

Lil' Rotty's 3 Month Progress Report

– How EVERYTHING is going so far!



Checking in with Coach Courtenay!

Did creatine seem to do anything for you? In my own experience a number of years ago it helped puff up the muscles (retaining water) and allow a little more weight; just be cautious when you deload or go off it that you don't keep going with the same poundages or it could result in strain (FYI).

So far so good I have been careful to increase the water intake as I load to avoid dehydration but no real water gain or strength increases yet. I do find my I can handle the weighted treks much easier though!

How do you like doing the intervals workouts?

I love the interval workouts mentally they are easier to manage as you can break the session up into mini goals and push that extra bit harder!

Describe to me what happened with the workouts for 3/6 (TEST) and 3/7 (loaded trek)- is the weather still not cooperating?

Besides a mini earth quake nature is offering a timid training environment perfect for long runs and wicked multisport challenges. I have no troubles adding extra weight (duck tape on the shoulder works a charm to prevent backpack burn) and seem to be finding the flow zone with longer sessions (I use visualization from past travel to take my mind to another level where fatigue and pain drift away).

Do you have a backup plan to get those in early this coming week, or are things crazy with work?

Work is always crazy emails up to Wazoo and layouts to muster its a wonder I don't have a computer in the Lou as I try to keep up with it all. But prioritizing the sessions helps tremendously I pin-up a notice (using an inspiring picture and quote) outlining the session and stick it on the bathroom mirror. I wake with the birds and cleanse my face with Motion Medica's refreshing skincare range (this is the next best thing to a dip in the creek at dawn & zaps me out of the snooze zone) and take a moment to embrace the image and carry that thought as I train my rear off!

We still have the following pieces that are not getting addressed:

- * rowing in actual boat
- * swimming
- * climbing

Do we simply drop them due to:

- a) not "really" competing
- b) no time for such things realistically, or
- c) start finding a way to do them.

Sadly this has been my biggest challenge with little time for travel and limited access this suburban girl is struggling to schedule a session outside! Strategy and planning are in order and alternative training is still required. I am working on my options and think it might a good idea to go on training camp so I can get a feel for a natural terrain and truly condition myself for the wilderness. In the meantime providing indoor options helps keep me on track!

Reasoning behind putting more strength in this week -- still hooked on 3-a-days?

Whoopse! Despite being a nut for strength training I simple read the session script wrong and squeezed in some extras!

Have you maintained checking waking RHR and temp?

It's all over the place like a wombat on a wobble board! I can't seem to quiet that mile a minute mind of mine it simply won't switch off and consequently I sleep light and rise a wee bit pooped!

We also need to talk logistics about 4-6 hour training sessions (can be weekends if that's best) and linking multi-sport work, also back-to-backs (successive days of endurance training) so if you have any calendar conflicts this coming month let me know what they are?

I always think of that quote 'Winners are willing to do what others aren't and if it means an early morning or long weekend, bring it on sister!'

I sense you're having trouble with the days off, I noticed you repeated double strength this week; were the yoga/tai chi just not doing it for you?

It won't happen again Coach, promise! The Yoga and Tai Chi are great and actually have helped with my coordination and balance tremendously!