

# Cardiovascular Training

The training you don't have time not to do!

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## PART THREE – Cardiovascular Conditioning – Practical Ideas: Pool Conditioning

### Why Pool Conditioning?

Cross Training	prevent injuries, decrease joint/load impact; increase training opportunities = FREQUENCY
Ease	activities can be easily modified to increase / decrease INTENSITY
Minimal Space	a lot can be done in a small (condo) pool = TIME
Options	no limit to creativity / exercise variables = TYPE
Effective	high calorie burn, great cardio response, fun to splash around!

SAMPLE PROTOCOL	
<b>Date range</b>	Recommended 3 weeks
<b>Warm-up</b>	5 minutes 5 widths walking – forward (f); backward (b); sideward (s) 5 widths skipping – f. / b. / s. 5 widths running – f. / b. / s. 5 widths lunge step
<b>Cardio</b>	3 minutes: swim 1 length – get out and walk to start 1 minute: abdominal curls 1 minute: shallow water run / dance to an upbeat tune  10 minutes: Deep Water Running Technique Upright body position (feet to the pool bottom) Knee lift – 90° / heel push (behind shoulder line) Heel draws straight line (not circle) ~45° angle Arms pump as if on land Technique is consistent regardless of speed / pace 30 seconds deep water running 30 seconds beats/jetés with noodle  1 minute: abdominal curls 1 minute: shallow water run / dance to an upbeat tune
<b>Variations for decreased challenge</b>	water depth – depending on activity can be easier / harder in deeper or more shallow water rest by water walking between activities
<b>Variations for increased challenge</b>	water depth – depending on activity can be easier / harder in deeper or more shallow water add resistance (drag)
<b>Cool-down</b>	Walk around Mona Campbell Square x 2 Stretch thoroughly!

## Warm up

Warm-up is an essential aspect to the success of any conditioning program. A warm-up should be a deliberate inclusion of every training session and is intended to aid the body to prepare both physiologically and psychologically for physical performance. By warming up prior to every training session, performance is improved, and the possibility of injury is significantly decreased.

Warm-up is important as it increases the body temperature which results in improved performance by:

- increasing the contractile force and contractile speed of muscle
- increasing muscle efficiency due to decreased viscosity
- increasing the removal of lactic acid and waste product accumulation
- improving coordination through specific activity
- preparing for training by being stimulated mentally and physically

Warm-up also has the effect of increasing heart and respiration rates which results in improved performance by:

- increasing blood flow / circulation which increases the supply of oxygen and the flow of nutrients

## Cool down

Cool-down is an equally important aspect to the success of any conditioning program as warm-up. In fact, some (including me) believe it to be more important. A cool-down should be a deliberate inclusion of every training session and is intended to aid the body to pre exercise status post exertion. By performing a cool-down following every training session, performance is improved, and the possibility of injury is significantly decreased. The easiest thing to do is to perform the warm-up in reverse! And remember to stretch, stretch, stretch!

## Climbing

Stair climbing is inherently challenging – as we all know from the increased breathing and heart rate upon ascent. Climbing can be more challenging (increased intensity) by climbing up 2 stairs at a time. Establish a good pace and maintain technique while ascending flights. Since the descent is more demanding on the joints (knees), it is recommended that you come down 1 stair at a time.

## Progression

It is very important to accurately assess your current level of conditioning and to be logical and systematic in your progression. Injury prevention is a goal of participation. Appropriate increase of activity is essential to achieve that goal. Be sure that you can always reach a wall when learning to increase the challenge. Monitor your heart rate and your fatigue. Fatigue can be measured a variety of ways including:

- failure to maintain pace
- failure to maintain technique
- wobbly / shaking legs
- feeling lightheaded

At the onset of fatigue, slow down and perform shallow water or wall activities for active recovery. Over the course of training, you will increase your muscular and cardiovascular endurance.

<b>SAMPLE ACTIVIES</b>			
<b>Shallow End</b>	<b>Deep End</b>	<b>On/At the Wall</b>	<b>Swimming/Traveling</b>
walk, run, skip	running	front push up	swimming – any stroke / any style
jeté	beats with noodle	back push up	dolphin front
rebound; broad jump	jeté with noodle	abdominal curls	dolphin back
tuck jump; star jump; pike jump	á la seconde with noodle	abdominal circles	carwash
jeté jump	Charlie Chaplin	abdominal leg raises	with hand-held resistance tool

### **Tips**

- be body aware
- pay attention to 'float' factor
- monitor fatigue and modify accordingly
- challenge yourself by performing activities at various water depths

### **What should I do everyday for my heart?**

- Laugh heartily!
- Give countless heartfelt hugs!
- Love someone, something, everyone, everything!