

Hawkinge Hurricanes RC

February 2017 News

Body Weight Training

Heart-Pumping and Strengthening: One of the most **important benefits** of **bodyweight exercise** is its ability to improve your cardiovascular endurance and muscle **strength** all at once. Frequently changing your position keeps the heart rate elevated, while **body weight** and gravity work together to strengthen muscles. Research suggests high-output, bodyweight-based exercises like plyometrics yield awesome fitness gains in short durations. Since there's no equipment involved, bodyweight workouts make it easy to transition from one move to the next with little rest. And you've probably already heard that those short-but-intense **HIIT workouts** can yield major results. Your **core** is more than just six-pack abs. In fact, at least **twenty-nine muscles** make up the trunk of the body, and many simple bodyweight movements can be used to **engage all of them**. Such exercises won't just give you tighter abs, you'll also gain better posture, relieve lower back stress, and improve overall performance. Plus, it's free – no more expensive gym fees.

1. Tuck Jump Standing with the knees slightly bent, **jump up** as high as possible (pretend **Jeremy Lin** is watching!) and bring the knees in toward the chest while extending the arms straight out. Land with the knees slightly bent and quickly jump (**on it**) again!

2. Plyometric Push-Up Ready to catch some air? Start on a well-padded surface and complete a traditional push-up. Then, in an **explosive motion**, push up hard enough to come off the floor (and hang ten for a second!). Once back on solid ground, immediately head into the next repetition

3. Burpees One of the most effective full-body exercises around, this one starts out in a low squat position with hands on the floor. Next, **kick the feet back** to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

4. Plank Nope, we're (thankfully) not walking the plank. Lie face down with **forearms on the floor** and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position for 30-60 seconds (or as long as you can hang).

5. Wall Sit Who needs a chair when there's a wall? Slowly **slide your back down** a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight. Go for 60 seconds per set (or however long it takes to turn those legs to jelly). Need more fire? Add some bicep curls.

6. Squat Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. **Slowly start to crouch** by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position

7. Squat Reach and Jump Ready to add some pizzazz (and cardio!) to that squat? Perform a normal squat, but **immediately jump up**, reaching the arms straight overhead. Aim for 15 reps, taking a quick breather before the next set.

RACE
DAY



Hawkinge Hurricanes Race Day

Sunday 26th February 2017

Registration: from 0830

Race fee: £5

Prompt 0900 start

Race Headquarters – Hawkinge Community Centre

Route: undulating, Road route

Distances: 10K and 5K ☺

Prizes for: First Male, First Female, Endurance Athlete

Medals for: All finishers

Your safety is paramount but also your own responsibility. Advised NO headphones as route on public highways – roads will be open to traffic. Marshalls will be on course for your support. Make sure you have a mobile phone

February Schedule 2017

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Venue</u>	<u>Notes</u>
Monday	6 th	0900	HCC	Elizabeth Morgan
Tuesday	7 th	1830	HCC	
Monday	13 th	0900	HCC	
Monday	13 th	1830	White Horse pub Carpark to rear	Birthday drinks to follow session
Monday	20 th	No RUN ☹		
Tuesday	21 st	1830	HCC	Clubmark site visit ☺
Sunday	26 th	0900	HCC	RACE
Monday	27 th	0900	HCC	
Monday	27 th	1830	HCC	

HCC = Hawkinge Community Centre

Monday 13th we will be celebrating Hawkinge Hurricanes RC FIRST birthday ☺

I hope you can join me and the team for a drink and of course cake after our evening session. ☺

The 50 T Challenge has started

1st January 2017 each athletes club sessions will be logged and when you reach the 50 mark each athlete will receive a New Club Technical Navy T-shirt. In addition to our embroidered club logo the sleeve will show 50. Who will be wearing their new design 50 Top first I wonder!!!