



PHASE #1-INHIBITION/FOAM ROLLING:

This phase will always be slow, involving stable and simple motions, at a lower intensity. Before a workout, the body is not ready to engage in strenuous physical activity or reach its peak, and our sole focus should be on addressing more fundamental and often overlooked methods of the training process, which are integral to maximizing the more hyped and appealing techniques (speed, strength, power, etc.) to follow. In this segment of the workout, we will perform an activity referred to as *foam rolling*, also known as *self myofascial release*. Foam rolling is a “cheap massage.” Massaging tissues helps decrease pain, reduce soreness, improve recovery time, increase metabolism, improve flexibility, and increase performance slightly. As a quick side note, foam rolling is a cost-effective derivative of manual massage. The reality is that many people can’t afford a high-quality massage from a licensed therapist. The question then becomes, how do we simulate the act of massage, since we now know its many benefits, and still receive good results from the chosen alternative? The answer: The foam roll! The foam roll is generally a cylindrical piece of dense Styrofoam used to self-massage various tissues throughout the body. There are a number of other training implements that will work as a substitute for the foam roll. Examples include, but are not limited to: medicine balls, golf and tennis balls, PVC pipes, stick rollers, etc. Some items work better than others at different body locations, but I will keep it simple and suggest you invest in a foam roll. You can go to just about any local fitness or sporting goods shop and find one of these.

With this technique, you simply apply as much direct pressure to each target area of the body as you can. By doing so, you will relax and release problematic tissue knots that form naturally. This results in a healthier and better functioning tissue. As a side note, *adhesion* or *trigger point* are other terms frequently used in place of *knot* and are more technically correct. I must warn you though that if you have never participated in this activity, it’s uncomfortable and unpleasant in the beginning. I can assure you, however, that if you consistently roll out a few times per day, every day for a week, the discomfort and pain you experienced during your introduction to this technique will either disappear or substantially decrease to the point where it is quite tolerable. Maintenance of the improvement will be easy so long as you stay consistent



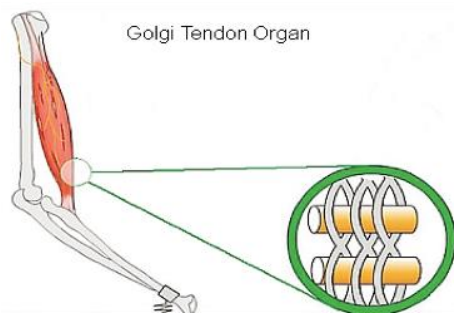
with your soft tissue work before each workout. Below is a brief list of the five benefits associated with the self myofascial release technique.

#1-REDUCES PAIN AND SORENESS

When we exercise hard and train a muscle there is a complex set of events that occur inside the muscle that causes it to bundle up into a dense and painful knot or knots. When this occurs, local blood flow through the muscle is reduced and the tissue's metabolism suffers. Fortunately, if we use the foam roll and apply heavy pressure directly to the knot, then the knot releases, blood flow increases, and metabolism improves, and pain is eliminated. This cycle is due to the activation of a sensory receptor found in the tendon that attaches to the knotted muscle called a golgi tendon organ. When we apply pressure to the muscle, the Golgi turns on which in turn causes the muscle to relax and lengthen.

#2-ACCELERATES RECOVERY

As you can probably imagine, with greater local blood flow to the damaged tissue, the nutrients essential to the healing and recovery process are better delivered to that location and we heal quicker. Furthermore, harmful metabolic waste products, which can limit recovery, are removed. This allows us to train more frequently and at a higher intensity.



(Image courtesy of Wikipedia) The golgi tendon organ is found at the muscle and tendon junction.

#3- INCREASES FLEXIBILITY AND MOBILITY

Tissue massage also does a great job ensuring that we have the capacity to operate our



movements through a full range of motion. When a muscle develops a knot, its length is reduced and this reduction is proportional to the size of the knot. By rolling out the knot, tissue length improves, and we experience a simultaneous increase in soft tissue extensibility (flexibility) and the mobility of our joints. It is why you hear me say “Full range of motion” so often during warm-up.

#4-INJURY PREVENTION

This next benefit introduces a very subtle, overlooked, and potentially dangerous scenario. We already now know that knots shorten muscle tissue. When one muscle shortens (agonist), the opposing muscle (antagonist) will equally lengthen, and a muscle imbalance emerges. When this occurs, the shortened agonist works extra, while its counterpart weakens. Eventually, we become predisposed to various overuse and underuse injuries. What’s worse is that the rest of the body will have to compensate for the acquired imbalance since the body works as a single unit, and this same scenario repeats itself at every joint elsewhere in the body.

Thankfully, daily soft tissue massage is one of the primary means of preventing this vicious cycle from occurring or repeating itself; additional means include specific stretching and strengthening techniques, proper exercise selection, training volume/ intensity control and manipulation, solid nutrition, and good daily posture practice.

#5-INCREASES PERFORMANCE

Imbalance not only strongly predisposes us to various injuries throughout the body at any time, but it will also ultimately limit the quality and productivity of our movement. A short and knotted muscle loses its force production capabilities to some degree, since it cannot effectively stretch and store potential kinetic energy. Conversely, an excessively elongated muscle is just as weak. By incorporating foam rolling techniques and other pertinent training methods into our program, we can restore structural balance and improve performance across the board.



La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

WARM-UP EXERCISES: [SEP]

PHASE #1: SOFT TISSUE WORK-FOAM ROLLING (5 MIN.)

CALVES





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

HAMSTRINGS





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

IT-BAND





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

QUADRICEPS/HIP FLEXORS





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

GROIN/ADDUCTORS





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

GLUTES





La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

LATS

