

Interval Training Series



BOSU®

Program design:

This program is a Bosu interval workout designed to improve core strength, muscular endurance and power.

Equipment needed:

All you'll need is a safe environment with plenty of floor space, a Bosu ball, and dumbbells.

Coach's note:

This program benefits everyone from runners, skiers, climbers, walkers and even the sedentary. Helps stabilize hips, spine, and shoulders and assists in injury prevention measures.

There are high intensity plyometric exercises being performed and constantly instable pieces of training equipment being used. For the inexperienced, I recommend training with a partner to help with form and weight loads.

Be safe when loading and performing these movements and always use a spotter when necessary.

As your fitness improves, decrease the time used for recovery between sets to improve your overall power output. Get creative and change up the exercises. Have fun!

Thank you,

Triston Mitchell
SportDynamics Performance Training



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General Warm-up

Light jog

Hit the road, park, treadmill, elliptical, or recumbent bike (only if necessary) to warm up.

Dynamic Stabilization and Mobility:

Squats – 10 steps of walking squats

Lateral squat and reach – 10 steps each direction of lateral squats

Leg swings – 10 leg swings with each leg

Standing quadriceps stretch – 10 walking steps

Overhead lat stretch lunge walk – 10 walking steps

Reverse lunge step with trunk rotation – 10 reverse steps in place

Interval 1 - Squat n pop (60 seconds)

Stand over the Bosu, blue side up. Squat down over the ball then pop up onto it for a brief moment before you land back into a squat. Repeat movement.

Ab tilts (12 each direction)

1. Grasp the Bosu by the black side handles in the push-up position. Allow your weight to shift to one side under control then shift your weight to the opposite side of your body.

Single-leg oblique crunches (24 repetitions w/ each leg)

1. Begin in a split squat or lunge position.

Bicycle crunch (24 repetitions each leg)

1. Sit with your back supported by the Bosu ball. Lean back with your chin pointed towards the sky. Begin to cycle your legs while rotating your trunk bringing elbow to opposite knee, repeating.

Interval 2 - Lateral step-over (60 seconds)

Stand to the side of the Bosu. Begin by stepping onto the ball laterally then step off without using a cross-step. Repeat movement.

Spiderman push-ups (12 each direction)

1. Grasp the Bosu by the black side handles in the push-up position. As you begin your decent bring your right knee towards your right elbow. As you push upward replace your foot and repeat on other leg.

Mountain climbers (24 steps each foot)

2. Remain in the push-up position and bring your right knee to your chest. Switch your foot position swiftly and continuously.

Military 6-counts (12 repetitions)

3. Begin with a push-up then quickly bring both feet beneath your chest and stand. Squat down to push-up position and repeat.

Interval 3 - Squat n pop (60 seconds)

Wood chops (12 chops each direction)

1. Stand black side up on the Bosu with one dumbbell. Extend arms and raise them from one shoulder down to the opposite hip.

Skier triceps kickbacks (24 kickbacks)

1. Take a skiers stance on the Bosu. Bring your elbows to your side and kick your palms backward then return to starting position.

Biceps curl to shoulder press (24 repetitions)

1. Stand black side up on the Bosu. Have someone hand you a set of dumbbells for your curls. Keep your shoulders back as you complete the movement.

Interval 4 – Lateral step-over (60 seconds)

Rockers (12 rockers to each side)

1. Stand on the Bosu black side up with your weight centered. Squat down gently shift your weight from side to side.

Squats (12 repetitions)

1. Center yourself, black side up, on the Bosu. Have someone hand you a set of dumbbells and hold them at your side. Keep the platform level as you squat.

Split squat (12 repetitions with each leg)

1. Turn the Bosu black side down and place it against a wall for support. Begin in the split-squat stance with your back foot centered on the ball.

IN THE POCKET CHEAT SHEET:

| ROUND 1 | ROUND 2 | ROUND 3 | ROUND 4 |
|------------------------------|-------------------------------|-------------------------|-------------------------------|
| Squat n pop (60 sec) | Lateral step-over (60 sec) | Squat n pop (60 sec) | Lateral step-over (60 sec) |
| Ab tilts (12)(b) | Spider-mans (12) | Wood chops (12)(b) | Rockers (12)(b) |
| Single-leg crunch (12)(b) | Mtn. Climbers (12) | Skier triceps (12) | Squat (12) |
| Bicycle crunch (24) | Military 6-counts (12) | Curl to press (12) | Split-squat (12) |

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Recovery and Restoration:

Sports Foods and Supplements

Here is a list of types of foods and supplements that can be most beneficial for your recovery and nutrition.

Skim milk: Great substitute for a protein shake post-work out. 8 ounces of skim milk is typically enough to restore post training immediate nutritional needs.

Sport gels: Convenient and compact carbohydrate source for use during races.

Liquid meal supplements: Convenient, portable, and easy to consume source of protein, carbohydrate and micronutrients for post-exercise recovery. It's very important to pay attention to sugar content of these meals.

Multivitamin and mineral supplements: Supplemental source of micronutrients during frequent racing programs or when focus of food in reduces quality (e.g. refueling).

Electrolyte supplements: Sodium supplement may assist with rehydration following moderate to severe exercise induced dehydration.

Iron supplements: Supplemental form of iron can be taken for prevention and treatment of diagnosed cases of iron deficiency.

Calcium supplements: Supplemental form of calcium for prevention and treatment of poor bone status when regular diet is unable to meet calcium requirements.

Caffeine: Small to moderate doses of caffeine appear to be as effective as large doses of caffeine when it comes to enhancing the performance of prolonged exercise. It can be consumed by drinking cola or other sports drinks and gels.

Glycerol for hyperhydration protocol: May be useful when consumed with large bolus of fluid before exercise to increase total body water content. This strategy may be useful in races where the amount of sweat loss cannot be practically replaced during the even.

Before initiating any new dietary protocol, please seek appropriate medical and dietary supervision.

References:

Practical Sports Nutrition, Burke 2007 – Road Cycling and the Triathlon