

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!

sheri@transformatrekking.com

206-465-1795



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

Welcome Wonderful Trekkers! Foam rolling and core work play an important role in helping you to become an efficient, strong, confident, and healthy trekker. 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! This class teaches 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 55-minute foam rolling and core workout
4. Equipment needed for these workouts
5. Benefits of foam rolling (self-myofascial rolling)
6. Benefits of a strong core

Where these workouts will take place:

In your own home via Zoom. **You will receive the week's zoom link the day before & day of the zoom session.** You will need access to Zoom Video.

When these workouts will take place:

Weekly from September 2 - December 23 (4-week break - October 6 - October 30, no session on September 7 - Labor Day, make up session on October 5)

Monday: 8AM-8:55AM

Wednesday: 8AM-8:55AM

Description of the 55-minute foam rolling and core workout:

This 55-minute combined foam rolling, and core workout zoom session will be split 75/25. For the "75" percent of class we will be performing gentle foam rolling. We will start out with basic rolling and gradually progress to more advanced techniques. 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.

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. You will progress at your own pace.

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 in orange are clickable and linked to examples of the items.)
 - **Type #1:** [Soft low density, long \(36X6\) or short \(18X6\) foam roller](#), or try [Melt Method long or short soft foam rollers](#), or try [OPTP’s super soft long foam roller](#): These are for beginners and for those with tight muscles that are sensitive to pressure.
 - **Type #2:** [Medium density, long \(36X6\) or short \(18X6\) foam roller](#): These are for those who have foam rolled before and their muscles are ready for a denser foam roller. 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.
 - **Type #3:** [High density, long \(36X6\) or short \(18X6\) 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. **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.**

*It is recommended for our sessions to purchase a **long foam roller**, but it isn’t 100% necessary, a short roller can work as well.

Here are a few other fun rolling tools that can be helpful for you when your muscles get used to rolling: tennis ball, lacrosse ball (very dense, so be careful), [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, but can be helpful. Sheri will show examples of these and others in class and share when you might want to use them.

- 3. Tennis ball or another type of squishy ball** or one of the balls that have links to them in the above paragraph.
- 4. A thick pillow or 2 pillows**
- 5. Comfortable workout clothes**
- 6. Access to Zoom Video and an area in your home where you have room to roll!**
- 7. Drink 8 ounces of water before & during each session.**

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.
- Decreasing muscular stiffness & tension

Benefits of a strong core 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 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!

**If you have any questions about these workouts, email Sheri: sheri@transformtrekking.com*

