

## TRANSFORMATIONAL TREKKING

Train, Trek, Transform!

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# Hiker's Foam Rolling & Core Workout Sessions Important Information Document

**Welcome Wonderful Trekkers!** I am very excited to add this very important part of becoming an efficient, strong, confident, and healthy trekker back to the trek training program. While our trek training workouts in the great outdoors are thorough, it is difficult to perform other important exercises where sitting or lying on the ground is necessary, without getting muddy, wet and cold. And without all of you revolting on me! So, I decided it was time to introduce some of my favorite floor exercises that are important for hikers, indoors via zoom! In this handout you will find:

1. Where these workouts will take place
2. When these workouts will take place
3. Description of the 50-minute foam rolling and core workout
4. Benefits of foam rolling (self-myofascial rolling)
5. Benefits of a strong core
6. Equipment needed for these workouts

### Where these workouts will take place:

This class will take place in your own home via Zoom. **You will be sent the week's zoom link once you have signed up.** You will need access to Zoom Video.

### When these workouts will take place:

Weekly: Starting Monday September 22

Monday: 8AM-8:50AM

Wednesday: 8AM-8:50AM

### Description of the 50-minute foam rolling and core workout:

The 2X weekly 50-minute combined foam rolling, and core workout zoom session will be split 65/35. For the "65" percent of class we will be performing gentle foam rolling. We will start out with basic rolling and gradually progress to more advanced techniques. By performing foam rolling we can help to improve blood flow to the area rolled, resulting in increased tissue

hydration, increased supply of nutrients to the area and increased removal of metabolic waste. Foam rolling can also help decrease muscular tension and discomfort and help to improve joint range of motion. You will also be coached on how to breathe as you roll, and why being able to breathe as you roll is so very important! Foam rolling is a slow-moving exercise and could be thought of as a type of active, mindful meditation. We will not be racing through each muscle group. The density of your foam roller is important. See the equipment list below in this handout for types of foam rollers. If you are unsure which would be best for you, don't hesitate to contact Sheri.

After this "warm-up" for our bodies, we will perform exercises to strengthen our core. We will be doing mostly floor exercises that are difficult to perform at our outdoor trek training workouts. The exercises taught will target your superficial as well as deep abdominal muscles, external obliques, low back, glutes and more! These muscles, when strong, will help improve trail posture, hiking efficiency, and help to prevent unnecessary falls as your stability and balance improve. Exercises will progress as the class progresses. When there are ways to modify the exercises, modifications will be shown. As we work through the routines, you can perform as many or as few sets and repetitions as you are ready for. It is important that you progress at your own pace. The class will end with a few stretches of the areas we worked.

### **Benefits of foam rolling (self-myofascial rolling):**

Over time tension can build up in muscles due to "neurological excitability" or "high neural drive" caused by over-use of the muscle, inactivity, poor posture, trauma and/or stress. This increased tension in the muscles can lead to muscular imbalances (decreased range of motion, increased muscular discomfort) potentially leading to injury down the road.

### **Foam rolling can help to reduce chance of injury and keep tissues healthy by:**

- decreasing neural drive to overactive muscles, relaxing them. Decreased neural drive can also result in decreased pain perception, and increased tolerance to stretch.
- improving blood flow to the area rolled, resulting in increased tissue hydration, increased supply of nutrients to the area and increased removal of metabolic waste.
- Decreased muscular stiffness

### **Benefits of a strong core:**

#### **Benefits of core training for hikers equals:**

- Improved hiking form and efficiency = you will be able to hike for longer and feel better doing so!
- Better balance & stability = decreased chance of falls on the trail. Hiking trails can be rooted, rocky and therefore uneven. Your core helps to stabilize you, so when you hit a root or rock the wrong way and get thrown off balance, you will be better able to

“catch” yourself instead of falling and causing an unnecessary injury. Also, carrying a pack, can make you more unstable, so your core muscles must work harder to keep you upright and moving efficiently. Well trained core muscles will better support the load in your pack, keeping you hiking stronger for longer!

Confidence in your abilities on the trail!

### Equipment needed for this workout:

**1. Workout Mat:** There are many mats you can choose from. [Click here for an example](#)

**2. A Foam Roller:** There are three types to think about purchasing for this fall’s class. The underlined words are linked, click on them to see an example.

[Soft low density, long foam roller](#), [Soft low density short foam roller](#): If you are a beginner and/or you know you are sensitive to pressure or your muscles are very tight, start with the soft foam roller. Starting with a foam roller that is too dense will not only cause a lot of discomfort but can also create more problems versus help you.

[Medium density, long foam roller](#) [medium density short foam roller](#): If you have foam rolled before and are ready for a bit denser foam roller, then a medium density roller might be for you. You should be able to foam roll in a relaxed manner with the soft roller before moving up to the medium foam roller. If your muscles tighten up every time you are on a medium foam roller, then it is too dense. The goal is for your muscles to be in a relaxed state while you roll.

[High Density, short Foam Roller](#), [High density, long foam roller](#): These are only for the advanced foam rollers! If you can keep your muscles relaxed using a medium density foam roller, you might be ready for the high-density foam roller.

\*You may find that some of your muscle groups need to start with the soft foam roller, while other muscle groups are ready for a medium density roller. And possibly other muscles could be ready for a high-density roller. We recommend starting with the soft roller and the medium density roller. Only purchase a high-density roller when you know for sure that your muscles are ready for it.

**Here are a few other fun rolling tools that you might want to play around with as your muscles get used to rolling:** tennis ball, lacrosse ball, [trigger-point foam massage ball](#), [pro-soft 5-inch release ball](#), [6-inch or 8-inch roller massage ball](#) \*The 6-inch or 8-inch roller massage ball is denser than the pro-soft 5-inch release ball. Note that these tools are not mandatory for the class. Sheri will show examples of these and others in class and share when you might want to use them.

**3. A thick pillow**

**4. Tennis ball or another type of squishy ball**

**4. Comfortable workout clothes**

**5. Access to Zoom Video**

\*If you have any questions about these workouts, email Sheri: [sheri@transformatrekking.com](mailto:sheri@transformatrekking.com), or give her a call: 206-465-1795.