

Journey 30

Wheelchair – ROLL UP



Walking Connection – Journey 30, Walk and Roll Routine



WalkingConnection.com/Journey30

Training Where You Live

Training will take some creativity on your part. There are two important things you can do that will go a long way in helping you achieve your training goals and make your journey more comfortable and more rewarding.

1. Move consistently. Whatever you do, roll, walk, run, cross-train, or hike every day! Get your body moving and accustomed to being active for more extended periods. Get it in your mind that you are "all in" for the next 30-days.

2. Get out and stay out! Roll with endurance in mind. For your training, your balance, upper body strength, and endurance will be essential. Find places to exercise that are safe, and you can focus on these aspects as your priority.

Here are some ideas to help you simulate the roll and hike. Concentrate on your form (abdominals in tight, shoulders back, chin up and in) and looking ahead a few feet in front of you, not directly down at your feet! Navigation and control are key. Practice regulating your speed on downhill slopes. Know what you can and cannot do with your chair. Don't forget to let the wind blow your hair back once in a while!

Rolling – The Full Body Experience

There are various types of equipment that are available specifically designed to build strength and endurance. [Please visit the NCHPAD guide here.](#) Pages 7 - 20 provide excellent illustrations and information matching specific exercises to specific equipment (gym). They provide information on safely using both exercise machines and free weights that are perfect for your preparation for Grand Canyon.

Focus on building your balance and ability to control your chair on the downhill portions of your hike. Stability and control are essential to navigate not only the slope of the trail but in maintaining your speed downhill on a reasonably crowded walkway. Vary your workouts for the first couple weeks of training, so you are learning where your strengths are and what areas need more effort. Start slow, and as you become more fit, increase the time and distance little by little. Along with varying the incline, you will want to modify your rolling speed. Be sure to slow down your pace when the intensity is too high.

As you begin your program, set a daily interim goal. If your goal for the day is 7 Kilometers, then go 7k. No further. Just remember, what goes out, must return - under your own power. As you progress, make your training excursions longer and more challenging.

Start your training program based upon where you are right now, not where you want to be! Work to set new and more challenging goals as you progress. **The best way to ensure that you are getting the full-body experience**, do some strengthening exercises and aerobic conditioning to prepare not only your heart and lungs but also the muscles you will be using while you roll.

CONGRATULATIONS!

Welcome to Journey 30, your 30-day Roll and Walk Routine. The Walking Connection partners with the **Spina Bifida Association** to conduct wheelchair rolls, walking and hiking adventures at Grand Canyon National Park. As a part of our programming we provide a physical training program to help prepare participants for their adventure.

Our team of outdoors professionals have combined their growing knowledge about Spina Bifida; their previous experience of working with the Reeve Foundation to create an evolving training program specifically for Spina Bifida participants.

Journey 30 leads you on a personal adventure that begins at your personal doorstep and takes you wherever you want to go. Enjoy the ride!

Here's how it works:

FIRST things first! Get expert advice from your healthcare pro and do what they tell you. Secondly, get your roller checked out for good mechanics. Assemble your gear, close-toe shoes, weather, hydration, personal items and don't forget your anti-virus transmission gear. FOLLOW YOUR LOCAL RULES.

Journey 30 - Wheelchair Training Guide

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest Day	Easy Roll ½ hour	Incline Roll ½ hour	Easy Roll ½ hour	Active Recovery	Incline Roll ½ hour	Long Roll 1 hour
		Flexibility		Strength		Flexibility	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
2	Rest Day	Easy Roll ½ hour	Incline Roll ½ hour	Easy Roll ½ hour	Active Recovery	Incline Roll ½ hour	Long Roll 1.5 hours
		Flexibility		Strength		Flexibility	
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
3	Rest Day	Easy Roll ½ hour	Incline Roll 45+ min	Easy Roll ½ hour	Active Recovery	Incline Roll 45+ min	Long Roll 2 hours
		Flexibility		Strength		Flexibility	
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
4	Rest Day	Easy Roll ½ hour	Incline Roll 45+ min	Easy Roll ½ hour	Active Recovery	Incline Roll 45+ min	Long Roll 2.5 hours
		Flexibility		Strength		Flexibility	
	Day 29	Day 30					
5	Rest Day	Easy Roll ½ hour	WELL DONE! KEEP IT GOING!	KEEP IT GOING! (Day 32?)	KEEP IT GOING! (Day 33?)	Next!	<u>30 More Days?</u>
		Flexibility					

©2020 Jo Ann Taylor



Notes:

Training Exercises Defined:

Rest Day: Rest your body, avoid strenuous exercise or activity. It is vital to allow the muscles a day to rest and rebuild. Take this opportunity to reach out to your donors to update them on your training progress, study your gear, and get psyched about your adventure! Get a massage, take a bubble bath, and eat something nutrient-dense.

Easy Roll: Focus on a casual speed at which you can maintain regular breathing patterns and could hold a conversation. Work toward a constant, comfortable pace for the entire workout time. It is not necessary to incorporate steep inclines in your easy rolling workouts.

Incline Roll: Practice rolling up and down gentle inclines, focusing on maintaining a consistent pace uphill and a controlled pace downhill. For this program, we consider an ascent/descent of around 400' over 3-4 miles to be a moderate slope.

Active Recovery: Don't feel stressed about getting in a timed consistent roll on this day. Go about your daily activities, but make sure that you are getting some movement throughout the day. This is an excellent opportunity to do a short stretching routine or participate in activities you already enjoy.

Long Roll: Building endurance for your adventure in the Grand Canyon is the most important part of your training. Steadily increasing the amount of time you can comfortably roll in your chair is going to prepare you for an enjoyable long day on the trail. These days might be challenging, but don't cheat yourself by skimping on this vital training. Check out local trails, boardwalks, and bike paths throughout the 8-weeks, change it up, and keep it interesting.

Strength and Flexibility: If you do not already have strength building and flexibility exercises in your routine, we highly recommend that you take advantage of the materials available at NCHPAD.org. They have created inclusive programs and highlight exercises that focus on wheelchair mobility. Links are below.

This training program is offered as a guide to help YOU be prepared for YOUR adventure. If you already participate in athletics and maintain an active lifestyle, make adjustments as necessary to fit into your current routine. Remember that building endurance is the primary goal and that consistency is key! The single biggest challenge that most of our hike participants face is not just what to do, but rather to find the time, motivation and drive to stay active and train regularly.

Focus on Safety throughout your training. The first item on the training checklist is to be safe. Whatever your plan is for the day, start with safety. One of the best things you can do is train with a partner! Find a friend, family member or even paid professional such as a physical therapist or personal trainer. Just keep your social distance.

We know that some of you may be longtime athletes; some of you prefer to walk or roll for your daily fitness regime, and still, others prefer a combination of aerobic workouts and weight training in the gym. All are great ways to improve your health so long as you actually get up, out and do them every day. Consistency is the key.

Even if you are unable to take the time to fully follow the scheduled times/distances, make sure you walk at least 20 - 30 minutes every day to keep the consistency part going. Once you reach 10 or 20 days in a row, you will be more highly motivated to keep it going, if for no other reason than to just avoid the dreaded "Day One" all over again.

You are invited to join 1mln, our Facebook community that includes people from all over the world that are doing their best to get and stay active. This is a place to post where you go for a hike or walk, what you see and even the friends you make along the way.

WalkingConnection.com/Journey30

©2020 Jo Ann Taylor



Journey 30

Wheelchair – ROLL UP

Resources!

For this training site, we continue to research and improve methods of communication with the Spina Bifida team to make your journey safe and rewarding. To help you prepare, here is a shortlist of resources (find links below) that we believe will be helpful to you in staying active and accomplishing your goal. Please read through the **NCHPAD Accessible Fitness Guide** and learn about the exercises, equipment, and things you can do to get into the best shape possible during the next few weeks. Please read through the **Mobility Management** guide to help with specific information about gear, preparedness, technical advice, and especially the section about Heat Management.

Links To Key Information For Wheelchair Participants for the Walking Connection Journey 30 Mobile Adventures On The Rim Trail.

Here are specific links to information that, in addition to this guide, the Walking Connection recommends for training your wheelchair roll and Journey 30 program. We have selected particular pages from the links provided above that address many of the challenges you may face during your training.

Mobility Management (Home)

Heat Management

Seating and Micro-climates

One of the biggest challenges facing wheelchair explorers is heat. Your Journey 30 is scheduled for late Spring and throughout the Summer. Kim Chaney, an occupational therapist, suggests, "Finding the best media to keep both heat and moisture to an absolute minimum." She also suggests incorporating "breather holes" into a cushion design. This can help with temperature mitigation.

A more detailed explanation of breather holes and fabric materials can be found here: <https://mobilitymgmt.com/Articles/2013/05/01/Heat.aspx?Page=2>. Just as with clothing, using a Moisture-wicking chair pad and heat distribution pad can make all the difference. It's a similar process to buying the right socks. Finding the right fit, comfort, and durability. Also, carrying an ice vest/reusable ice pack, and/or mister that can be easily accessible. **The best way to manage heat is prevention. If you already have a system that works well for managing heat, please share information because it could help someone else in your team.**

Sports and Everyday Life in a Chair (video)

Working Out and Training (video)

National Center on Health, Physical Activity, and Disability (Home)

This entire manual is a guide that provides information about physical training in a wheelchair. There is information on adaptive equipment, strength building, flexibility exercises, warm-up and cool-down stretches, cardiovascular and muscle building/endurance. It is rich with training information, illustrations and includes safety information too.

###

NOW, You can put your fitness to work to benefit yourself and, at the same time, help others from every walk (and rolls) of life.

WalkingConnection.com/Journey30

ImIn! A Facebook Group of walking and hiking enthusiasts from across the globe! See and share your pictures, read stories and tell yours. I'm In is your commitment to yourself to get and stay active and share it with friends!