

Article Part 2: Working Smarter NOT HARDER:  
“If Your Bike and Shoes Don’t Fit Your Gonna Wanna Quit”  
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In the first part of this article we focused on zone training and the benefits, of testing and working out in known zones. This article is focused on the performance aspect after testing.

You ready to walk out the door and go walk or run, get on your bike, or get in the pool; you have your zone program ready to go and you are embarking on your quest for a beach body. You may find that you have difficulty or even pain when you try to exert yourself during any of these activities.

Pain is common during physical exertion but it can be avoided during athletic activity with some advanced planning and having the right equipment.

Did you know there are different styles of shoes for different kinds of feet? Now you have to figure out what color shoe to get and what shape. There 3 basic fundamental shapes of the soul of a shoe are curved, semi-curved and straight. What shoe you choose is based on your body weight and the amount of pronation (arch rolling)over or under that takes place during walking or running. To start your program off on the right foot you should take the time to have your feet looked at by a professional to determine what the best shape shoe would be for you. You may surprised that some of the fancier more expensive shoes are not necessarily the best.

Running or walking may not be what you like to do, so choose bike riding. Did you know that there are different size frames of a Bike? Your local Bike shop can measure you ensure you are getting the right size frame you need. Bicycling in the Low Country is becoming ever more popular. There are bike races and fun rides popping up more than a few times per year. A fun way to add some motivation to your workouts on the bike is to train for a race. When you add time and effort on the bike occasionally you can have pain. In many cases the way the bike is fit, the position of the handle bars the height of the seat, can cause discomfort in various places. It is not enough to be still for your bike fittings you must be seen riding it to determine some fitting parameters. In many cases video analysis can be done to break down your mechanics at the most fundamental levels, so that the appropriate adjustments can be made. A bike should be comfortable to ride. Ask your local Bike dealer or see the end of this article for information on Bike fittings.

Cycling and Running might be what you want to do sometimes or maybe you have some orthopedic limitations (arthritic knees, hips, or back) and the water best suits you. Swimming laps can cause pain very quickly if you do not have the fundamentals of swimming down. As with any sport when something is new we can develop bad habits, so some basic instruction may be necessary. Even the seasoned swimming veteran knows that bad habits can be built up during your training. Drills and instruction are the single best way to keep your stroke moving you in the right direction. There are many videos and articles available through [www.active.com](http://www.active.com) on swimming. There are also sample workouts available in many of the books. If you are swimming for performance than

small errors can mean loss of force production, which mean slower swim times or even injury. The single best way know what you are doing when swimming is to see yourself doing it wrong then seeing yourself doing it right and knowing what the difference feels like. Video analysis of under water, above water form views forward, and side ways, can determine, a whole checklist of things you could do to improve your speed, or endurance. Please see the bottom of this article for information about video analysis.

Fitness is fun especially when it doesn't cause pain. With the right tools for the right job you can enjoy your workouts to make them what they are designed for; to keep you more fit, have more energy and have fun. The above items are very simple things that everyone should start with when beginning their exercise plan. There are 3 basic reasons to have video analysis done for shoe selection, bike fit, and swim stroke, and those are prevention (of pain), pain (to make it feel better) and performance (to make you go faster and longer).

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*For more information on video analysis please email Kevin Green at [kgreen@carolinasportscare.com](mailto:kgreen@carolinasportscare.com)*