



2016 Prepare to Compete® “Spring Training” Workout Series

2:30 pm to 4 pm Saturday’s March 26th, April 2nd, 9th, 16

at Velocity Fitness, 133 E. 58th St.

Get ready for a great year with Spring Training 2016!



For Runners, Triathletes and those seeking better health and fitness:

- Didn’t get to that New Year’s resolution to add core and strength work to your training? Didn’t start or stick with that new healthy eating plan?
- Want to learn an efficient way to fit in key exercises from yoga, pilates, body-weight and plyometric training? Plus running “drills” for better form?
- Need more information and guidance on proper recovery and self-monitoring for injury prevention and performance enhancement, as well as when to seek doctor care?
- Do you need an update and advice on proper nutrition protocols to help maintain energy for training and competition?

Spring Training will be four consecutive weekly sessions in NYC. Sessions will be held in the afternoon so you can get your morning run, bike, or swim in and recover before the class. All workouts will take place at Velocity Fitness, 133 E. 58th St. Cost: \$200 for the four sessions. \$65 for individual sessions. Email Dr.Bochner@att.net or call 212-688-5770 to register. Class size limited to 20 participants to ensure individual attention!

Session 1: March 26th

Injury screening: Overview of the “Prepare to Compete®” System and Full body biomechanics screening.

We will check your posture, range of motion, and movement control as well as video your running form. Your results will place you in one of three “Activity Readiness Zones”, through the use of traininghistory.com, the on-line health and activity monitoring system. Then we will teach you how to “self-monitor” for these imbalances with self-care and recovery exercises. You will leave with a new understanding of the causes, treatment, and prevention of overuse injury.

Nutrition Week 1: Learn the REAL truths behind what you, as an athlete, should be eating each day. Your Nutrition Energy Dietitian will discuss total energy needs, guidelines for carbohydrates, protein and fat, as well as nutrition periodization for athletes. You will leave with Nutrition Energy's food log sheets, (see attached), to be completed before session #2. *Please bring completed forms for session #2 so your Nutrition Energy Sports Dietitian can review them individually and give you pointers on how to easily change a few aspects in order to reach your full training potential.

Session 2: April 2nd

Prepare to Compete Workout #1: Breathing, Balance and Core Strength. You will learn proper techniques for pre-workout warm-up, including techniques to improve your breathing, a key component to proper movement in any activity. Then, the main workout will include balance, strength and core exercises focusing on building a foundation of “core stability” that along with proper breathing will help set the foundation for proper movement. This workout is based on peak nervous system function, or “movement control”, which is often overlooked. We will finish with a cool-down that reviews the self-monitoring techniques from Week #1.

Nutrition Week 2: Your Nutrition Energy Sports Dietitian will review your 3-5 day food logs. You will be given your individualized advice on how and what to change in order to feel your best every day and for every workout. We will then teach you the most important aspects of nutrition and hydration for pre- during and post training. You will leave with another short assignment; to record your pre- during and post workout nutrition for 3-5 days.

Session 3: April 9th

Prepare to Compete Workout #2: Advanced Strength, Core and Agility. First, we will start with the same Warm-up techniques from the previous week. Then, the main workout will consist of Advanced Strength and Core work plus agility exercises that endurance athletes often overlook. The workout will build on the proper movement control established in week #1, and teach you to build strength and agility without sacrificing form, which can lead to injury. We will finish with a Cool-down that focuses on advanced stretches of common areas of tightness in endurance athletes.

Nutrition will be resumed in Session 4. You will be reminded to keep up with logging your pre, during and post workout nutrition!

Session 4: April 16th

Prepare to Compete Workout #3: Putting It All Together! After our Warm-up, we will perform a high-energy workout that builds fitness on top of our foundation built in the prior weeks. The workout will include Power and Plyometric exercises, plus running drills. After the workout we will wrap up the 4 week program with a question/answer session to review key points of concern you may have and to re-evaluate your “Activity Readiness Zone”. **You also will be able to use traininghistory.com for activity tracking, self-monitoring and to view videos of all the Prepare to Compete® exercises on an ongoing basis as a benefit of attending the 4 week spring training series!**

Nutrition Week 3: Your Nutrition Energy Sports Dietitian will individually review your training food logs. You will again be given customized recommendations for changes to help you feel better than ever. We will then cover Race Day Sports Nutrition and send you on your way, ready for a great season!

Spring Training is Led by: Marc Bochner, DC, CCSP, Corrine Fitzgerald, CPT, and Nutrition Energy Sports Dietitians Lauren Antonucci MS, RDN, CSSD, CDE, CDN; Lauren Thomas MS, RDN, CSSD, CDN; and Claire Shorenstein MS, RDN, CDN Go to bochnerchiropractic.com or nutritionenergy.com for more information on each instructor.

****Please note: No actual injury or health condition diagnosis will take place at these clinics. All information shared is for education purposes only. If you have a health condition or are unsure of your ability to perform exercise of any intensity, please consult your healthcare professional before attending this clinic.*