**TheElite Training Group track club**

**Expanding the area of what is possible**

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

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**TheETG range of motion**

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**TheETG Training Packets**

**Mission:** Expand the area of what is possible for human performance in distance running. One of TheETG methods of achieving that is to proliferate applied science based information by way of -free– packets containing plain language info for “the average joe” seeking to move themselves or others forward

As you continue to acquire and apply more information you continue to expand the area of what is possible.

The functioning of brain cells, muscle cells, blood cells, -all cells- are governed by the laws of nature. The laws of nature -are- the underlying mechanisms of how everything works. The laws of nature that control human cellular function are -not- governed by your chosen belief system or the dogma you have been indoctrinated into, or the dogma you refuse to set aside.

“Nature, to be commanded, must be obeyed.” —[Francis Bacon]

Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone insuring that new information gets shouted down as pride, ego, and resistance to change supplant data, logic and reason. Put data ahead of dogma. Follow the data -not- the crowd.

“In God we trust…Everyone else must bring data.” —[W.Edwards Deming]

To be a good track coach one must **-first- be a good physiologist.**
To be a good medical doctor one must **-first- be a good physiologist.**
To be a good physiologist one must **-first- be willing to…………**
— put data ahead of dogma, follow the data -not- the crowd
— put science ahead of indoctrinated tradition
— put logic and reason ahead of faulty assumptions
— put mechanisms ahead of correlations and “risk factors”
— put critical thinking and clinical reasoning ahead of a memorized set of “if-then” statements
— read and apply large amounts of published research
— accept outcomes as the judge and jury of your work

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The ETG ROM's Day  [full list]
ROM's = range of motion exercises

Just as strength training can be a stimulus for muscles and tendons to grow in width, long hold stretching such as for 4 minutes for each stretch is a stimulus for muscles and tendons to grow in length resulting in a maintained or increased range of motion. TheETG.....we don't do traditional stretching before or after workouts.

We have formal stretch sessions [Range Of Motion Training Day] spread across the month all year around. Entire session takes about an hour consisting of long duration holds [4 minutes] for each stretch.

**Hip Rotators = internal rotators, external rotators**

**Arm extensor, adductor, rotator**
--- On your back, laying flat on floor, place arms over head, place weight in each hand, weight holds back of hand on floor. Hold this position for 4 minutes.
--- On your back, laying flat on floor, place arms out to each side in bench press position. Rotate arms backward so that back of hand approaches floor. Place weight in each hand, weight holds back of hand on floor. Hold this position for 4 minutes.

**Upper Leg = quads, hamstrings, adductors**

**Lower Leg = calf, soleus, anterior tibialis, plantar fascia**

**Supplemental strength & balance exercises**

**Wall Hand Stands**...push-ups in a hand stand position. Use a wall as a back-stop
If you lack the strength to do this, begin with a modified version......
-- put your back to the wall, put hands on floor, walk your feet up the wall as far as you can handle. As you get stronger, walk your feet further up the wall
-- when you can go close to vertical, turn around and do them the regular way
--- 2 reps [do very slowly] cumulatively or consecutively rest, then 1 additional set

**Jacks**....jack-knife situps, simultaneously done sits-ups and leg raises
-- lay on floor, supine on your back
-- raise your straight legs and at the same time do a sit-up with arms extended
-- touch your toes keeping legs straight, then return to starting position
--- 20 reps cumulatively or consecutively rest, then 1 additional set

**Reverse Jacks**.....jack-knife back extensions, combo of simultaneously done back extensions and reverse leg raises
-- lay on floor, prone on your stomach
-- raise your upper-torso slightly off the ground [but with arms folded, hands under your chin]
and at the same time raise your straight legs off the ground, then return to starting position
--- 20 reps cumulatively or consecutively rest, then 1 additional set

**Balance**.....close your eyes, stand on one leg
- do a 1/4 squat then return to starting position
--- 2 reps [do very slowly] cumulatively or consecutively rest, then 1 additional set
The ETG ROM's [abbreviated]

long duration holds [2 minutes] for each stretch.

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Supplemental strength & balance exercises

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The ETG primary training program principles.....

1 --- Stay anabolic.
Keep the body in an anabolic state. If you get that done everything moves forward. If you don't get that done, nothing else matters. Be highly aggressive at preventing the gradual pile-up of job time, school time, travel, stress, lack of downtime, etc. And in this modern era of distance running it goes without saying that you should permanently place days off in your training program. That's days, as in the plural form of that word. As in more than one.

2 --- Relatively high velocity aerobic training in interval form.
The faster you train the less frequently you'll need to train and the lower the training volume required in your training. Repetitions in the corridor of 400m to 1 mile, the corridor of 1 - 7 minutes of relatively high intensity running. Those workouts should never be "periodized" out of a training program. They shouldn't come and go across the course of a year or sport season as is the traditional approach in our sport. Their presence should be permanent. At the cellular level both endurance and speed emanate from relatively high velocity aerobic training. You'll have "speed" whether you do sprints or not, you'll have endurance whether you do "long runs" or not.
The multitude of workouts in a traditional training program from 10 mile runs to 6 mile fartleks to mile repeats should collectively be viewed as the multitude of different ways a personal trainer has a client do sit-ups. You don't need a multitude of different ways to do sit-ups. You can choose one or two effective ways, stick with those and ditch the rest.

3 --- Keep up with the rate of tissue tightening and tissue strength requirements.
Hamstring, calf, or quad issues occur at times when your fitness level is moving forward. The rate of tissue tightening as your fitness level progresses in any given week may exceed the rate [frequency of stretching and strengthening] and/or effectiveness of your stretching and strengthening protocols.

So stay anabolic, have most of your workouts consist of reps between 400m to 1 mile, do formal stretch sessions somewhat frequently to keep up with the rate of tissue tightening as your fitness level moves forward, and strength train to keep up with tissue strength requirements.

Do these things and you remove the major limitations and road blocks that are embedded in most traditional training programs in track & field distance running.
"Maintenance and enhancement of vascular endothelial function contribute to the prevention of cardiovascular disease and prolong a healthy life expectancy. Given the reversible nature of vascular endothelial function, interventions to improve this function might prevent arteriosclerosis."

"Accordingly, we studied the effects of a 6-month static stretching intervention on vascular endothelial function and arterial stiffness and investigated the reversibility of these effects after a 6-month detraining period following intervention completion."

"The study evaluated 22 healthy, non-smoking, premenopausal women aged ≥40 years. Subjects were randomly assigned to the full-intervention (n = 11; mean age: 48.6 ± 2.8 years) or a half-intervention that included a control period (n = 11; mean age: 46.9 ± 3.6 years)."

"Body flexibility and vascular endothelial function improved significantly after 3 months of static stretching."

"In addition to these improvements, arterial stiffness improved significantly after a 6-month intervention. However, after a 6-month detraining period, vascular endothelial function, flexibility, and arterial stiffness all returned to preintervention conditions, demonstrating the reversibility of the obtained effects."

"A 3-month static stretching intervention was found to improve vascular endothelial function, and an additional 3-month intervention also improved arterial stiffness. However, these effects were reversed by detraining."