



Off-Season workout

As we head into the colder months, we move indoors for our fitness training. More mature athletes need to train smart. Spending hours at the gym is not necessary and less effective for the 50+ crowd.

We train for shorter periods of time maximizing the intensity (effort) and choosing exercises that use groups of muscles (e.g.: push-ups & squats) as opposed to isolating muscles (e.g.: biceps curl). We have a small fitness room in our building, but even without one the following routine only requires a stopwatch and your own body weight for resistance. You can increase/decrease the effort by choosing a more/less challenging starting position. You may choose to add weight to the squats, dead-lifts, and lunges. For a complete description of the exercises, check on-line exercise videos.

As always, check with your doctor if you have health concerns prior to starting a fitness routine.

Twice a week resistance workout: Monday & Thursday

Warm-up: do 10 minutes of walking, treadmill, elliptical trainer

Routine: with a stopwatch perform each exercise for 30 seconds. Repeat the sequence of exercises a minimum of 4 times, up to 10 times. Keep in mind to hold proper form. If you get tired take a 30 second break.

1. Plank
2. Triceps dip
3. Squats
4. Push-ups
5. One/two legged deadlifts
6. Mountain climber
7. Back step lunges



Off-Season workout (page two)

Twice a week stair climbing for 45 minutes or more, Tuesday & Friday

Climb one or more flights of stairs at a steady pace. Slowly descend the stairs and repeat. Place your feet flat on the stair and avoid only using your forefoot as this will increase the load on your calf muscles. As you gain endurance you can climb faster, add a weighted backpack, and/or climb more stairs. It's a terrific workout! Remember to stretch your legs.

Twice a week of cardio: Wednesday & Saturday

Using stationary bike, elliptical trainer, or treadmill. The aim is to perform a moderate effort for the duration of the workout. If the weather is nice, we often opt to go for a hike or play in a local park. Aim for 45 minutes on the cardio machines or an hour long (or more) hike.

Day seven is a rest day. Sunday

It is important to let your body recuperate. Keep an eye out for signs of over training such as:

- Decreased performance.
- Increased perceived effort during workouts.
- Excessive fatigue.
- Agitation and moodiness.
- Insomnia or restless sleep.
- Loss of appetite.
- Chronic or nagging injuries.

