

Chandra's August 2007 Update

Nevermind that the unrelenting 4-hour days in this training camp comprise my hardest block of training since last summer, I greet another cobalt-blue sky day with a smile at 6am and spring into action. Deep, slow breaths of pristine mountain air at 2700ms (almost 9000 feet) energize me as I hike up to the Haig glacier for my 12th ski day in July. To my amazement the fatigue I'd be expecting to have accumulated in my body by now is blissfully absent. How is it that this big physical load of training can leave me feeling better and not worse? Are there aspects of this high-altitude camp that I could be incorporating more regularly into training back home to make me feel this good?

The answers to both these questions are simple but extremely effective recovery routines. Good sleep (9 hours at night plus 1-2 hour naps), good food, 4 minute soaks in the frigid waters of the river running off the glacier, and easy yoga with long holds every afternoon for at least an hour. The invigorating swims in the beautiful, sparkling water of the nearby pond and an awesome positively motivated team get some credit as well. But even more revealing is what is NOT there. No cars, traffic, cell phones, internet, errands, lineups, or mail besmirch this mountain getaway.



(yoga on the heli-pad. Making time for this every day left me feeling great even at the end of a 25 hour training week)

However distant it felt at the glacier, the tiredness did in fact catch up to me once I got into my intensity block in Canmore with all kinds of intensity and strength work. By the

end of it I could barely stick on Sara Renner in our long road bike ride (which actually made me happy because I'm loving seeing her get back into shape after having a baby in February). Luckily the rest week was not far off, and just the thought of the upcoming break got me through many hard workouts.

"Take the rest!" This was World Champion decathlete Michael Smith's advice to me when I met with him this spring. Many athletes become compulsive trainers and never take the time to let the body rebuild and come back stronger. Not me. I thoroughly enjoyed a week in Tofino, BC with a few training sessions sprinkled among relaxing days of surfing, fishing, swimming and enjoying the company of friends.



(hello sweet Pacific Ocean!)



(on the rest week, everything is exciting... even reeling in a 1.5lb ling cod)



(beach out on a small uninhabited island where we had a bonfire thanks to my good friend Al Gornall's sweet boat)



(heading out surfing with best-bud-since-grade-one Natalie Wuitchik. 9 foot boards + 4 foot waves = Yesssssss!)

And now I will be intensifying my focus with just 10 weeks until the first world cup Oct 27th in Germany. In that time I will have two altitude camps, one on the Haig and one in California, as well as a trip to Toronto to visit my sweet sponsors Motorola, Aastra Telecom, and Birchill Investors as well as hang at Devon's cottage in Orillia (near TO). The excellent training and resting cycles have prepared me for this next phase and I'm feeling fit and ready to take on the hard intensity workouts that will crescendo into race season.

Thanks for stopping by,

Chandra