



- SUP Island Race? Yes – July 4<sup>th</sup>!
- For Sale - *New & Used* Surfboards & SUPs
- Surf Ontario Tsunamis – Sick Kids Slo-Pitch Tournament
- Mike's Nutrition for 70km Paddle

- The Paddle for MS Update: 70%
- 4 Fast Facts
- Fitness Equipment Recommendation
- Recommended Reading: High Powered Plyometrics

## Does being overweight cause osteoarthritis?

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

**Edward Stanley**, Earl of Derby (1826-93), British statesman. The Conduct of Life, address at Liverpool College, 20 Dec 1873.

“We do not stop exercising because we grow old - we grow old because we stop exercising.”

**Dr. Kenneth Cooper**, Cooper Institute.

# VIDEO



### Laird Hamilton on life

[www.youtube.com/watch#!v=bcNFiagDxIU&feature=related](http://www.youtube.com/watch#!v=bcNFiagDxIU&feature=related)



**DSU (Dome Side Up)**

BOSU Balls retail for about \$150

### Product Recommendation

#### **BOSU Ball**

**Fitness anywhere, anytime for anyone!**

BOSU stands for both sides up. It is a great tool to improve balance, coordination and core stability.

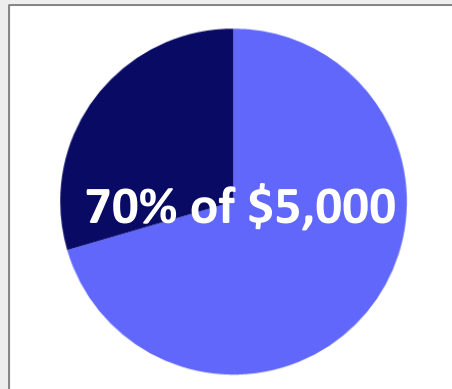
BOSU balls are versatile enough to be used by someone very new to fitness, or an experienced athlete.

*Contact Mike to see how you can add BOSU Ball exercises into your training.*



**FSU (Flat Side Up) Push Up**

[www.youtube.com/watch?v=YGsfpt7ZrY](http://www.youtube.com/watch?v=YGsfpt7ZrY)



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 6<sup>th</sup> – 9<sup>th</sup>, 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 more than halfway there!  
Thank you for your continued support.

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



## SURFING NEWS

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

**SUP Paddle Race Sunday  
July 4<sup>th</sup>!**

**Come out for a fun race!**



**TORONTO INTERNATIONAL  
Outrigger  
CHALLENGE**

The **SUP lesson season** is on!  
Contact us to set up a lesson time.

- [Learn proper paddling techniques](#)
- [Learn to pop up effectively](#)
- [Learn to turn efficiently](#)
- [Try different boards & paddles](#)
- [Get board purchasing advice](#)



### **One Day Softball Tournament!**

Join the **Surf Ontario Tsunamis** for a FUN 1-day recreational mixed softball tournament to help raise funds to purchase priority Oncology equipment for Sick Kids Hospital!

We have 5 spots left – email [mike@surfontario.com](mailto:mike@surfontario.com) to sign up.

Date: Saturday July 17<sup>th</sup>  
Time: 9:00am - 6:00pm  
Location: Dunton Athletic Fields  
Street: 6180 Kennedy Road  
City/Town: Mississauga, ON

**Had an SUP lesson or two? Join us for an SUP tour!**

[www.surfontario.ca/tours.htm](http://www.surfontario.ca/tours.htm)



**NOAA Wave & Wind  
Forecasting Model**

<http://www.glerl.noaa.gov/res/glcfs/glcfs.php?lake=l&ext=vv&type=N&hr=01>

**Don't miss the surf this summer - get on the SURF'S UP  
MAILING LIST! Email [info@surfontario.com](mailto:info@surfontario.com) to sign up.**

**For more details, follow this link:  
[www.surfontario.ca/faq\\_surf.htm](http://www.surfontario.ca/faq_surf.htm)**

**SURF ONTARIO carries many brands of Surfboards and SUPs.**

**Here are a few we are featuring this month:**



The beautiful Surf Betty range is the world's fastest-growing and best-established line of girls' surfboards. No doubt about it, the NSP Surf Betty range has everything any entry-level or experienced female surfer could possibly need. **Prices start at \$575.**

**6'4" Fish** - With a wide outline and full-volume, the 6'4" Surf Betty Fish is a design that's very stable and perfectly suited as a first short board for the petite. Larger, more experienced Bettys will admire the performance and down-the-line speed in mediocre surf. Super durable E2 epoxy construction ensures plenty of surf sessions.

**6'8" Funboard** - Returning for another year is the wildly popular 6'8" Surf Betty. Based on the 6'8" NSP model, the Surf Betty appeals to girls who want a board that's fun, friendly and made especially for them. More experienced girls will adore the performance while aspiring Surf Bettys will appreciate its forgiving characteristics and easy surfability.

**7'2" Funboard** – This is a slightly scaled down, racier version of the larger 7'6". This smaller funboard delivers the same balanced easy ride, but the even flow and volume distribution with a lightly flipped nose and very slight bump wing blending into a pintail give it an extra kick. Girls looking for a fuller fun shape or a little more size for comfort will enjoy this design.

**7'6" Funboard** - This is a nicely balanced, wonderfully styled tri-fin egg that performs like a gem. Perfect as a mini-longboard for young girls or a mid-sized funboard for more advanced Bettys, it continues to provide great fun for all who ride it. This Betty is an ideal board for the recreational or weekend surfer who just wants to have fun.

**Get your boards & gear right here: [www.surfontario.com](http://www.surfontario.com)**

Book a lesson and try out some of our boards for yourself. This way you'll have a much better idea of what style of board you'd prefer!

**Used and Demo boards available at a discounted price.**



## *The Stand Up 10*

**\$699 + tax**



9' 9" x 33" x 7"

The NSP models are great all round boards suited for beginners to advanced riders. They paddle fast with a great 'surfy' feel and offer incredible value.

All boards come with full length deck grip and inbuilt carry handles and are constructed with super durable, NSP E2 epoxy offering hours of trouble free fun.

Follow this link for more details:

<http://www.surfontario.ca/nsp.htm>

Starting at \$1260 + tax

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.

VIDEO of the SUP10:

<http://www.youtube.com/watch?v=GyR18ZC025A>

**Get your boards & gear right here: [www.surfontario.com](http://www.surfontario.com)**



**Caroline just can't get enough of SUPing and as she's finding out, it is quite addicting.**

*"I went out on the board yesterday and plan on going again today because I loved it! The board is amazing! It's pretty fast too! Easy to carry around and get on the roof of the car. I'm really happy with it!"*



Remember Dave from the Lake Surfing interview in last summer's newsletter?

Well here he is, stoked, with his brand new flux core Noserider longboard.

This is a perfect board for progressing and mastering your surfing skills.

Dave's sure to get a lot of waves this summer with this board!

# 4 Fast Facts

1. **Great summer recovery foods: Pineapple, watermelon and blueberries**

2. **Average lake water temperatures in Fahrenheit as of June 26<sup>th</sup> :**

**Lake Ontario: 63**

**Lake Erie: 70**

**Lake Huron: 61**

**Lake Wilcox: 75**

3. **Health Canada Recommends:**

**Cardiovascular Exercise: 4-7 days a week of continuous activity for your heart, lungs and circulatory system.**

**Flexibility Exercises: 4-7 days a week characterised by gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.**

**Strength Training: 2-4 days a week with activities against resistance to strengthen muscles and bones and improve posture.**

4. **Tummy time, rolling and crawling are essential ‘training’ avenues for babies to develop postural muscles, coordination and correct movement patterns. Muscles developed during this time will ensure babies will be able to carry their own weight when it comes time to sitting and standing.**

## **Mike’s Nutrition Plan for the 70km paddle across Lake Ontario**

Training for the paddle has been intense and with a proper diet, recovery time can be reduced. Nutritionist Trionne Moore who works with numerous national level athletes and teams, people looking for general guidance, as well as people like myself trying to paddle across the lake, has assisted me with my nutritional intake.

[www.trionne.ca/services.html](http://www.trionne.ca/services.html)

My nutritional guideline is to eat lots of healthy foods often. Briefly, a general day consists of a variety of fruits, nuts, seeds, vegetables, grains, breads, plain yogurt, fish, chicken and ground turkey.

I take two supplements, an Omega 3 and a multivitamin/mineral for active men called The Legend by Nu Life.

**Pre Workout** hydration includes 500ml of water + Infnit Sailing Blend

**Workout** food/hydration includes 500ml water per hour + Triathlon Heat Blend or coconut water

**Post Workout** food/hydration includes 500ml water + Recover Lite recovery drink AND lots of food

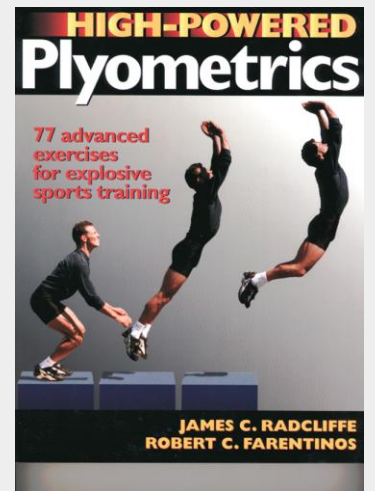
[www.customfuelontario.com](http://www.customfuelontario.com)

## RECOMMENDED READING:

### High-Powered Plyometrics

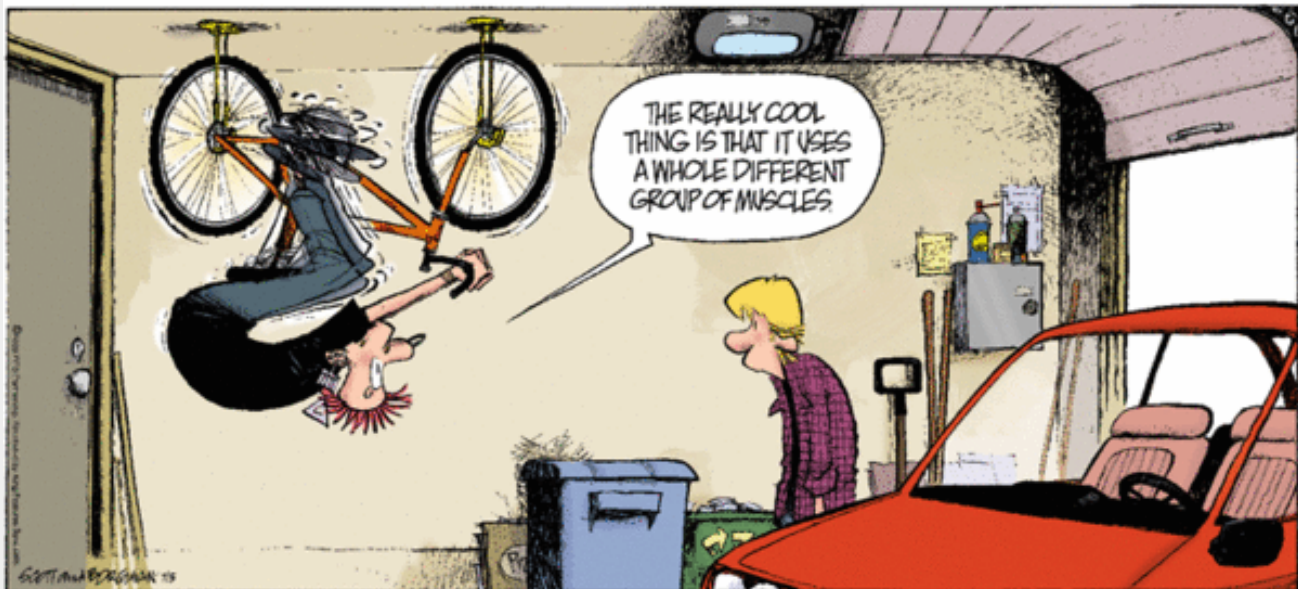
James C. Radcliffe, Robert C. Farentinos

*This text is great for any person looking to add some power and explosiveness to their training. The exercises in this book show simple yet very effective ways to use your own body weight and medicine balls to increase running, jumping and throwing power.*



ZITS

BY JERRY SCOTT AND JIM BORGMAN



### Mixing Up Your Training

Cross training should be an important part of your training. If you're a runner, it is important to include lateral movements and rotational movements in your strength training and/or conditioning. Running is a very cyclical activity focused in one plane of motion. Certain muscles will develop where others are neglected so it is therefore important to include multidirectional sports and intelligent strength training to help reduce and prevent muscular imbalances before they arise and cause injury.

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

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

**TRAIN 2 LIVE**

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

**TRAIN 4 LIFE**

## Mike's Periodized Training Regime for a 70 km Paddle

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

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.

I'm currently in the Maximum Strength phase of training. Here is an example of a resisted chin up.

The lower cables are attached to my waist belt, effectively increasing my body weight by 70 pounds.



## 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

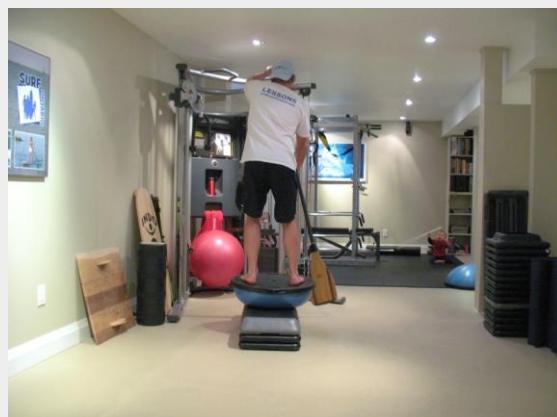
**Endurance Workout** – 45 Minutes Continuous

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 Up Bosu Ball.