

IMPORTANCE OF A PROPER COOL DOWN

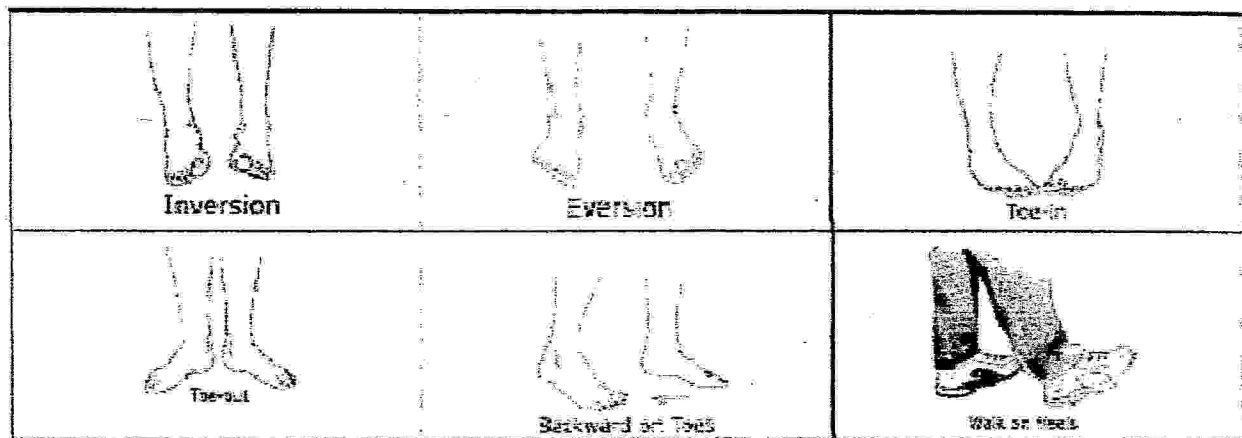
How can athletes increase their performance potential by minimizing blood and tissue acidosis during training and competing? From the preceding discussion, two suggestions can be offered:

- Ensure adequate fluid and energy-rich nutritional intake soon after the race or the hard training session to restore blood volume for adequate tissue perfusion, to permit rejuvenation of muscle energy stores, and to allow recovery of an aerobic metabolic state.
- Ensure adequate musculoskeletal recovery by a cool-down session (easy running, a relaxing swim, etc.), and restore flexibility through stretching exercises and massage.
- Ice bath

Foot Drills

Note: These should be done 1x/day, including after races and on weekends.

The six drills, illustrated below, are simply to walk on the outside of the foot (invert the foot), walk on the inside of the foot (evert the foot), walk with a toe-in, or pigeon-toed gait (adduct the foot), walk with the toes pointing out (a la Charlie Chaplin), and with the shoes back on, walk on the heels – this protects against bruising the heel.



Done daily these six drills will eliminate shin splints, Achilles' tendonitis, plantar fasciitis, lessen the chance of a severe ankle sprain and virtually all knee problems. The famous Rice Study done in the early 90s found that 79% of running injuries are from the knee down.