



## Short Summary of Richmond Endurance Symposium Speakers

<http://richmondendurancesymposium.com/agenda/>

### **Michellie Jones – Achieving your Dreams**

*Ironman world champ 2006, Olympic silver medalist 2000, 2x ITU world champ:*

Recovery and rest - napped after every hard workout

Never used a HR or power meter

You have to enjoy what you're doing to work hard at it for a long time ☺

### **Swimmer's shoulder causes & return to sport Drs Steven Reece and Marion Henning**

Bad form is a big part of injury – shoulder impingement, labrum tears, or rotator cuff tendonitis

Straight arm and elbow slip increase chances of injury

Swimming flat through the water increases chances of injury

Swimming with high elbow catch reduces chances of injury (and is faster!)

### **Running Injuries & Biomechanics to prevent injury – Dr Robert Wilder & Eric Magrum**

Cadence over 180 reduces

- Vertical oscillation

- Stress through the knee/ankle etc

- Improves foot landing position (under body instead of in front of)

Don't run too much too soon

Each landing = 4x bodyweight through hip/knee/ankle/foot

- If you're 5lb overweight = 20lb additional stress

Running / coming back from injury with pain management:

- \*If pain is 0-3/10, proceed.

- \*If pain is 4-6/10, back off activity.

- \*If pain is 7-10/10, stop activity and don't start again until pain is <7/10.

- \*If pain lessens as the run goes on, proceed.

- \*If pain increases as the run goes on, back off or stop.

- \*Ice/heat/ice/heat the hamstring 3x/day.

- \*Take Motrin 2-3x/day.

- \*Start water running to maintain fitness.



### **Chris Carmichael – Training for Time Crunched Athletes**

Under 10 hours training per week, the periodization model breaks down/doesn't work  
9-11 weeks of high intensity with 3-4 weeks of easy training/rest diet - lose excess weight!  
Workouts focus on lactate threshold or V02max efforts  
Not necessary to fuel during 60-75 min workouts

Post workout should be 20-30% calories expended during workout  
High intensity training effective for races up to 3hr in duration  
Carrying extra weight doesn't help in any way for endurance athletes

### **Physiologic parameters of endurance athlete – Dr Douglas Cutter**

This was a nice review of the physiological aspects of training and energy systems used during exercise. A couple points - Endurance training should be focused and methodical, and economy of form is an important performance distinction between athletes of similar ability.

*Possible helpful supplements: chromium picolinate and L-arginine.*  
Also, beet juice increases time to fatigue but *reduces* V02max!

### **Frankie Andreau on mental training**

*1988 8th Olympics in track, 1996 4th in road race, 9x Tour de France finisher*  
23000-24000 miles a year as 12 years as pro  
Rested when not training  
Told his wife that rest is part of his job ☺  
Don't give up  
If a workout is going bad, go easy and go home to avoid overtraining and burnout  
Use visualization 3x a week 10-15 min per session

Notes by Marty Gaal, CSCS  
One Step Beyond Coaching  
[www.osbmultisport.com](http://www.osbmultisport.com)