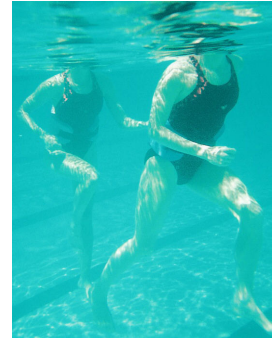


Austin Aquarunning

www.aquarunning.com



What is deep water running?

The purpose of deep water running is to optimize your cardiovascular and muscular conditioning, while minimizing muscular, joint, tendon or ligament stress. It offers all of the benefits of land running, without the harmful pounding. It is a non-weight bearing activity, which consists of performing a running motion in the deep well of a swimming pool. The forgiving, therapeutic water environment is a safe, effective way to maintain or improve running performance while injured, and also acts as an excellent supplement to the exercise program of the non-injured runner or non-runner. Numerous scientific studies and anecdotal testimonies lend support to the benefits of deep water running.

Benefits of aquarunning include:

- Maintenance of or improvement in running performance. In multiple studies, runners with 6-8 weeks of deep water running have been shown to preserve or improve running performance. Top-level runners including Mary Decker-Slaney, Joan Benoit-Samuels and Ed Eyestone are high profile examples who optimized their performance through aquarunning even while they were injured.
- Effective simulation of any running workout in the low-stress water environment, including intervals, fartleks, long slow distance runs, hills, and races. All athletic training is sports-specific. Aquarunning has the unique ability of recruiting the major muscle groups of running, while eliminating the harmful impact, to deliver conditioning specific to running.
- Recruitment of fast twitch muscle fibers, as a result of added resistance of the water environment and the level of difficulty of the workouts. Water adds 4-42% additional resistance to a workout, depending on how hard and fast one moves through the water.
- Achievement of high lactates (quickly!) because of the high resistance of running in the water.
- Allows you to run hard without becoming sore or predisposing yourself to injury. Water supports, on average, 90% of body weight, thereby reducing body stress from ground reactive forces.
- Maintenance or improvement in body composition: it burns lots of calories!
- Also provides a workout to upper body musculature, unlike land running, and as a consequence, speeds you along faster once you become terrestrial again.
- Strengthening of hip adductors/abductors (important to your IT Band), lower leg musculature, feet, and abdominal muscles with the inclusion of supplemental exercises to the deep water running program.
- Improvement in flexibility, with a thorough stretching routine.
- Provides a great opportunity to work on running form with specific, effective instruction from your deep water running coach.

Where and when are the Austin Aquarunning classes held?

- Classes are held at Austin Aquasports, at 4403 Guadalupe. See www.aquarunning.com for an up-to-date schedule.

What is a class session like?

- 10 minute stretching session
- 45-55 minute deep water running session, usually consisting of interval training, tempo running, fartlek or steady state water running.
- Running drills: Muscles targeted will include hip abductors/adductors, hip internal/external rotators, gastrocnemius, soleus, abdominals, and back musculature.

Equipment:

- A flotation device specifically designed for aquarunning is recommended, so that proper technique and posture may be achieved. Aquarunning provides an excellent opportunity to work on running form, and wearing a proper flotation device will aid in your ability to run with near-perfect form in the water, thus reinforcing good form for land running. The Aquajogger is highly recommended, and may be purchased for \$45-50. There will be sample Aquajoggers at the training group sessions for you to try out before purchasing. These devices add just enough buoyancy to optimize form, yet not so much to make the workout easier.

For additional information about Austin Aquarunning classes, contact:
Amy Gayle: amy@aquarunning.com or 996-0407