

# Greenwich Sentinel

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## Health & Wellness

# Summer Beach Sand — Not Just for Building Castles

By Julia Chiappetta

(With guest writer, Brendan John Micik)

I recently returned from a visit to Carlsbad, Calif. where I could feel the ocean mist and hear the waves from my room at The Beach Terrace Inn, a sweet little spot situated right on the sand.

Early mornings were glorious as I hiked the beach for miles watching this picturesque little village wake around me with the likes of dog walkers, surfers, runners and athletes training in the sand. While walking one day I recalled a great article I had read by a local young man, Brendan Micik, specific to elite athletes. When I returned, I called and asked him if he would consider revising it for those of us who are beginners that have an inclination to add a bit of challenge to our pre or post walking, hiking or running at the beach.

Here is his article. I hope you enjoy his writing and instruction as much as I do.

Summertime is the perfect season to take your training outdoors. The beach is always a great idea on a hot and sunny day. The sand texture provides training grounds for beginners, elite competitors, Olympic Athletes and Navy Seals. The resistance will challenge your steps and strengthen your legs and core. I do sand sprints once a week in the summer - early in the morning when the beach surface is cool enough to train barefoot. Sprints are the foundation in this beach workout, however I encourage you to be creative and add other exercises you like.



- Find an area of the beach that speaks to you. I prefer training closer to the surf for a quick cool down if needed.

- Mark off an area of about 15-20 yards of sand with a START and FINISH line. When marking off the yards, just use a rough judgement, I take a long step which is about one yard. The width can be about 5 yards, just enough room for you to sprint down and walk back.

\*This is a great opportunity for you to warm up the hamstrings as you drag your heel in the sand to mark of the start and finish lines. I exaggerate the motion as this helps engage the hamstring on the drag leg and stabilize the opposite drive leg.

### Warm Up

1. Light walking from the START to FINISH, and then finish back to the start. (Do this three times), this will help loosen up your legs and acclimate your feet to the sand.

2. Light jog from the START to FINISH line, and return to the start. (Do this three times)

3. Stand on the START line and

do 20 jumping jacks

\* Don't forget to hydrate.

### Workout Evolution

- SEVEN SETS OF SAND SPRINTS (Sprint down 15-20 yards past the FINISH, slow down into a walk and make your way back to the START-this is one set (1)

Rest one minute in between sets, while keeping your hands on your waist as you focus on breathing in through the nose and out through the mouth.

Set 1: Sprint / Rest

Set 2: Sprint / Rest

Set 3: Sprint / Rest

Set 4: Sprint / Rest

Set 5: Sprint / Rest

Set 6: Sprint / Rest

Set 7: Sprint / Rest

### Finisher

Get into a Squat Position and hold this for as long as you can, when you are ready to throw in the towel because your legs are shaking, try to get down into a plank position and hold this for as long as you can, when your knees hit the sand you are done! Great job!

Seek to challenge yourself and train in an uncomfortable state of mind and body. I recommend sand sprints as the main focus of beach workouts, this leaves room for creativity. If I find a piece of beach wood, I may incorporate that in my workout with some weighted squats or overhead presses. Bring your towel, beach chair, and book to relax, and enjoy the beach afterwards!

Brendan John Micik has a B.S. in Sports Management from Southern Connecticut State University and

Certificate in Accounting, Sacred Heart University

He founded Faith Focus Finish, Inc. July 2016 to impact hearts, souls and minds and conducts Sunday interval training Sessions at Greenwich High School's Cardinal Stadium at 1 p.m., where any age or fitness level is encouraged. He is currently enrolled in the Keri Glassman's Nutrition School and writes a weekly Newsletter on encouragement at FaithFocusFinish.org

I hope to be training with Brendan one day soon, while on the sand and challenging my body with a new routine. It's okay if you are not able to complete his entire workout, just have fun and give it a try, even if one set is your limit the first time. You can always work up from there as you experience the sand and surf.

As always, enjoy an organic green juice to feed your body nutrients, take in one of those breathtaking summer sunsets we have been graced with, sit outside at night and watch the fireflies wiz by, (we called them lightning bugs, when I was a kid), buy a gift for someone and surprise them, call that friend you've had on your mind and thank God daily for your body and your blessings.

Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob. More information and past columns can be found at [JuliaChiappetta.com](http://JuliaChiappetta.com).

