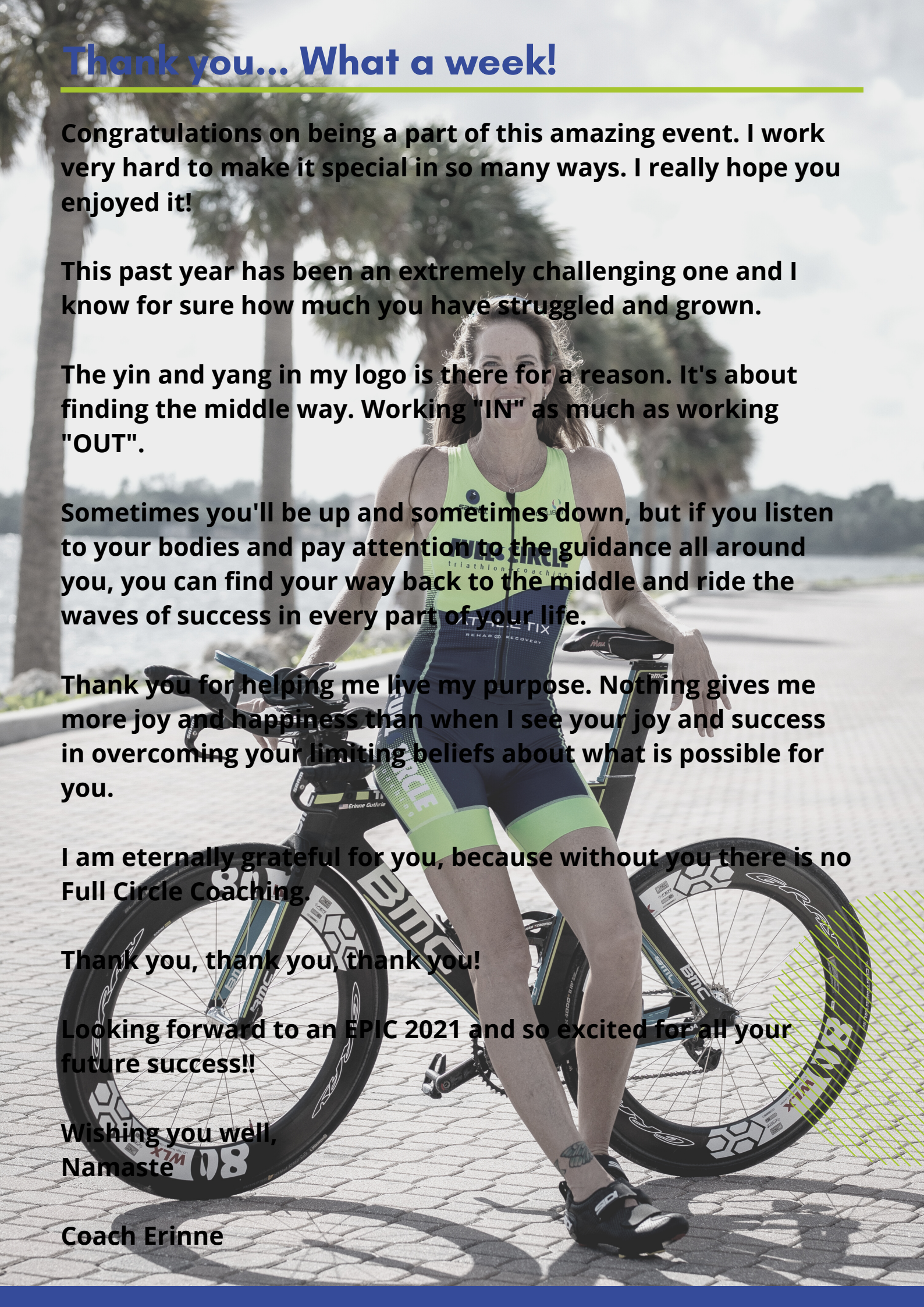
I am eternally grateful for you, because without you there is no Full Circle Coaching.

Thank you, thank you, thank you!

Looking forward to an EPIC 2021 and so excited for all your future success!!

**Wishing you well,
Namaste**

Coach Erinne



Camper Contact List:

First name ↑	Last name	Email	Phone 1	Usat #
Antonio	Cataldo	cataldoa@gmail.com	(786) 201-3344 (Mobile)	2100379545
Brian	Dubow	brian.dubow@yahoo.com	(305) 761-4847 (Mobile)	2100430220
Carlos	Ruiz	cruix82@yahoo.com	(305) 213-5999 (Mobile)	2100304930
Elyse	Sitomer	elysesitomer@gmail.com	(305) 807-7433 (Mobile)	34061
Hans	Jorge	hansjorge@gmail.com	1 (809) 981-0508 (Mobile)	2100079035
Jesse	Jimenez	jesse@electricseviceandrepair.net	(789) 897-2072 (Work)	2100415062
John	Dodds	johndodds.4491@gmail.com	(847) 207-3941 (Mobile)	2100254275 TINMAN
Kenneth	Moorefield	kenneth.moorefield@gmail.com	(757) 676-5449 (Mobile)	
Lily	Harris	egharr20@stlawu.edu	(305) 343-8911 (Work)	2100438454
Mary Liz	Olazabal	marylizolazabal@gmail.com	(305) 962-0998 (Mobile)	2100122875
Michael	Caputa	michael.caputa1@gmail.com	(954) 649-4581 (Mobile)	2100234957
Monica	Rizo	mtrizo@hotmail.com	(786) 302-0621 (Mobile)	2100427119
Nina	Mandel	nsm@mandel.law	(305) 773-5590 (Mobile)	2100295047
Ollie	Garcia	olliemn88@gmail.com	(305) 333-9066 (Work)	2100437412
Robert	Phelps	Ksjayhawk@lycos.com	(319) 360-2626 (Mobile)	2100278009
Ryann	Fierro	ryann.danielle.fierro@gmail.com	1 (915) 204-5512 (Mobile)	2100282335
Steven	Bolitho	steveb@steinerleisure.com	(786) 303-3268 (Mobile)	574451
Vashti	Rael	vashtirael@gmail.com	1 (970) 988-2596 (Mobile)	Four triathlons this year!
Wayne	Griner	wayne.griner@gmail.com	(954) 325-9964 (Mobile)	2100136873

