

12TH ANNUAL . 2022

ULTIMATE TRI CAMP

Clermont . Florida



Coaches

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Welcome!

We're so excited you've joined us for the 12th 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 "Whats App group chat," 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 don't lose the group.

SAG Support - 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:

JPR Mobile Services

John-Paul Russo, Founder and CEO

407-967-6995, **Please add this number to your phone in case you get lost!!!!**



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 the coaches' numbers.

WAIVERS

Please complete all forms prior to participation, 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, 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:

Vida 365

16129 Fl-50 Suite #104
Clermont, FL 34711
(352)474-VIDA(8432)



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.

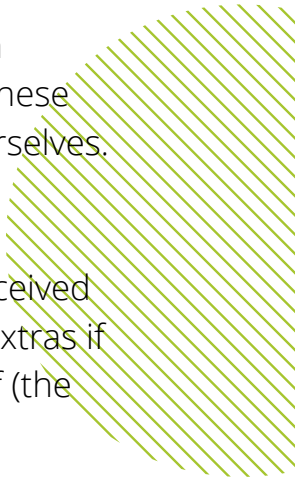
Massage is essential during 6-days of training, self or professional. Ice Baths are highly recommended. Take advantage of hotel (ICE). Take a 10-min. ice bath each day to ensure quick recovery.

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 scheduled with Coach Erinne. We also offer massage and stretching sessions that must be prescheduled.

SOCIAL MEDIA

Please post your comments and photos all week. 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 2022

Day 1 | Tuesday | March 22: Arrive in Clermont Florida

HOTEL

Home2 Suites by Hilton Clermont

1450 Champions Way Clermont, FL, US 34711

Ph: 352-227-2900

12:00-5:00 PM:

- 1-on-1 coaching sessions: Video analysis available for swim and run, bike fitting
- Purchase on the resources page of the Ultimate Tri Camp website

3:00-5:00 PM:

- Mandatory Bike Check-In – Conference Room – with Coach Dennis
- Ensure all bikes are in working order to avoid mechanical issues on first ride
- Recommend a bigger cassette (like 12/28) on the rear wheel to handle the climbing terrain

* PROGRAM BIKE COMPUTERS WITH COURSE MAPS *

5:00-6:00 PM: Mandatory Orientation – Conference Room

Pick up swag bags and meet the Coaches and campers.

*Gabby Bernstein – Inspirational Audio

6:00-6:15 PM: How to use my Garmin watch for Track

Dinner on your own.

**Note: During any session with a guest speaker or during free time/recovery you may schedule a sports massage with masseuse Maria*

Recommended Restaurants

Pepe's Cantina Clermont – 794 W Minneola Ave, Clermont, FL 34711, Ph: 352-989-4921

The Southern on 8th - 801 W. Montrose St. Clermont, FL 34711, Ph: 352-394-7777

Root and Branch - 1200 Oakley Seaver Dr #102, Clermont, FL 34711, Ph: 352-708-4529

Crooked Spoon - 200 Citrus Tower Blvd, Clermont, FL 34711, Ph: 352-404-7808

UTC Itinerary

Day 2 | Wednesday | March 23

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
Post run stretch and the lower leg routine

TAKE 10 BODY HEALTH PERFECT AMINOS on empty stomach

9:00-9:30 AM: Conference Room – Post Track Run, Get Inspired by Ironman Chris Nikic

9:30-10:30 AM: Conference Room: Flat Tire Changing Clinic!!!

10:30-11:30 AM: Conference Room – Josh Meyers – Altra Running Shoes Representative

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 Q and A - Coach Erinne

1:30-2:00 PM: Conference Room - Rooted In – Magnesium Creams, Natalie Jurado

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: Bike: Ride together from hotel to Lake Mineola Waterfront Park - Break into groups A, B, C

Hill Training for group A, B

Bike handling Skills Session for C group

Safety Talk: All coaches and campers bring cell phone and wear sunscreen

5:00-6:00 PM: Free time, shower and change, be ready to leave for dinner

6:00-7:00 PM: Conference Room - CredoTri - Ellie Salthouse – Zoom Q and A

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 | Thursday | March 24

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

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

10:30 AM-11:30 AM: Transition Run off the bike

TAKE 10 BODY HEALTH, PERFECT AMINOS, empty stomach

11:30-12:30 PM: Lunch and shower/change free time

12:30-1:30 PM: Conference Room - Dan Hellman H3 Holistic Health – Zoom

1:30-1:45 PM: Break, stretch, breathe, go to your room and grab your clothes for strength, swim gear, and change of clothes for dinner

1:45-2:45 PM: Conference Room: Hit of Happiness – Happiness Seminar and Journaling with guest Brian Dubow

2:45 PM: Meet in hotel lobby to carpool to NTC Weight room, **pack: clothes and shoes for weightlifting, swim gear, and change of clothes for dinner**

3:00-4:45 PM: NTC Weight Room: Triathlon Specific Weightlifting Session, "The Big 6"

4:45-5:00 PM: How to use my Garmin watch for Swimming

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

5:30-7:00 PM: Swim test, video capture, break into A, B, C Groups by lane

Do not stop at the hotel, go straight to dinner:

7:30 PM: Leave for Dinner at - Root and Branch 1200 Oakley Seaver Dr #102, Clermont, FL 34711, Ph: +1-352-708-4529



UTC Itinerary

Day 4 | Friday | March 25

6:30-7:30 AM: Conference Room – Breath Work with Rachael O'Meara -
Morning Mindset, breath work, yoga and meditation

7:45: Meet in hotel lobby to carpool to NTC Pool

8:00-10:00 AM: Pool Swim/Bring all swim gear – Groups A, B & C – Relay Races

10:30-11:30: Conference Room: Swim/Bike/Run Stability, Mobility, and Core –
Triathlon Specific Strength and Strength
Bring your mats and foam rollers do not change your clothes.
Optional massage time

11:30-12:30: Lunch time, shower + change, optional massage time

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

1:30-2:00 PM: (Free Time) Sports Recovery


2:00-3:00 PM: Athlete Blood Test – A'anna Roby

3:15-5:00 PM: Meet in lobby - **Run session** – Hill training

5:00-6:00 PM – Conference Room: Coach Erinne: Breathing, meditation, work-in
movements from packet & total body foam roller routine (SAVERS)

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 | Saturday | March 26

6:30-7:30 AM: Conference Room: Kihara Stretch and Yoga - 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

Take 10 Perfect Aminos!

1:00-3:00 PM: Hotel Pool Deck: 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 (How to use my Garmin computer for the Bike) and Training Peaks questions (Optional massage time)

4:00-5:00 PM (Mandatory) - Conference Room: Dr. Minkoff, BodyHealth

5:00-6:00 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 | Sunday | March 27

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

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

8:45 AM: Meet hotel lobby, drive/carpool to **Lake Louisa State Park** 7305 US-27, Clermont, FL 34714 (each vehicle will need to pay \$5 to enter the park)

9:00 AM-11:00 AM: Transition/Brick Workout: open water swim, bike, run
Bike Mounting and Dismounting (*learn to leave your shoes on the bike!)

Option: Long Run in Lake Louisa State Park

TAKE 10 BODY HEALTH PERFECT AMINOS

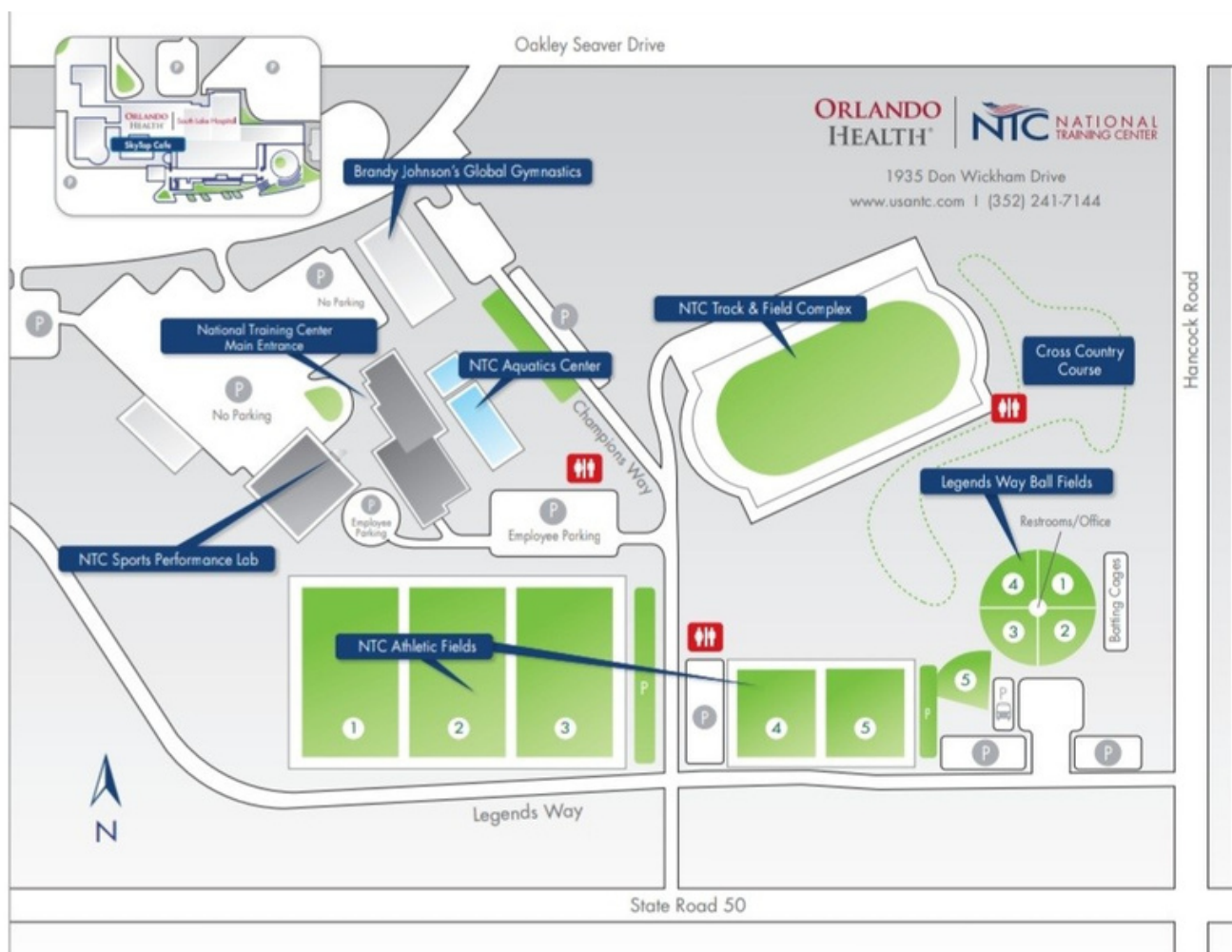
11:30 AM-12:00 PM: Hotel lobby – final stretch and recap. Please say goodbyes!

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



Athlete Blood Test

@athletebloodtestcom

Promo code: FCC20 for 20% off
Presentation from Dr. A'anna Sewall
anna@athletebloodtest.com





Rooted In

@berootedin

Promo Code: FULLCIRCLE for 20% off

Sample magnesium lotions + presentation
with Founder Natalie Jurado



Mental Grit Consulting

@mentalignrit

Presentation from Nate Last

801-368-7564, natel@mentalignritconsulting.com



Hyperice

@hyperice

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

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



H3 by Dan Hellman

@h3bydanhellman

**Promo code: TRICAMPH3 for
15% off**

paleovalley

Paleo Valley

@paleovalley

Promo Code: AFFILIATE20 for 20% off

Products: Grass Fed Beef Sticks and Superfood Bars

RŌKA®

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.**

Products at camp: swim caps and goggles



DoTerra

@doterra

Sample OnGuard, Peppermint Essential oils



**INFINITY SPORTS
INSTITUTE**

Infinity Sports Institute

@_isp_

Gift Card for Services



TRIHARD

@wetrihard

**Promo Code: FULLCIRCLETRI20 for
20% off**



Vitargo

@vitargo

Promo code: fullcircle25 for 25% off
Products: Vitargo carbohydrate drink mix



Marc Pro

@themarcpro

Promo code: FullCircle for 5% off

Trial units for sports recovery



Rudy Project

@rudypoint

Use the link for 35% off.

Stickers, water bottles, hats



Pachamama

@enjoypachamama

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



Airofit

@airofit_sport

Use link to access discount



Base

@baseperformance

Promo code: FULLCIRCLE22 for 20% off

Products: Base Salt, Base Bars and Gels



Ociau

@ociau



EcoLips

@ecolips

Chap stick samples



Go Macro

@gomacro

Products: Sample bars and coupons



Run Guard

@ranguard_llc

Product: Run
guard sample



Nooty

@very.nooty

Product: Nooty
sample



SleepPhones

@sleepphones

Products: Giveaway wireless
headphone headband



SBR Sports

@sbrsportsinc

Products: TRISWIM and SKIN SLICK
samples



Rock Tape

@rocktape

Products: Sample tape and muscle gel



Shanti Bar

@shanti_bar

Product: sample bars



Pickle Juice

@picklejuice



Lions Fuel

@lionsfuel9

KYVAN®
Body Essentials

Kyvan

@kyvanbodyessentials

**Promo code: TRICAMP22 for 15% off
and free shipping**



Nirvana Water

@nirvanawatersciences



Essential Elements

@essentialelementsnutrition

AIRMID HOLISTICS

Pamper Yourself, Naturally

Airmid Holistics

@Airmid_Holistics

Promo code: TRICAMP22 for 15% off

SWISSWELL

Swiss Well

@swisswell_com

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 23+ 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 clients state that the key to their overall improvement happened after having a proper bike fit by Coach Dennis. 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) is a graduate from 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.

With the help of Full Circle Coaching, she completed 2 70.3 distance races in 2021. Her next triathlon goal is to compete at the ITU Sprint World Championships. Jacquelyn is a Level I USAT certified coach and 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 to 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

Meredith got into the role of teaching fitness while in university where I worked in personal training and teaching swimming. She 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, Meredith has been teaching fitness, yoga and swimming at a 5-star hotel on Miami Beach, as well as working 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 Ollie Garcia



Full Circle Coaching – USA Triathlon Certified Coach Level 1 - Ollie Garcia

Coach Ollie has competed in swimming from a young age and both coached and taught swimming to people of all ages. She randomly got into triathlon when the gyms were shut down in 2020 and discovered a new passion.

Since then she has successfully competed in numerous triathlons and participated in pulling disabled athletes to help them experience the joy of crossing the finish line. In December 2021, she officially became a USAT certified Level I Triathlon Coach.

As an assistant coach she is very passionate about all disciplines in triathlon, including nutrition. Coach Ollie loves to help others be successful not just in triathlon but to pair that success into their lifestyle for optimum results.

Credentials:

RN Emergency Nurse

Trained under coach Erinne Guthrie at Full Circle Coaching

USA Triathlon Certified, Level I

CPR

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 routes. 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 week 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.

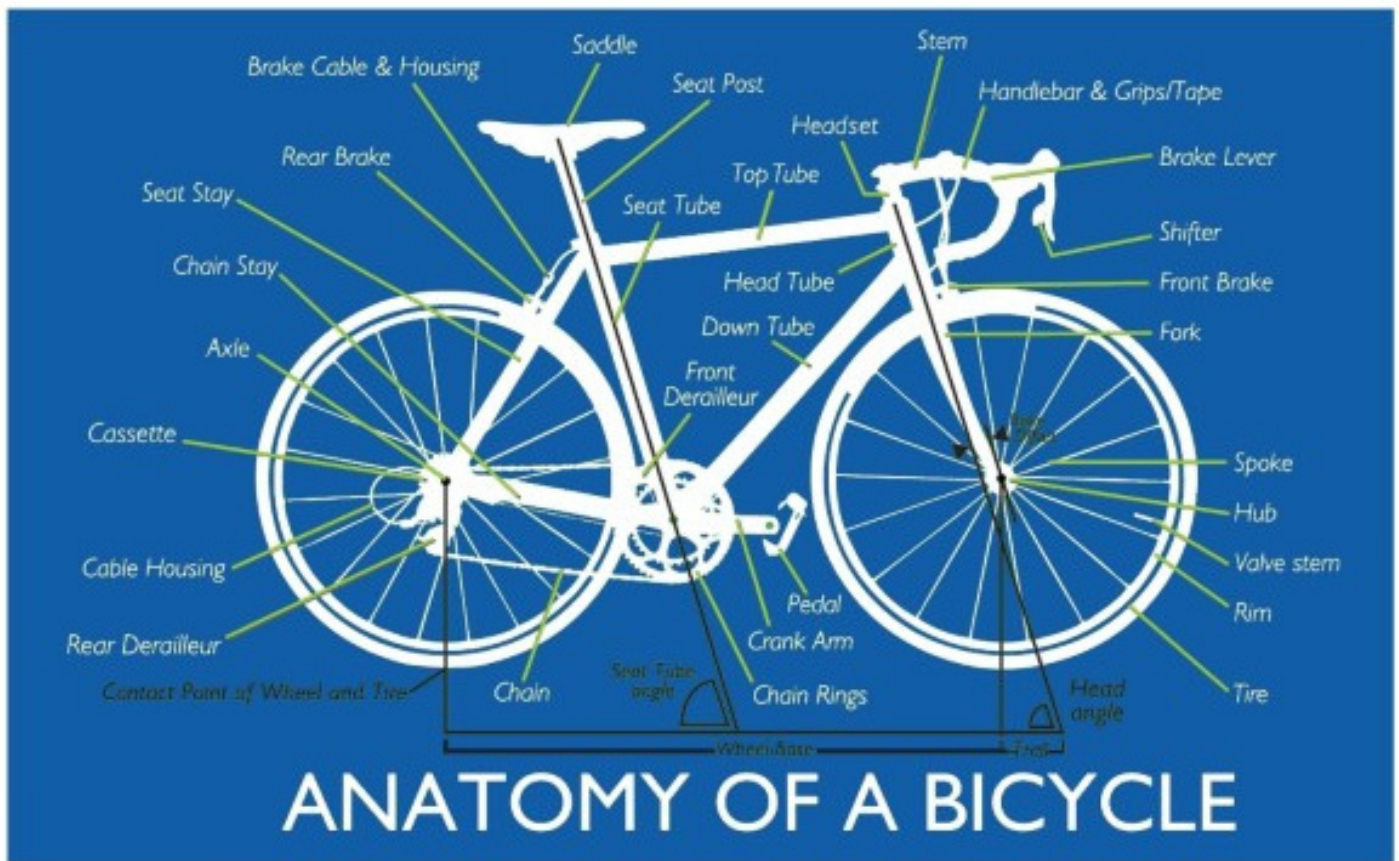
Position in the saddle: Be sure when you are climbing to push back in the saddle and keep your heels down. This is so you can access all the muscles in your legs.

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
Auto Zone



Ozzy Outdoors Bicycle Chain Cleaner
\$12.77
amazon



car wash
\$4.89
TARGET



Dry Lube
\$3.99
2oz
amazon



adhesive remover
\$4.39
TARGET



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

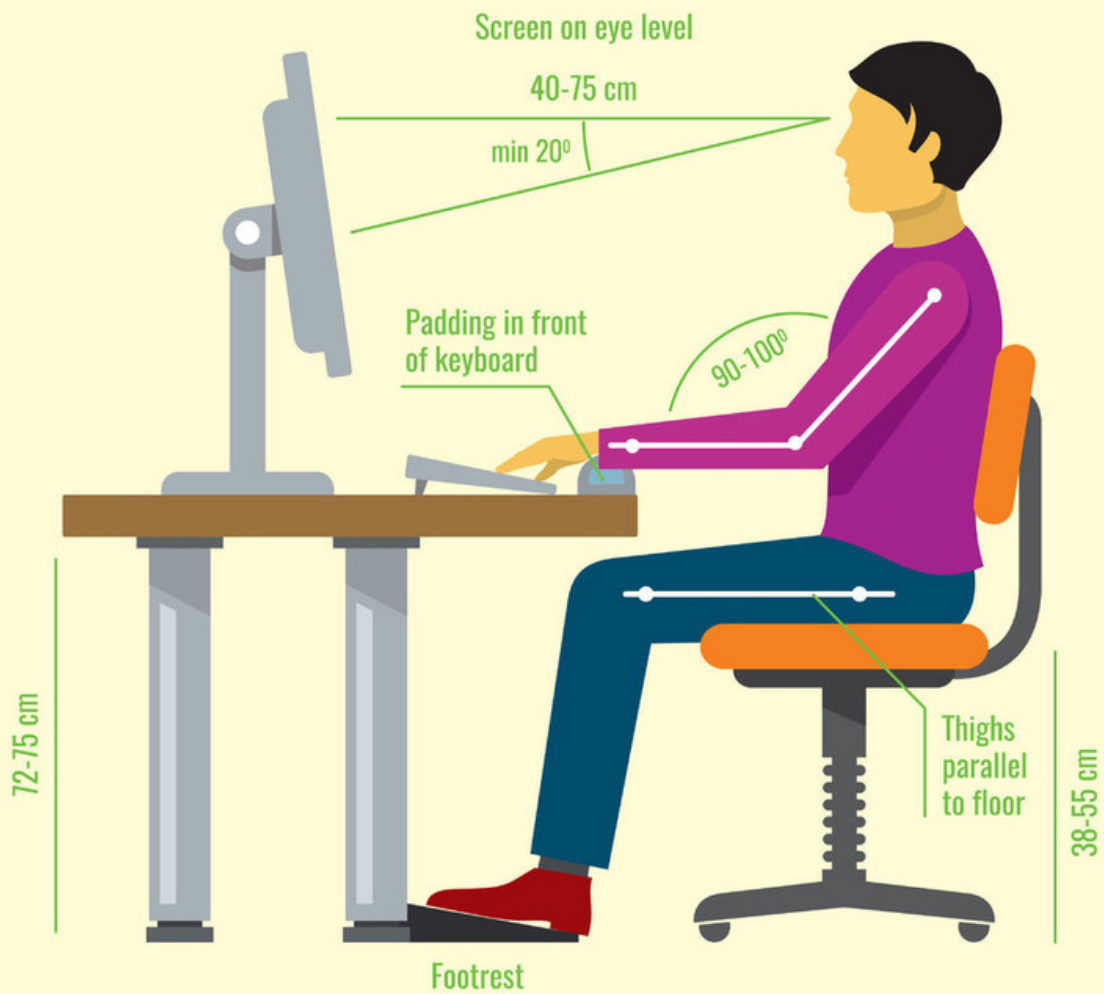
To achieve optimal health and fitness, apply the following nutritional principles:

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

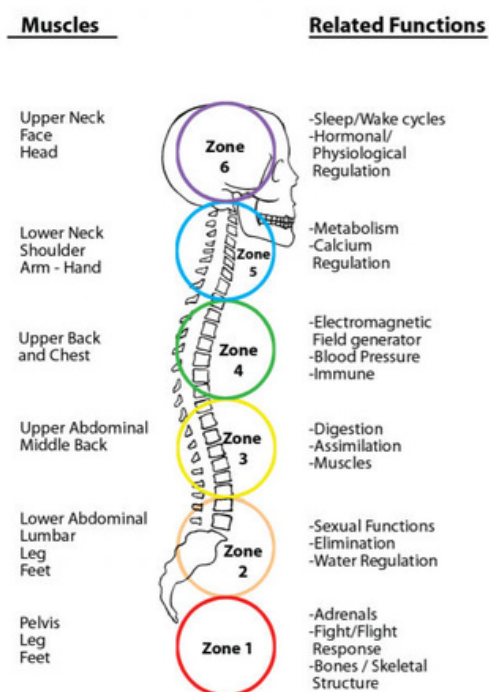


How to Work-In

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



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**

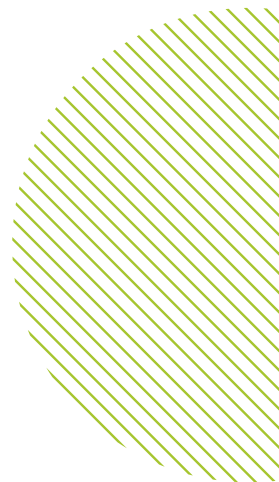
We don't get stronger when we work out, **we get stronger when we rest!**

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)

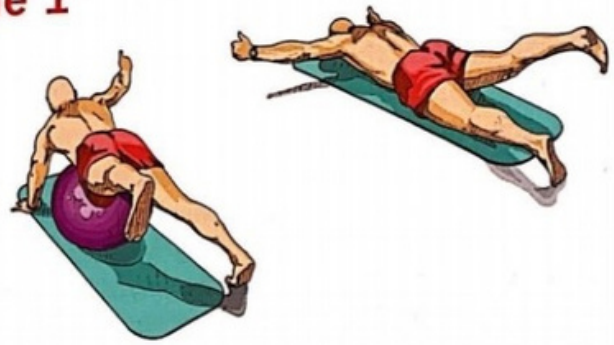
Block **blue light** from computers with *Gunnar Glasses* and *EMF protectors*.



Zone 1

Superman

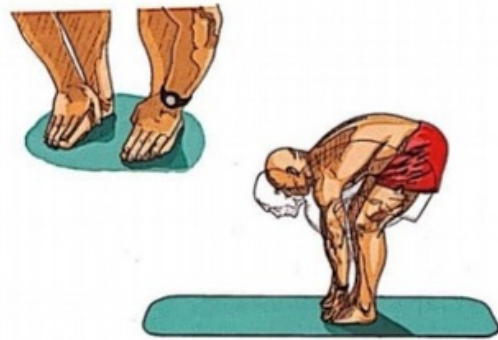
- Start face down on the floor, or over a Swiss ball.
- Inhale as you lift your left arm and right leg so that they are at about the same height.
- Your arm should be at a 45-degree angle from your head with your thumb pointed up.
- Pause both breath and movement at top, then exhale as you slowly lower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

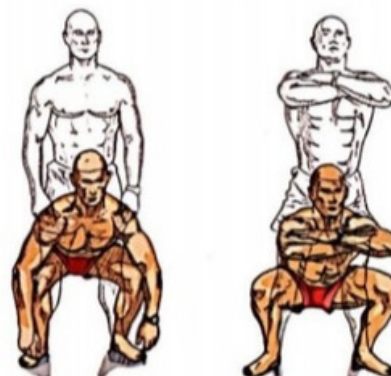
- Stand with your back against a Swiss ball, supported by a wall.
- Inhale, then squat down as you exhale. Go only as low as you comfortably can. When in your lowest position, the ball should never push your head forward. If it does, start with ball placed lower on your spine and try again.
- Keep your 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.

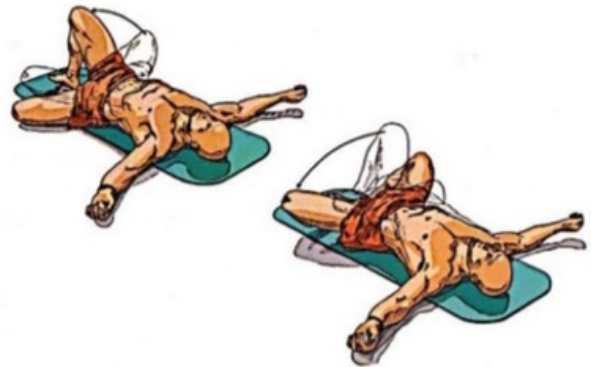


Tempo	Natural breathing pace
Reps	1-10 minutes per side or until you roll onto your side

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.



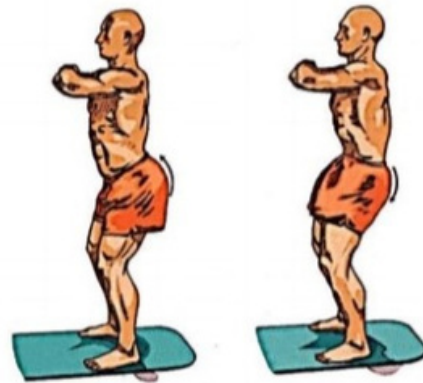
Tempo	Natural breathing pace
Reps	2-20 minutes in total

- 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

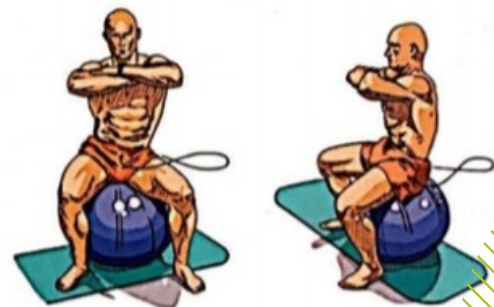
- Inhale and lift one hip up as you exhale, then return to the start position.
- Inhale and lift the other hip up as you exhale.
- Repeat going side-to-side.
- Your arms may be held as shown, or hanging relaxed at your sides



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

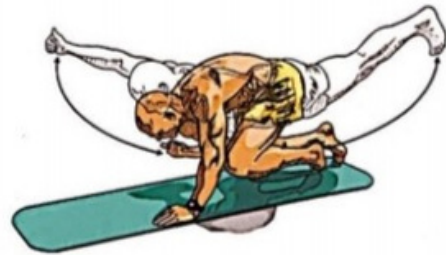


Tempo	Natural breathing pace
Reps	2-20 minutes in total

Zone 3

Horse Stance Dynamic

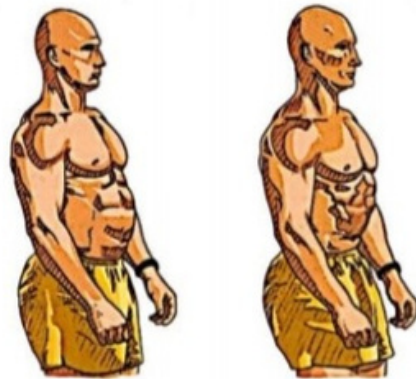
- On your hands and knees, place your wrists directly below the shoulders and your knees directly below the hips.
- Your legs should be parallel and elbows should remain turned back toward your thighs with your fingers directed forward.
- Inhale and raise your right arm up and out to a 45-degree angle 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)

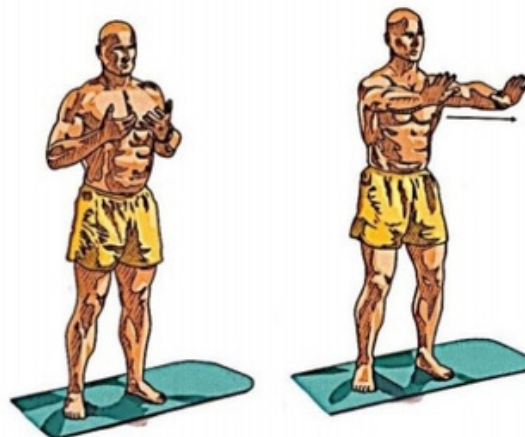
As a Work-In exercise, do not increase the intensity by raising your arms if it causes you to have a hard time keeping your heart rate and breathing rate from raising, or your movements timed to your breathing.



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

Energy Push

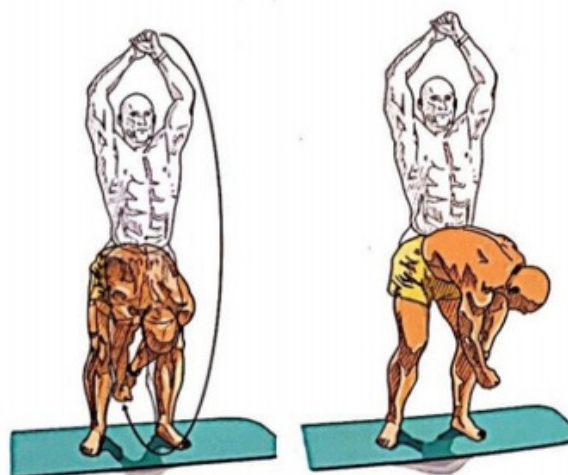
- Stand with your arms raised straight out in front of you.
- Inhale and bring your hands back in towards your abdominals. Hold your hands in a cup position; like they would look if you were to grab an upside-down cup and imagine you are both grabbing space, and drawing life-force or chi into the palms 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

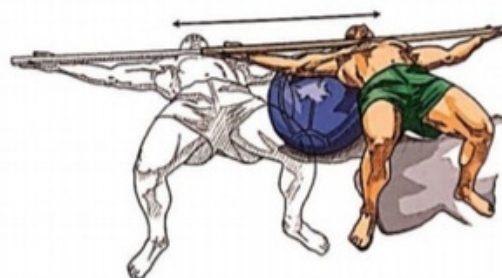
- Lie back, resting on your arms.
- Inhale, pick your chest up as high as you can.
- When you are ready to exhale, allow your body to return to the start position as you breathe out.



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

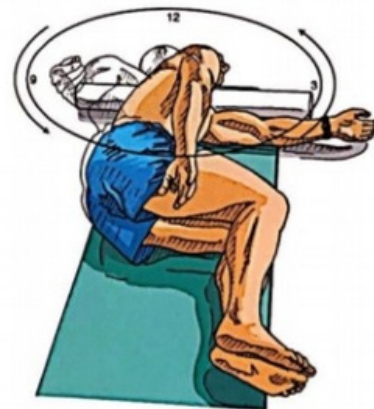
- Hold arms straight out to the side and stay as relaxed as possible.
- Inhale as you look toward your left hand and turn your right palm upward as though holding a cup of soup, while letting left hand turn over like pouring the soup out of the cup.
- Exhale as you slowly rotate your head toward the 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.
- Breathe in through the open nostril. Then switch nostrils and breathe out.
- Breathe 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.

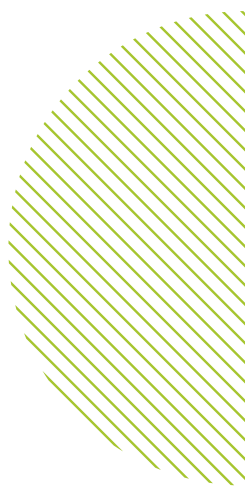


Tempo	Slow, natural breathing pace
Reps	2-20 minutes in total

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



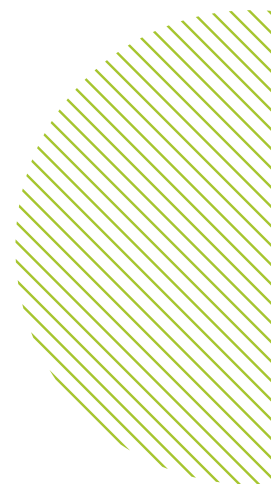
1. Push the leg on the ground (right) out as leg crossed over (left) beats the force to bring the (right) leg down toward the center line– TRY keeping the (right) hip on the ground as the leg moves internal to increase the stretch
2. Return to start position by the ground (right) leg beating the force 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

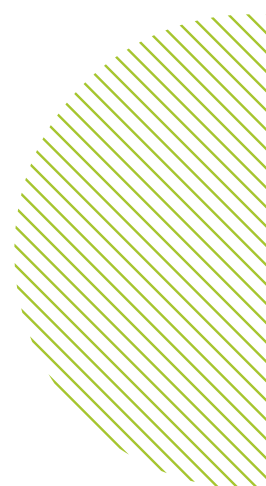
Muscles Worked: Psoas, Iliacus, Rectus Femoris. **Focus on strength too



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



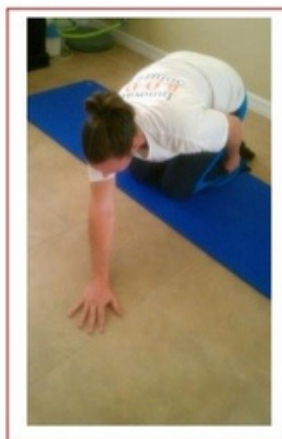
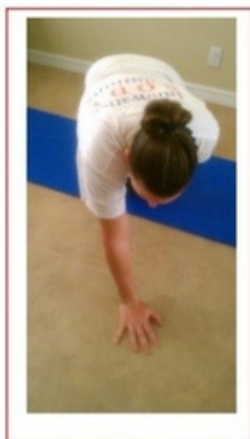
Ki-Hara Stretches



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":

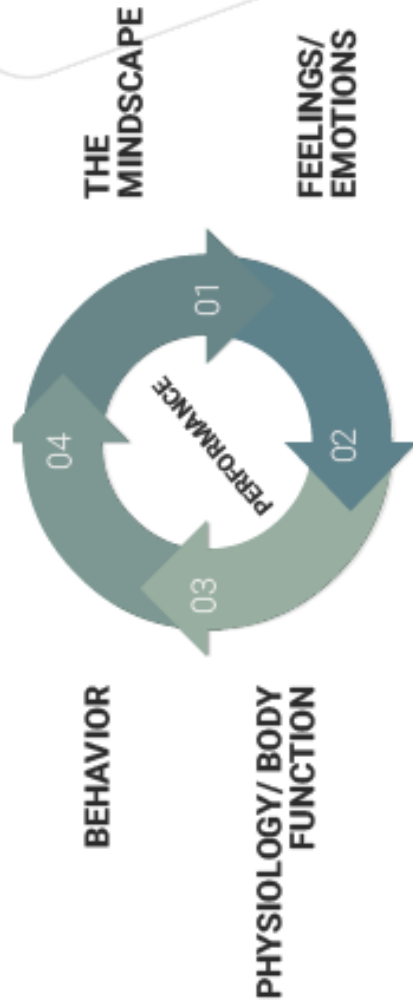
- Always keep a contraction in the muscle – the **WHOLE** time.
- We want muscles that are long & strong.
- Even level of resistance – "5 out of 10"
- Be smooth.
- Increased flexibility = speed, strength, skill, power, explosiveness, quicker recovery & less energy expenditure

Mental Grit by Nate Last

01 FOUNDATIONS APPLICATION

THE MENTAL MASTERY PLAYBOOK

Take a moment to define the thought performance elements when you are in a flow state or **FLY WHEEL** effect.



Video - The Models

SECTION NOTES:

Mental Grit by Nate Last

Take a moment to define the thought performance elements when you are in a poor mental state or **DOOM LOOP** effect.

Video - The Models

SECTION NOTES:



REMEMBER
IT'S OK TO FIND YOURSELF IN THE
UNPRODUCTIVE DOOM LOOP! IT'S NOT OK
TO STAY THERE!

"Coach Last-isms"

EXAMPLE





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

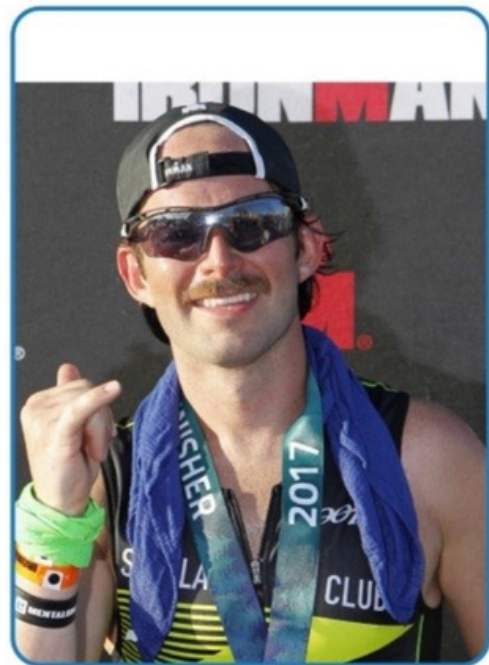
Nate Last is an athlete turned coach who works with athletes to help them optimize their performance potential by training the mental game. He graduated with a master's degree in what the University of Utah called Psychosocial Aspects of Sport and the field at large calls Applied Sport and Performance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

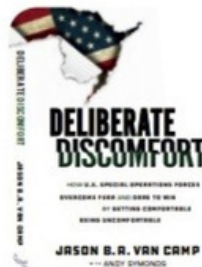


[/mentalgrit](https://www.facebook.com/mentalgrit)



[@mentalgrit](https://www.instagram.com/mentalgrit)

Link to Purchase Deliberate Discomfort



Hit of Happiness



HIT of HAPPINESS

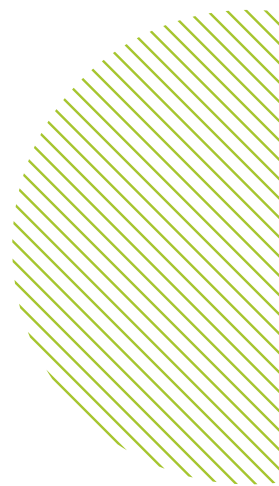
Journal Prompts

- 1)** Write a title to your life, explain why you picked that title
- 2)** Something I've been struggling with
- 3)** In your first paragraph you are not to name the struggle but start with "We met..." and explain where and how you noticed the struggle for the first time. This is the origin of your struggle.
- 4)** Again without naming the struggle, start the next paragraph with "And here you are..." explaining how it plays a part in your life today
- 5)** In the 3rd paragraph you name your struggle in the first sentence (perhaps Dear, struggle) and confront it for the first-time head on. This should be a smaller paragraph or even just a sentence.
- 6)** In paragraph 4 take your power back, describing exactly how you plan to overcome this struggle and how you are braver than it
- 7)** The last paragraph write about what feelings come up after confronting your struggle. What has changed? What now?

Dr. Minkoff | BodyHealth | Speaker



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



Chris Nikic | Ironman | Speaker



Team Nikic, Inc.

Chris Nikic – Team Nikic, Inc, Owner



Chris Nikic set a new world record by being the first person with Down Syndrome to complete a 140.6-mile Ironman. His mission is to inspire others like him to pursue their dreams and goals.

His greatest achievement is showing others how shifting your focus from your disabilities to your abilities and pursuing your dreams with an unwavering tenacity, a positive attitude and a no-quit grit can help anyone achieve their goals and dreams.

Chris continues to compete with the next big events in 2022 being the Hawaii Ironman World Championship, The Boston, NYC and London Marathons and The Special Olympics USA Games.

Chris through his efforts has become financially self-sufficient, buying his own car and home recently with his primary sources of income derived from public speaking, his merchandising business and his Adidas endorsement.

Adidas in fact is in the process of making a custom shoe for Chris and specifically for the Down Syndrome community.

Achievements:

- Ironman 140.6 Finisher
- Guinness Book Record Holder
- Special Olympics Champion Ambassador
- Invited to Ironman Hawaii for 2022
- NBC Documentary and ESPN Special Edition
- 2X ESPY Award Winner (Jimmy V for Perseverance & Male Athlete with a disability)
- Laureus Global Sporting Moment of the Year
- Kulture City Inclusion Person of the Year
- PRWeek Most Purposeful Person Under 30
- Boston Marathon Finisher
- New York City Marathon Finisher and Member of Team 50
- Institute for Sports and Social Justice – Barrier Breaker Award
- Children's Book: 1% Better - The Chris Nikic Story
- Author Book: 1% Better – Reaching My Full Potential and How You Can Too

Contact: ChrisNikic.com; Chris@chrisnikic.com; IG: ChrisNikic

Ellie Salthouse | Professional Triathlete | Speaker



PROFILE

DOB

9th March 1993

Hometown / Current City

Brisbane, Australia / Boulder, Colorado

Coach

Siri Lindley

Loves

Cooking, Shopping, Coffee, Frenchies

BIO

Height 171 CM

Weight 57 KG

Shoe Size 37

PERSONAL

- **Name:** Ellie Nicole Salthouse
- **Favorite Session:** 15x800's HARD
- **Training Squad:** Team Sirius
- **Favorite Food:** Ice Cream
- **Favorite Breakfast:** Eggs on Toast
- **Training Locations:** Brisbane / Boulder
- **Pets:** 2 French Bulldogs (Biggie & Minnie)

Ellie Salthouse

As a young child, I grew up being encouraged to participate in a broad range of sports, from touch football to hockey and everything in between. Having an older brother meant contact sports were very attractive to me, anything just to keep up with him. It wasn't until I was 11 years old that I started to particularly enjoy cross-country running, even being selected for national teams. Naturally, having talent for the sport meant that I grew to love it and, when I saw an advertisement for the Weet-Bix kids triathlon on the back of the cereal box, thought it could provide good grounding for a triathlon pursuit. Who would have thought, munching on my Weet-Bix at the tender age of 11 could have sparked the start of a long and successful triathlon career?

After joining a junior triathlon squad at 11 years old, I immediately fell in love with the sport and knew I wanted to eventually pursue it as a career. I turned professional at 17 years old, in my final year of high school, and found myself juggling study and a professional sports career all at the same time. Successfully graduating from school in 2010, it was only natural that I chose to be a full-time athlete. I made the commitment to myself and my coach at the time, to live the Australian summer in Brisbane and the European summer in Vitoria Gasteiz, Spain. This pattern remained from 2010 until 2013. During such time, I was given opportunities to travel the globe racing in Continental Cups, Continental Championships, World Cups, junior World Championships and as a member of a French team on the prestigious French Grand Prix circuit. But my biggest success during this time on the ITU circuit was an individual silver medal at the Inaugural Youth Olympic Games in Singapore, 2010.

At the end of 2013, I decided to retire from the sport completely and pursue other avenues. I had lost the love and desire to be the world's greatest. However, it only took 6 months away from the sport to realize that I had unfinished business in the triathlon world and I would never forgive myself if I didn't give it another chance.

That was when I met Siri Lindley, my current coach, and the one who has already helped me realize so many of my dreams. Upon meeting Siri, I committed to spending the USA summer months in Boulder, Colorado with Siri and her stable of athletes, and the Australian summer months back home in Brisbane. I now refer to Boulder as my home, it's truly an athletes paradise. After two more years on the ITU circuit under the direction of Siri, we decided to give half distance racing a go at the start of 2016. Arguably the greatest decision of my life. I finished my first season on the half distance circuit with four half distance titles, multiple podium finishes and a top 10 World Championship finish, an achievement I never could have imagined for my first year at a new distance.

So far this year, Siri and I have already achieved three 70.3 podium finishes, and a 5th place at a World Championship, the foundations for a very successful remainder of the season. Thank you for following my triathlon career and being a part of my journey, I look forward to sharing many more successes with you this year.

-Ellie xx

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 another extremely challenging one and I know for sure how much you have struggled and grown. This camp is meant to be a time away from the struggle and a time to grow in different ways than maybe you thought were possible.

Thank you for trusting me and my team and for trying new things you maybe never have before.

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 on the crest of the wave and sometimes down in the trough, but if you listen to what your body tells you 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 truly 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 2022 and so excited for all your future success!!

Wishing you well,
Namaste

Coach Erinne

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