

Teardrop Block One

A Structure
To Explore With

A Block

When trying to figure out how to half organise things, I thought that though more complicated, a training block would work well. A block is general a structure to manage the stress of training for two to three weeks. For a beginner 'messing with your base' format block, my current theory is;

Day 1 easy

Day 2 medium

Day 4 foam roll

Day 5 easy

Sticking to the original focus, I processed training 'standing' performance. So the initial block looked like.

Day 1

Developing foot arch training (technically endurance training)

Day 2

Weighted calf raises (muscle building to strength range)

Day 4

Foam rolling (at least mid to centre of chest and back of hip diagonals)

Day 5

Developing foot back training (technically endurance training)

Developing 'Day 1'

Lets start at standing position to ground things. For an exercise to feel centre of the tear drop base, here is I guess you would call it a leg line over-development. Put your heels, inner calves and back inside of knees together. With hands by your sides, take note of what feels like your day to day standing position. Breathe in and out, raise your hands a little.

Breathe in and breathe out, raising you hands a little more. Repeat this till your hands face forwards. Stop when your arms make a nice y shape with your body. Take a note of where the top of your legs meet. Rememeber to keep pressure with the hips pressing forward and the back of your heels stretching back. Of course keep pressure from the front of your hips to the back top of the teardrop as well.

Is centre different from you day to day standing position? I guess calling it a line over-development exercise, points out there will be more rotation in the hips allowing more weight forward for the exaggeration of this line. But as you breathed in and out, did any compressed areas lengthen and your torso move left or right to settle over centre?

Repeat a couple of times if needed. The idea of this is to create some starting indicators, compared to the squeeze your 'stop peeing' muscles of the cautiously used pelvic floor theory. From here we will try one more exercise in the overdeveloped position and then work back to a restabilised functional position.

Get back to an over-developed position, with a corner or shelf side in front of one toe and a shoulder length away. Keep the hips straight, try imagining you are pushing the grounded leg against another one. Have the extended leg contacting with the underside of the toe. Again imagine having it pushing against another leg and have them create more pressure into the object with a raising motion.

This will work for the big toe and next two after it. For the smaller toes stand at a forty five to the corner or shelf side. Keep things the same except that the angle will give you a better chance to buiild more tension with the toes able to engage. (Otherwise in the original position you would have had to tweak your knee inwards for the smaller toes).

The aim of this is to stand tall, with pressure meeting at the top of the legs. Then change to creating pressure against an object, expanding on the original cue of meeting pressure. Once you are happy with the first exercise, then it is time to remove the 'over-development'.

Stand tall with heels a foot length apart and toes slightly out. Push out over the mid-foot leading with the inside of each thigh respectively. This time aim to have pressure centred, then as you move to the side let the pressure make an even arch from inner thigh, through base of teardrop, to other inner thigh. As you do this note if one hip is tighter along the front or if one heel is tighter or comes off the ground well before the other.

For exercises the starting aim is tune in to good cues. The over-developed should give cues for improvement, the side to side highlighting issues. With any training, use it as information to slowly improve. I got so sick of 'gym tensed posture', that I tried to work and train with minimal tension. Because I was missing the front groin, to back under blades pressure I tore my ab/groin (hernia).

The other main part of your day one is to process and dream. To often issues that arise, are because you are in places with systems trying to skip steps. What is the best way you could enjoy training and progress steadily.

As I have been in initial recovery, even being able to do a work day that averaged 7.30am to 6pm five days a week was a win. Then as things improved basic rock climbing, running around with kids, cutting down and digging out small trees were all great wins.

If my life was only about training, I would aim for a year of training leading up to a bizarre multi-sport year. I would aim to 'enter' four events a year. They would be the 'Local Hills 500', A partner dance competition, a kick-boxing match and something like a ballet recital.

The rock-climbing one starts at a pub. You have a time limit to do as many of the recognised routes of the area as possible, then get back to the pub. This would be handy as an in-between step while I can climb basic routes and help avoid the temptation to play on overhangs, which are not injury friendly at the moment.

Partner dance shouldn't really need an explanation for why it is beneficial. For this let's focus on the fact that I've only recently had it explained that I lead as stiff as iron and then transition like limp noodles. Definitely room to improve there.

I've never done a kick-boxing match. Again it would definitely help with motivation, to find manageable ways to getting a roundhouse kick working well. Plus I'm definitely not a talented fighter.

Ballet seems to be a handy in-between at the moment. It has bits that can be adapted to fix holes in gym theory. Plus if I get the time to look further, quite the body of movement theory. I only had a go for a month or so. So no idea how beginning adults working towards performances works.

If my life was only about heading towards self sufficiency I would be training for landscaping movements. Adapting training ideas to field day events.

If my life was only about creating movement around me, I would train to pull a trailer with a push bike. Or maybe I would look at making a peddle powered barge.

What sort of gym/studio could I make to best help people do this, if I ever make a community centre in some small farming village?

If my life was only about...

If your life was only about...

Developing Day 2

Sitting, put both hands on one knee. Bend your back diagonally out, away from your hands and let it come back to place. Change hands and repeat on the other side. Is their tightness under the shoulder blade on either side? If so that bicq is probably dominant, especially if the other side folded out too easily and didn't quickly return as a cushioning side support for the spine.

Next up lying on your back do a spine twist each way to help the shoulders drop into place properly. Lie on your back with arms straight out. Slide a foot up too your butt so you have a raised knee and lower that knee across the other leg. This should stretch around the pec area on the side of the leg that you moved. Raise the leg, place it down by the other one and repeat on the other side.

Try the first drill again. Was it any easier for either bicq to 'pop' back into place. Did either shoulder sit lower or further back?

Then give your brain a rest for a sec. A warm up with something like ankle circles, knee circles and hip circles to start. Some toe point and flexes added will help.

After warming up you will be practising calf raises, with the inputs you have so far. Start with feet together and check if the leg centre and belly button are in line. The first aim is to maintain teardrop pressure. Then switch to heels foot length apart.

Is there stable pressure being maintained at inner thigh level? If you repeat several times and lose teardrop pressure, instead gaining an over-developed stability, that's okay. You have simply fatigued.

If you are getting an imbalance with movement one side and stiffness the other, stop. Have a break for a couple of minutes and then after going over anything from day one again, have another go.

Are you starting standing straight? Do you have working teardrop pressure? Are you rising on centre? Is your back supported evenly from each side?

If things take a bit of getting used to, take your time and figure it out. As it starts to work, simplify the cues. Any improvement you make will pay dividends in the rest of your life. If I'm really struggling, cues will be at a phantom limb assisted level. If I'm getting there I might only imagine say a glowing ring through my inner thighs. Eventually it will become as effortless as holding the teardrop.

Once things are working well great, hold weight. To a point this will improve things by giving your body more to push into and to pull shoulders down or back by. Dumbbell style weights are theoretically the most sensible, but if you want to balance out a day of front dominant activity, a barbell behind the hips will do the trick.

As you warm down you could think have you got the basic structures in place for your existence? To oversimplify do you have work and life balance? Are you at least slowly making progress on things in your existence?

Do you have meaning in your work? Are you moving forward as a person?
If they matched up to bicqs, work would be the right one. Because for me that is too dominant.

Developing Day 4

With day three there is no point in getting rid of the tension before you can adapt to it. To pick things up at day four, grab a foam roller or rolled up towel, with some rubber bands around. You will be starting on your stomach. Place one corner of the roller under a meid and the other end up between your pecs. Repeat on the other side.

For some reason the thinking is, that anything like this will only be affecting the psoas muscle. I feel it is handy for releasing stiffness in the 'ab walls' as well.

If much breathing is required to break down the stiffness, great. Leave it at three little bursts for each side.

If after the first go through it wasn't too difficult, great. Twist the foot in and pull up creating tension with the little toe. Then twist the foot out and create tension with the big toe pulling up.

Next on your back place the roller under one butt cheek. From there have it diagonally going through the centre of the top back of the pelvis and resting under the opposite kidney. Breathe and let the body settle over the roller. Switch sides and repeat.

If this is taking some getting used to, great do three time on each side and call it a day.

If this provided a quick release and things are calm, great. First push one foot out to the side and let the knee collapse in. This can be quiet uncomfortable. If it is bearable continue to breathe and focus on pushing the knee away from the head. If it goes well repeat on the other side. If it hurts skip this bit today.

Next let your knees turn outward to a long clamshell position. The leg with the butt cheek on the roller will be more likely to flex at the toes. The less supported leg will be more likely to move at the mid foot. Effectively some performance muscles have been dialled down so you can work with inner ones. This may cause strong cramps once you get used to it.

As a brief starting rule if you can easily curl your toes under only squeeze the less-supported leg. If your feet are stiff squeeze the raised one. If your are feet are jelly squeeze both.

Then swap and do on the other side.

For warm down reflection, think about the eye of a storm. If you wander into a storm, how do you make your way to a spot where you can get some peace, catch your breathe and do what needs to be done next?

Day 5

I guess I'm overly critical of unbalanced programmes or stretching routines. So I better make sure I balance this roughly. As you progress you will be able to do a range of foot exercises easily in one session and bias the ones you want. For now let's focus on having the back of the toes on the ground.

Start by standing supported on one foot (holding something). With the other foot, put it behind you and contact the ground with the top of the toe. Move the ankle inward and outward to warm up the foot. Do the same with the middle toe. Then try your best with the little toe.

Once you have done this repeat on the other side.

Theoretically the main exercise for this will be putting a chair behind you, having one foot on the ground and the top of the other resting on the chair. Building stability at the top of the legs, bend back touch the wall behind you and straighten up again. This is more endurance focused. Please see if you can do at least one lot of 60.

Then for the main stretch of the day, you are trying to stretch out the front of the foot. You can do this two ways. One, on your knees, put the foam roller across the 'knuckles of both feet. Or two, sit on your feet and then lift one knee up at a time to stretch the front of that foot. (I will often chuck the foam roller under one knee in the second variation).

For warm down reflection think about what you will need at the end of the week. Do you have another big physical day tomorrow and so a stretch will hit the spot. Are you tired and lacking in energy, so a big feed is the first thing to try. Is there something you could push to finish that would really help things. Would walking somewhere or listening to music help relax at the end of the week?

Between The Block

At one stage I thought the unplanned exercise was more important. I thought people that said you couldn't keep good posture all the time, so it wasn't worth it, weren't really taking things seriously. Holding perfect posture through the day is only slightly more impossible than perfectly completing your gym programme, eating and recovery.

If people are actually honest, you have to completely devote yourself to do even a half way decent job of any plan. Some athletes are functionally, disasters waiting to happen.

So at the basic level, the more important thing is to make sure your training and movement in life change to support each other.

Lets cover a few more things since this seems to be part disclaimer.

Have you heard about people that have been out of shape for years, finally got into shape and then mysteriously died? It is probably a bit over the top to start there, but if people are surviving in challenging place, with a steady metabolism, then you chuck them straight into full on cardio and diet changes it is a huge shift in the way they function and are chemically.

Therefore this is effectively set to keep things more reliant I guess you would say on the endocrine system. If you live in the perfect house, without stress then there is no trouble jumping into whatever training format you want. I guess that is another reason level zero name works for this, it's aimed at developing from pre-cardio on the fitness pyramid.

I guess the main issue that this system will bring up, is knee stability issues. If you progress well with this system, despite initial messed up posture, the main factor that cannot be controlled is temporary knee instability. If applying this seriously, please make sure you have either understood the first of this series or know what to expect for transitioning into a more functional standing and moving posture.

More minor possibilities are, that around the inside of the little toe or the underside of toes meeting the ball of the foot, the skin may crack. If anything else is going on, or pain is happening, get more input and get a more accurate idea of what is going on. The point is to slowly learn and improve.

But overall, that you have even read this far, suggests that there is much hope for you and how you are considering things. Thanks for reading.