

## WHAT CAN WATER RUNNING DO FOR ME?

Written by Linda Kanninen and Terry Nelson, Edited by Charlene Kopansky

Following is the handout that Linda and Terry will distribute to all participants in the Water Running Master Class

*Do you want to get stronger and last longer?*

*Do you want to be more supple and flexible?*

*Do you want to decrease stress and be more relaxed?*

*Do you want to feel better and enhance your fitness level?*

*Do you want to improve the function of your heart and lungs?*

You have the opportunity to achieve these goals through Water Running. You can improve cardiovascular condition; muscle strength, muscle endurance and flexibility by exercising in an aquatic environment.

Suspended comfortably in deep water with the aid of a flotation belt, you are able to breathe easily and perform a wide range of movements. If uncomfortable in deep water, you can run in chest deep water using the buoyancy belt to decrease the amount of impact on your body.

Buoyancy provided by water supports the body and eliminates all impact. Resistance of water creates the opportunity to manipulate the intensity level of the workout – making it easier or harder depending on your goals.



Water running uses all the major muscle groups of the body providing total body conditioning. The support of the water decreases gravitational pull and dramatically reduces stress on joints, muscles, bones, tendons and ligament.

Whatever your age, interests or physical condition, water running provides a format of exercise in which you can be instantly successful. A great advantage of water running is that different abilities can train together providing an effective activity for all sizes, shapes, ages, and fitness levels which is not gender specific.

Vertical water running has no impact, no limits. It is all inclusive and all empowering.

Participation in CALA training and educational events provide opportunity for the...

*'mind to discover, the body to move, and the spirit to soar.'*

*Charlene Kopansky, Hons. B. Sc. H.K., B. Ed.,  
CALA Founder & President*

### WHY ADD WATER RUNNING TO MY FITNESS PROGRAMME?

Research has proven that a Water Running Programme can be confidently implemented in the short or long term as a substitution for land based running.

Water running is as effective as land based running in maintaining or improving aerobic and anaerobic fitness, offering all the benefits of cross training without the injury risks.

While water running, the global and core abdominal and back muscles are challenged, improving stability, functional ability and posture.

#### Athletic Benefits:

- "FACT....66% of all runners will experience a running related injury over the next 12months..."
- A runner will typically hit the ground 500 and 1250 times per kilometre (800-200 times per mile)
- Running on land in excess of 56 kilometres (35 miles per week) increases the chance of injury by more than 55%"

Excerpt from the CALA Water Running Training Course Manual

Deep Water Running is a revolutionary method of resistance training for both novice and peak performance athletes. A dynamic breakthrough in rehabilitation from illness, injury and surgery.

Sprinters, middle distance runners and marathon training can all be performed in deep water. Simply transfer any given session into the pool.

Your running technique will improve as the connection between 'your mind thinking, your body moving and your spirit feeling', grows and is nourished by this method of training and the CALA philosophy, developed by Charlene Kopansky. Using the Kopansky methodologies, your training sessions will be greatly enhanced and you will find yourself in tune with your body at a level never experienced before.

Football, Rugby, Basketball, Tennis players, Martial Artists and those involved in many other team sports can work on agility drills, kicking exercises and co-ordination.

Extremely high levels of intensity can be reached and most land based movements can be specifically simulated without trauma to the musculoskeletal system.

**WATER RUNNING IS UNIQUE AND IMPACT FREE!**

Research has shown that Deep Water Running is the only known method of maintaining and improving conditioning while recovering from an injury.

Deep Water Running protects the musculoskeletal system from further punishment and will leave you feeling re-juvenated and exhilarated. Your muscles receive a soothing massage instead of being fatigued and sore.

The resistance of water is much greater than the resistance provided by air. The water promotes muscular balance and improves blood flow to the muscles which in turn will speed up recovery from land based workouts.

Whether you want to improve your personal best or get the edge you are searching for in competition, Water Running will help you achieve your goals.

**CONDITIONING FOR THOSE WHO FIND EXERCISE DIFFICULT**

**Regaining Control of Your Life!**

Deep water running also has benefits in helping a wide range of medical conditions and individuals with personal challenges.

**Weight Control:**

Deep water exercise burns calories faster than any known activity while firming and toning the body...deep water running classes provide the important social atmosphere and support of a group activity.

**Control of Arthritis and Lower Back Pain:**

A wide variety of back pain can be relieved through water exercise. Arthritis sufferers, many too immobile for other forms of exercise can take control of their pain and increase their range of movement.

Learning relationships are generative: they generate answers to questions and solutions to problems.

Bentley, 1998

**Cardiac Rehabilitation:**

Cardiac patients find water exercise provides a workout equal to or superior to dry land activities- with a reduced heart rate and similar training effect.

**Rehabilitation Therapy:**

Water exercises allow those recovering from an illness, injury or surgery to resume normal activities more rapidly than conventional methods.

Water Running and aqua exercise have benefits in helping a wide range of medical conditions including but not limited to:

- Spinal Cord Injuries
- Shoulder/Neck Injuries
- Post Cancer Treatment
- Post-Op Ankle-Knee Surgery
- Hip Surgery
- Depression
- Multiple Sclerosis
- Kidney Dialysis & Transplant Patients
- Diabetes
- Osteoporosis

*Water Running will leave you feeling relaxed, invigorated and refreshed.*

*Welcome to a whole new world of aquafitness training!*

**References**

- Bentley, T. 1998 Learning Beyond the Classroom
- J. Glenn McWaters Deep Water Exercise for Health and Fitness
- Kopansky, C., Aquajogger Manual
- Wilder and Brennan Deep Water Running

*The flyer used to promote this event is on page 24.*