



Photos: Gavin Fregona

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VIDEO



40 Mile SUP & Larry the Whale

www.youtube.com/watch?v=SKoeHxxPFo0

Fundraiser for Breast Cancer

MINI BOOT CAMP

Indoor / Outdoor 4-6 People

- 1 or 2 Times Per Week
- 6 Weeks
- April 19th – May 29th



Choose From 2 Plans:

1. 'Super Stoked'

Both Days, 6 weeks, 12 sessions: \$240

2. 'Break the Ice'

Pick 1 day, 6 weeks, 6 sessions: \$120

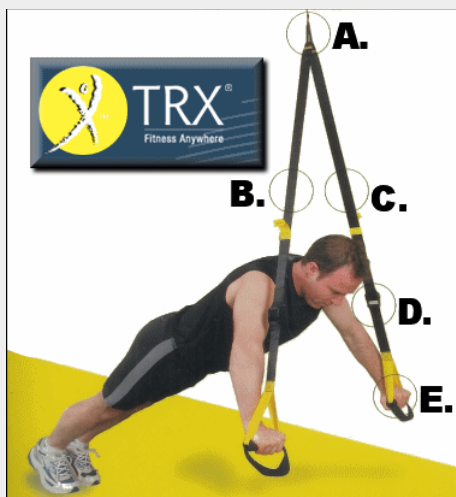
Strength Circuits – Core – Flexibility – Intervals - Relays

Time Slots

- Monday - 7:30pm
- Saturday - 9am OR
10:30am - Full

Location: **WAVES** Training Studio (Thornhill near Promenade)

Contact Mike to book: 416-906-5793 / mike@catchawavefitness.com



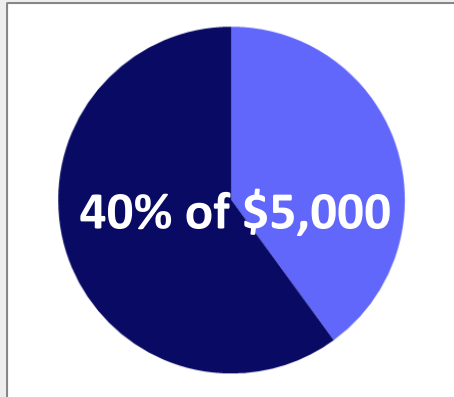
Product Recommendation

TRX Suspension Trainer

Fitness anywhere, anytime for anyone!
There are literally hundreds of exercises to develop strength, flexibility and coordination with the TRX. It is body weight training at its best.

Contact Mike for tips on this product and where you can save on your purchase.





In support of



Support the Paddle for MS

Recently my sister was diagnosed with MS. Among other symptoms, MS is characterized by double vision, paralysis, loss of balance and concentration. She is an active, energetic teacher who is an inspiration to many young minds and we can't let this disease get in her way! I also have a number of close friends battling with MS and it is for these reasons that I have made it a priority to raise funds and create awareness.

For those of you who don't know, MS is the most common neurological disease affecting young adults in Canada and there is no known cure. Currently in Canada, 3 people a day are diagnosed with MS and it is a disease that affects many of us in one way or another.

As a fundraiser this summer, I am planning a long distance Stand Up Paddle Board paddle 'across' Lake Ontario from Burlington Beach to Ash Bridges Bay in Toronto. The paddle is approximately 67 kilometres and will take 12-16 hours to complete. Grant Kennedy, my friend, web designer & fellow lake surfer, will be joining me in this feat. We will set off on this journey between August 6th – 9th, depending on favourable wind and weather conditions.

I know there are many great causes out there, however this one is personal and any type of support would be greatly appreciated. Please help me increase MS awareness and fundraise over \$5,000 to help put an end to MS.

Thank you very much for your donation,

Mike Sandusky

Please follow the link to make your pledge. We're almost halfway there! Thank you for your continued support.

<http://my.e2rm.com/personalPage.aspx?SID=2455908>



SURFING NEWS

<http://paddlewithpurpose.wordpress.com/>

Paddle With Purpose

A solo 39.8 mile Stand Up Paddle from Catalina to Dana Point on March 28th, 2010 to benefit **Keep A Breast Foundation & Boarding for Breast Cancer**

<http://www.youtube.com/watch?v=SKoeHxxPFo0>

<http://www.jodienelson.com/index.html>



Ontario's youngest surfer
Xavier Sandusky
turns 1 in just
a few weeks!



**Surfer Inspires Comparisons
to Albert Einstein**

<http://www.thestar.com/news/world/article/758043--surfer-inspires-comparisons-to-albert-einstein?bn=1>

**Surfing Etiquette in Nova
Scotia Court**

<http://www.cbc.ca/canada/nova-scotia/story/2010/01/22/ns-surfing-sue.html>



**SURF ONTARIO is a proud supplier of IMAGINE
ECO Surfboards and Stand Up Paddle Boards**

Surf Ontario is currently featuring 3 SUPs:

The Crossover



**11'6" x 34" x 6 1/2" - 311.5 ltr
11' x 32 7/16" x 6 1/4" - 275 ltr**

The Crossover is the ultimate board that combines surfing and paddling disciplines. It is stable enough to learn on, while manoeuvrable enough to turn on demand. Whether you want to cruise for miles or paddle into some fun waves, this is your board.

Follow this link for more details:
www.imaginesurfboards.com/eng/crossover.html

The Chopper



9'10" x 33" x 5 1/2" - 215 ltr

The Chopper is an amazing all-round board for paddling and surfing, handling wind chop and white wash in the surf with ease. This great do it all board offers manoeuvrability and stability in the waves and smooth planning on the flats.

Follow this link for more details:
www.imaginesurfboards.com/eng/chopper.html

The Stand Up 10



9' 9" x 33" x 7"

The Stand Up 10 is a versatile board that you can paddle and surf, AND it even doubles as a kayak! IMAGINE has made this board so tough you'll never worry about rocks. Performance and durability makes the Stand Up 10 the ultimate family board at the cottage.

Follow this link for more details:
www.imaginesurfboards.com/eng/stand_up_10.html

Get your boards & gear right here: www.surfontario.com

Watch for **Surf Ontario** in the May issue of
Lake Erie Living Magazine
www.lakeerieliving.com/Main/Home.aspx

4 Fast Facts You Need to Know

1. Of people aged 65 & older, falls are the most common cause of injury - related hospitalizations. In this age group, they account for 78 percent of deaths related to injury.
2. To find your waist to hip ratio, take your waist measurement divided by your hip measurement. The ideal waist to hip ratio is 0.8 or lower.
3. *"Gloves have no place in a serious training program. A glove is merely a piece of loose stuff between the hand and the bar, reducing grip security and increasing the effective diameter of the bar. Gloves make bars harder to hold on to. The only legitimate use for a glove is to cover an injury, like a torn callus or a cut, where the workout is important enough to do with the injury and it cannot be done without the covering. A desire to prevent callus formation does not constitute a legitimate use."* Starting Strength. 2nd Edition 2008
4. 1 pound of muscle is equal to 1 pound of fat. However, 1 pound of fat has far more volume than 1 pound of muscle. Muscle is much more dense than fat. Fat is has roughly 1.5 times more volume than muscle.

RECOMMENDED READING:

Sports Injury Prevention

An IOC Medical Commission Publication

Sports injury prevention is a relatively new field of study. Learn important information about how to prevent injury and recover from injury.

This book is loaded with statistics showing the risk for injury in sport for shoulders, back, groin, ankle, knees, elbows, head and neck as well as overuse injuries.



Small Consistent Changes lead to BIG Changes

Although this cartoon has a lot of truth, it's obviously overwhelming to change everything in one's life. We have to begin somewhere, whether it's adding in one day of exercise or cutting out one can of soda each week. Achieving these small goals will lead to confidence that YOU are in control of your choices and then little by little, you've changed everything about the way you live.

Today's society makes living an active lifestyle more difficult than in the past. Most of our jobs are sedentary, and much of the food offered in restaurants will guarantee weight gain if eaten consistently.

These facts make it all the more important to get daily exercise and to eat well to keep your body healthy and balanced. You will also prevent injury and maintain and improve your posture so you'll live a long, active life.



ALL YOU HAVE TO DO IS CHANGE EVERYTHING ABOUT THE WAY YOU LIVE.

**Stay Tuned for May's Newsletter & Read Below
To Follow Mike's Monthly Training Program!**

www.surfontario.com

www.catchawavefitness.com

TRAIN 2 LIVE

TRAIN 4 LIFE

Mike's Periodized Training Regime for a 70 km Paddle

	December	January	February	March	
Training Phase	<i>Anatomical Adaptation 4</i>	<i>Anatomical Adaptation 4</i>	<i>Maximum Strength 4</i>	<i>Maximum Strength 2</i> <i>Muscular Endurance of Long Duration 2</i>	
Energy Systems	<i>Aerobic</i>	<i>Aerobic</i>	<i>Aerobic Lactic</i>	<i>Aerobic Lactic</i>	
Skill	<i>Surfing</i>	<i>Surfing</i>	<i>Surfing</i>	<i>Surfing</i>	
	April	May	June	July	August
Training Phase	<i>Anatomical Adaptation 4</i>	<i>Maximum Strength 4</i>	<i>Maximum Strength 2</i> <i>Strength Maintenance</i> <i>Phase in: Muscular Endurance of Long Duration 2</i>	<i>Muscular Endurance of Long Duration 2</i> <i>Strength Maintenance</i> <i>Taper 2</i>	<i>Paddle 4 MS</i>
Energy Systems	<i>Aerobic Lactic</i>	<i>Aerobic Lactic</i>	<i>Aerobic Lactic</i>	<i>Aerobic</i>	
Skill	<i>Technical – Surfing, SUP</i>	<i>Technical – Skateboard, Surf, SUP</i>	<i>Technical- Skateboard, Surf, SUP</i>	<i>Technical – Skateboard, Surf, SUP</i>	

The official training program for the 67 km paddle began in December. I will be updating my training monthly on the newsletter to better describe the phases involved and show examples of exercises and formats used throughout the program.

As you can see in the upper left hand box, training begins with an anatomical adaptation phase of 8 weeks (December & January) combining light aerobic work and surfing as the main skill set trained.

Anatomical adaptation is the beginning phase of training for athletes and beginners into fitness. It prepares the joints, (ligaments, tendons) and muscles for further training. **The focus is on core stability, postural improvement and muscular balance through corrective exercise.** The body is used in full and there are a lot of variety in this phase to train your body with different angles. The exercises are not sport specific at this stage; the emphasis is on injury prevention and preparing a strong foundation for heavier lifting and more dynamic sport specific training.

Circuit training is best for this phase combining 9 to 12 different exercises back to back with 2 to 3 sets per exercise. There is minimal rest between each exercise and the repetition range is 12-20. This phase can be as short as 4 weeks, but it must occur at least twice during a year. My phase was longer as I was overcoming an injury from October.

Anatomical Adaptation Sample Workout:

Dynamic Track Style Warm-up: 8 Minutes

Strength Training Workout: 3 Sets, 12-20 reps, no rest between exercises

Body weight squats
Push ups
Pull ups
Multi-directional lunges
Military press
Bent over row
Reverse glute hyperextension
Side plank & prone plank
Lower back extension

Stretching: Chest, lats, SMR roller – hips, Swiss ball back extension, thoracic rotation

In February, **Maximum Strength training was phased into the program.** This type of lifting trains the prime movers of the sport to be extremely strong. The central nervous systems and muscles are fully recruited in heavy lifts of **80% to 95%** of one repetition maximum. **Higher rest intervals, more sets and lower rep counts characterize** this phase. Two three week **cycles** of lifts obtain the best results using a **step loaded program.** When lifting using a step loaded program with fluctuating intensities, it allows for recovery and great gains in strength without added bulk.

Take this Bench Press Example:

Low	Week #1 – 80% or 5-7 reps at 185 lbs	Low	Week #4 – 80% or 5-7 reps at 195 lbs
Medium	Week #2 – 90% or 3-4 reps at 205 lbs	Medium	Week #5 – 90% or 3-4 reps at 215 lbs
High	Week #3 – 95% or 2-3 reps at 225 lbs	High	Week #6 – 95% or 2-3 reps at 240 lbs

Maximum Strength Sample Workout From Week #2:

Dynamic Surf Style Warm up: 8 Minutes

Strength Training Exercises: 5-6 sets, Rest Interval 3-5 minutes, Reps 3-4

Dead Lifts	Chin Ups + Weight Added	Strict Bent Over Row
Set 1 – 40% 135 lbs	Set 1 – 40% 0 lbs	Set 1 – 40% 95 lbs
Set 2 – 60% 225 lbs	Set 2 – 60% 25 lbs	Set 2 – 60% 115 lbs
Set 3 – 90% 275 lbs	Set 3 – 90% 45 lbs	Set 3 – 90% 165 lbs
Set 4 – 90% 275 lbs	Set 4 – 90% 45 lbs	Set 4 – 90% 165 lbs
Set 5 – 90% 275 lbs	Set 5 – 90% 45 lbs	Set 5 – 80% 135 lbs
Set 6 – 80% 245 lbs	Set 6 – 80% 35 lbs	

Core Strength Maintenance – 5 Minutes

Stretching: Similar flexibility protocol as prior months was observed.

Muscular Endurance of Long Duration

This phase of training takes strength gained from the maximum strength phase of training and converts it to useable muscular endurance. Training loads are low enough (30%) that exercises are executed for 5 to 7 minutes in duration, thus training the aerobic energy system. The prime movements of the activity are trained and results in your endurance sport are realized.

Muscular Endurance of Long Duration Sample Workout:

Dynamic Warm-up – 8 Minutes

Injury Prevention - Shoulder Stability – 5 Minutes

Endurance Workout – 45 Minutes Continuous

X3 FSU Bosu Cable Paddling Rows – 7 Minutes

X3 Indo Board Balance – 7 Minutes

Core Strength Maintenance – 5 Minutes

Stretching: Similar flexibility protocol as prior months was observed.

Paddling endurance rows with SUP paddle and cable resistance standing on Flat Side

