



## The Weekend Warrior's Playbook

### PACE Yourself!

Adult weekend athletes tend to have more than their fair share of mishaps and injuries. But this does not have to be the case. Some self-care and a little preparation can go a long way toward feeling good, performing your best, and not getting sidelined from your summer fun! **PACE Yourself to Stay Active This Summer. Before you go all-out, ask yourself a few questions:**

**Power** – What movements will you use to blast off from a stationary position or suddenly pour on the extra juice (energy or force)?

**Agility** – What sudden changes of movement could take place, including unexpected ones?

**Control** – When will you have to suddenly slow down or control your speed or that of another object, keep your balance, or change direction?

**Endurance** – What movements will you need perform over an extended period of time?

Use PACE to consider each of these practical areas to boost your performance and reduce your risk of injury.

#### BEFORE You Take the Field or Hit the Course

PACE-ing yourself starts before the whistle blows or the ball is teed up. Here are some extra TIPS to help you perform and feel your best.



**Warm up** your muscles *before* your events and activities to improve blood flow, fuel your muscles with oxygen, and wake up your body's entire communication system so it can receive information about your physical demands and respond appropriately. Take 10 minutes before your event to perform all the PACE movements you'll do on the field at a slower pace and with smaller movements.



**Stretch** your muscles so they aren't tight when you start your event. Tight muscles can't contract as effectively to generate the force you'll need to perform well. Tight muscles can also inhibit other muscles from doing their jobs. For example, if the muscles in the front of your hip are tight, your gluteal muscles cannot perform as well or quickly.



**Prep your core** so your arms and legs have a firm foundation to work from. Your core stabilizing system needs to contract BEFORE you move an arm or leg to exert full power and optimize joint support. You should feel your lower abdominal muscles contract along with the large muscles of the hips, thighs and back. Be sure to breath deeply, to enhance core activation. The chest should not rise until the end of the inhalation while breathing.



**Self-care** is incredibly important for weekend warriors. Do whatever it is you need to do before and after your event to make sure you're meeting your body's demands. Ace wraps and taping give joints and muscles extra support. [Drink plenty of water](#) to flush out waste and stay hydrated. Use heat, massage, therapeutic-grade oils, and tiger balm to prepare tight muscles and ice to relieve tired, stressed joints. Use

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### PACE Yourself!

Improve your performance, comfort, enjoyment and safety by using the PACE approach to prepare for your physical activities. The movements below are examples designed to get you thinking about your own event demands. Decide where you may need Power, Agility, Control and Endurance then practice the movements, starting slow and small and progressing to full demand movements as your muscles gain flexibility, oxygen and blood flow to do the job effectively.



#### POWER for the Weekend Warrior

Consider what movements in your activity will require POWER. Is it the blast off from home plate? The sudden exertion as you navigate a terrain feature on your mountain bike? Lifting your loaded kayak as you portage around a downed tree?

- Feel each muscle stretch comfortably.
- Feel the deep abdominal and large hip and thigh muscles contract.
- Keep your foot, hip and knee facing the same direction.



#### AGILITY for the Weekend Warrior

Where might you need to adjust position or change direction quickly or unexpectedly? Consider as many possibilities as you can. Will you need to dodge an opposing player? Shift and turn to avoid getting tagged? Reach with your whole body to catch a ball?

- Think 3-D movement: front to back, side to side and rotation..
- If you are reaching add some rotation or other movement components that could occur.
- Avoid pressure, stress or pain in the joints.



#### CONTROL for the Weekend Warrior

Where will you have to control force? This could be managing a change in direction of an object or controlled deceleration of yourself, an object or another player?

- Start with slow motion and focus on contracting the muscles that will slow or stop movement.
- Relax tight muscles and allow them to gain length in that position.



#### ENDURANCE for the Weekend Warrior

Muscular endurance requires an ample supply of oxygenated blood going to the muscles. Use the tips below to help you plan for enhanced endurance.

- Pre-train with cardiovascular training the uses the large muscles to work the heart.
- Before and during events pre-fuel, then refuel your muscles with blood flow by contacting them as you move in patterns similar to your sporting activities.

PACE-ing yourself before you take the field can help even the toughest weekend warrior avoid injury and feel great. Want more tips? We're happy to help and only a phone call or email away. [Contact](#) TiPS for a full, personalized training for your specific activity for play, work, or life!

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