



## **LOW IMPACT ATHLETIC WATER RUNNING**

**Charlene Kopansky, BSc. H.K. BEd, Founder and President of CALA**

**Description:** The ultimate in low impact cardiovascular training using running as the base move. Gain stability, endurance and strength that will enhance running form and performance. Learn specific training formats for short, middle and long distance running. Experience it all in chest to shoulder depth water. See the finish line and get there feeling fresh and alive.

---

1) Why add low impact water running to the training mix to

2) The Physiological Effects of Water Running:

3) Teaching Tips for proper running form in water:

- The Head, Neck, Shoulders and Trunk
- The Arms, Wrists and Hands
- The Legs, Ankles and Feet
- Power Posture Sequence

4) Chest to Shoulder Depth Water Running Tips:

5) How to ensure success with the Program:

---

## Specific Training Programs:

o Train aerobic and anaerobic systems to improve running :

### 1) Running Economy (RE):

- \* to improve efficiency in energy expenditure with optimal biomechanics;
- \* improves "steady state" running at low intensities (55 - 75%max)
- \* typical RE workout in pool is 30 - 60 minutes, at a level which allows comfortable conversation.
- \* primary goal: develop biomechanical efficiency while relaxing and focusing on smooth flowing type motions

### Sample Slow Continuous (LSC):

#### Running Economy Training or Long Slow Distance (LSD)

**Workout # 1 (from Aquajogging Manual, pg. 101): Total time 50 minutes (includes warm up; workout and stretch)**

40 minutes @ RPE 2.0 - 3.0

#### Format:

a) 5 minutes: Warm up: Aquajogging at light intensity: Transition from daily activities to the workout at hand. Take time to engage the mind, body and spirit

b) 40 minutes: Aquajogging at RPE 2.0 - 3.0:

Focus on head, neck, shoulders and trunk - technique tips

Coaching: verbally, visually and with cue cards at one minute intervals

j) 5 minutes: Dynamic or Static Aqua Stretch (depends on temperature of water)

#### Another OPTION for a Running Economy: Long, Slow Distance: Total of 50 minutes

a) 5 minutes: **Warm up:** Aquajogging at light intensity: Transition from daily activities to the workout at hand, engage the mind, body and spirit

b) 5 minutes: Aquajogging at RPE 2.0 - 3.0: with a selected technique or 'mind-muscle' focus

c) 5 minutes: select a CALA move: ie Jumping Jack legs - chest hug n' squeeze arms

d) Repeat (b) and (c) to complete 40 minutes at workout intensity 2.0 - 3.0

e) 5 minutes: Dynamic or Static Aqua Stretch (depends on temperature of water)

## 2) Lactate Threshold (LT):

- \* rapid elevation of lactate in blood during running.
- \* LT usually occurs at 55 - 65% in untrained runners and 75 - 85% in trained runners.
- \* LT training improves ability to recycle and to tolerate lactate.
- \* to improve the runners ability to sustain a faster pace without acquiring excessively high blood lactate levels.

### Sample LT Training:

#### Long Intervals:

- \* try one session per week to familiarize the athlete with the muscular and cardiovascular demands of both short and long distances (5k through marathon distance)
- \* use several long intervals of 3 - 15 min. duration with 1 - 2 min. recovery periods
- \* total run time is 45 - 60 minutes
- \* this type of training simulates 800 m - 5 km workouts on the track
- \* workout intensity: RPE (Brennan Scale) of 3.0 - 4.0; % of Max. Heart Rate: 75 - 85%; in the anaerobic threshold.

**Workout # 3 (from Aquajogging Manual, pg 100): Total time 50 minutes (includes warm up; workout and stretch)**

#### Format:

a) 5 minutes: Warm up: Aquajogging at light intensity: Transition from daily activities to the workout at hand. Take time to engage the mind, body and spirit

#### b) Workout:

9:00 min @ RPE 3.5; 1:00 min @ RPE 2.0  
8:00 min @ RPE 3.5; 1:00 min @ RPE 2.0  
7:00 min @ RPE 3.5; 1:00 min @ RPE 2.0  
6:00 min @ RPE 4.0; 1:00 min @ RPE 2.0  
5:00 min @ RPE 4.0; 1:00 min @ RPE 2.0

c) 5 minutes: Dynamic or Static Aqua Stretch (depends on temperature of water)

**Tips on coaching:** The instructor or coach will reinforce the proper biomechanics of running along with the three R's (range of motion, rhythm, relaxation) along with the power posture sequence. Motivation is key in order for this workout to be successful. Include positive encouragement throughout.

**3) Maximum Oxygen Consumption (V<sub>O2</sub>max).**

\* V<sub>O2</sub>max improves through interval type training at approximately 85 - 95% of maximum effort, RPE 4.0 - 5.0, ranging from 30 seconds to 3 minutes in duration, with recoveries of 1 - 5 minutes.

**Sample V<sub>O2</sub>max Training:**

**Workout # 4 (from Aquajogging Manual, pg 101): Total time 50 minutes (includes warm up; workout and stretch)**

**Format:**

a) 7 minutes: Warm up: Aquajogging at light intensity: Transition from daily activities to the workout at hand. Take time to engage the mind, body and spirit

b) Workout:

4 x 2:00 min @ RPE 4.0; 1:00 min @ RPE 2.0

6 x 1:00 min @ RPE 4.5; 0:30 sec @ RPE 2.0

5:00 min @ RPE 2.0

8 x 0:30 sec @ RPE 4.5 - 5.0; 1:00 min @ RPE 2.0

c) 5 minutes: Dynamic or Static Aqua Stretch (depends on temperature of water)

**Tips on coaching:** As above: The instructor or coach will reinforce the proper biomechanics of running along with the three R's (range of motion, rhythm, relaxation) along with the power posture sequence. Motivation is key in order for this workout to be successful. Include positive encouragement throughout.

**Conference Special: no shipping charges!**

**Reference and resource: Available for purchase through CALA.**

**AQUAJOGGER TRAINING MANUAL**

*By David Brennan, Juliana Larson and Charlene Kopansky*

*Cost: \$45.00 for CALA members (plus tax)*

*Cost: \$55.00 for non-CALA members (plus tax)*

*\*\*\* Add shipping and handling for posted orders (\$10.00 plus tax)*

Copyright to CALA, 125 Lilian Dr., Toronto, ON., M1R 3W6, CANADA  
Tel: 416-751-9823 Toll Free: 1-888-751-9823 Fax: 416-755-1832  
Email: [cala@interlog.com](mailto:cala@interlog.com) Web: [www.calainc.org](http://www.calainc.org)