

In March's Newsletter



Photo: Jon Howcroft

- Spring Boot Camp: April 19th – May 29th
- Surf Ontario: Now Selling *Imagine* Surfboards & SUPs
- 5 Fast Facts You Need to Know
- The Paddle for MS Update: 23%
- How to Train for a 70km Paddle : Mike's Training Program
- Catch WAVES Fitness at the *Vaughan Baby Shower* April 8th
- Consistency Yields Results : Try 3, 30, 3
- Inspirational Video: Paraplegic Surfer Drives Himself to Beach to Surf
- Recommended Reading: Athletic Fitness For Kids
- Tester 3 Training Package Still Available

VIDEO



Inspirational Video

<http://vimeo.com/9358866>

Video with commentary:

<http://vimeo.com/9715126>

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

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

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

Check out **WAVES Fitness** at *The Vaughan Baby Shower* April 8th

Admission is FREE

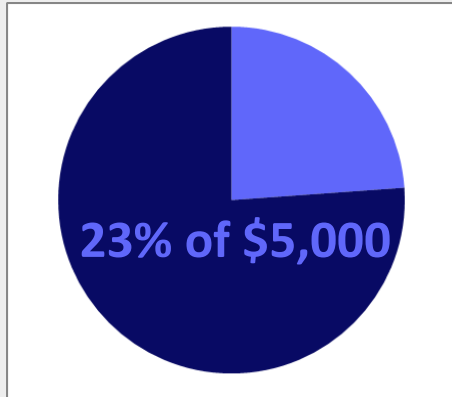
Show Specials!

- **15% Off Personal Training**
- **20% Off Surf & SUP Lessons This Summer**

For directions and more information:

[http://www.welcomewagon.ca/en/baby/search.php?province=ON
&event_id=801&Submit=Go](http://www.welcomewagon.ca/en/baby/search.php?province=ON&event_id=801&Submit=Go)





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. March was phenomenal, thank you for your generous support and making this happen.

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





**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

5 Fast Facts You Need to Know

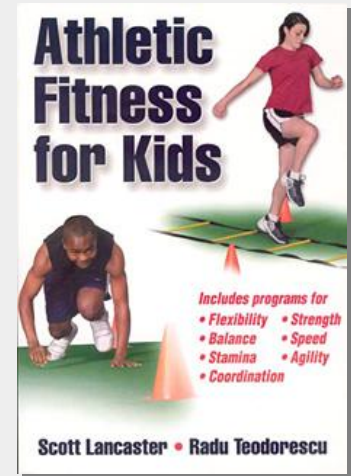
1. Canadian Clara Hughes is 1 of 5 people to medal in both the Summer and Winter Olympic Games. She is the **ONLY** person to have won multiple medals in both.
2. People most active in their 60s are almost twice as likely to be healthy after age 70.
3. The ideal body fat percentage for males is 13-17%.
The ideal body fat percentage for females is 20-27%.
4. There are 1,776 stairs in the CN Tower. The WWF public climb is April 17th if you're up for a challenge.
5. Surf wax comes in various forms; soft for cold conditions and hard for tropical conditions.

RECOMMENDED READING:

Athletic Fitness for Kids

Scott Lancaster, Radu Teodorescu

Help your kids develop the all-round athletic skills they need to participate in any sport and prevent injury. Fundamental movement mechanics are learned and practiced in a fun and exciting way to ensure program adherence.



Consistency is the Key: TRY 3 – 30 - 3

Have you ever missed a workout only to do twice as much the next session to try to make up for it? Then you need a full day or two of recovery and the cycle repeats. You fall into a trap where you do one epic workout each week and you pay for it with injury and/or lack of results. Lack of results decrease motivation to the point where you may be frustrated enough to quit your program.

How can you prevent this from happening?

Set realistic goals and hit your targets step by step to develop consistency. You can set loftier goals once you have attained your initial goal.

What is the 3, 30, 3? 3 workouts, 30 minutes, 3 months

Try **three 30 minute** workouts per week and don't miss one. Follow this basic guideline for **three months** to establish a habit. The workout could be cardio or strength training, interval training, or a sport. The bottom line is that you're doing something to get moving and you're sticking with it!

You won't achieve your long term goals with this program, however you WILL achieve a short term goal of completing the 3, 30, 3 program, which will give you the confidence to challenge yourself with another short term goal.



**Stay Tuned for April'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.

In next month's issue, I'll go over muscular endurance training of long duration and the energy systems trained.