



### Deep Water Cross Training

Deep water exercise is well documented as an effective and viable mode of fitness training. A properly designed deep water workout incorporates all the components of a typical land-based workout resulting in significant health and fitness benefits. For athletes in particular, the non-impact benefits of deep water training provide a significant musculoskeletal advantage over most types of land-based training. Suspended in deep water and supported by buoyancy, athletes can train at high levels of intensity—necessary to achieve their sport-specific performance goals—without subjecting their bodies to repetitive weight bearing stress.

Athletic training, or cross training, involves a multi-dimensional approach to conditioning the body—targeting the traditional goals of fitness (aerobic endurance, muscular strength and joint flexibility) with an equal focus on the functional aspects of human performance (balance, coordination, speed and agility). The desired outcome is to maximize the cross-over conditioning benefits resulting in improved function and better performance on land.

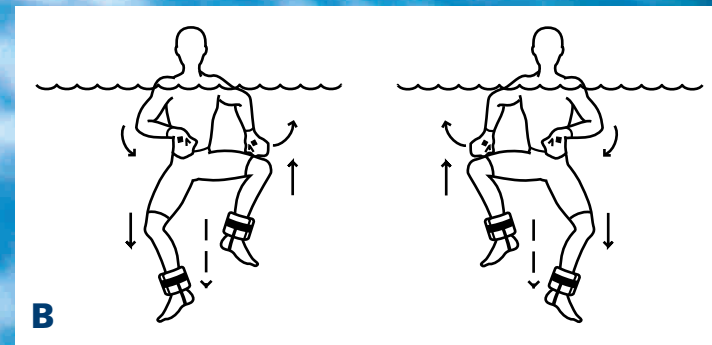
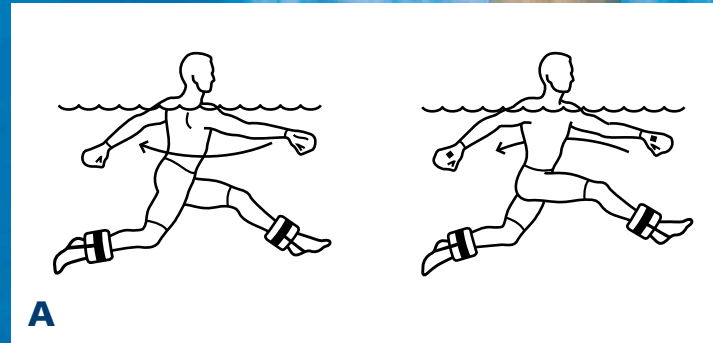
### From “Deep End” to “Playing Field”

Deep water cross training presents the opportunity to introduce new formats that increase motivation and workload by appealing to the athlete’s appetite for variety and challenge. Think of your deep-end pool space as a playing field or track. Then use your imagination to create an ever-changing series of workouts involving running, leaping, bounding and jumping. With the help of some creative and imaginative obstacles (hurdles, poles, tires) you can alter the training course, making it challenging in a variety of ways.

For example, transform the typical Cross Country Ski traveling forward (see A, at right) into “overstriding” and coach your athletes to complete a lap of the track bounding over a series of hurdles. Or take the standard Straddle Jog traveling forward (see B, at right) and imagine your athletes must jog through a series of tires placed on the track.

The most basic layout is an oval track on a flat playing field. Your students (or athletes) are either **on the track** or **off the track** during the workout. When on the track, they are running—forward, backward and sideways, and always following the path of the track. You can change the direction of travel (clockwise or counter-clockwise) and change the shape and distance of the track. The track can have hills, slopes, different surfaces such as sand and mud, and even obstacles. The primary goal is that your students navigate the changes and obstacles on the track while maintaining good form and the desired exercise intensity.

Off the track, your students perform various stationary calisthenic exercises such as upper body strength sets, lower body strength sets and core and trunk stability exercises. This portion of training may also include traditional deep-water exercise choreography. Variety makes the exercise experience exciting—both for you and your students.



### From “Instructor” to “Coach”

To successfully create this training experience, instructors must assume the role of a **coach**, different than the role of an instructor. As coach, you won’t do the workout with them, instead you’ll teach, explain and demonstrate, motivating them to perform at their maximum potential. You’re on deck as their verbal and visual mirror, pacing the workout and giving positive corrective feedback. Class looks like this: assemble your team (your athletes) on the training field (the deep end of the pool), equipped with their designated training equipment (buoyancy belts, ankle cuffs, webbed gloves, hand buoys). Coach them through the workout session. At warm up, on the track or off the track, introduce the training focus for the day’s class and explain how the field or track will be set up. Review basic skills and demonstrate important techniques. Go beyond basic training and develop the hidden athlete in each of your students. By transforming the deep end of your pool into a zero-impact, sports training course you’ll discover an entirely new approach to deep-water exercise.

### Deep Water Training DVDs Craig Stuart

Expand your aquatic tool box with deep water exercises and training techniques from Craig Stuart—**Deep Training MAX** and **Deep SPORT Conditioning**.

“Both of my deep water DVDs feature an athletic approach to water fitness training,” Craig explains. “In my view everybody is an athlete. Whether or not you compete in sports, conditioning and training to improve physical performance should be the goal of exercise. Looking better and feeling great are the byproducts of successful training.”

With Deep Training MAX and Deep SPORT Conditioning, you’ll take your training to a higher level and get more benefits from your deep water workouts. Add more functional training elements to your workouts with Deep Training MAX. Blend coordination, balance and agility training with aerobic endurance and muscle conditioning. Include extra challenge and intensity using the latest techniques in circuit and interval training. Deep SPORT Conditioning is an exciting new format for athletic training that transforms the deep end of your pool into a zero-impact training center. Learn how to integrate sport-specific conditioning drills with balance and agility training, challenging all systems in the body.

Each DVD is an hour in length and features exercises appropriate for use with HYDRO-FIT deep water equipment—WAVE® Belts, Cuffs and Mini Cuffs, Hand Buoys and WAVE WEBS®.

