

WARM UPS **RAMP** (Raise)

By Cathal Fanning

- **Description**
- **Coaching Points**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

For this part of the workout, we are trying to get the heart rate ready for the main part of the session. In this case, we'll be using a treadmill as a general preparation.

Ask the client to step onto the treadmill, making sure that they're happy to do so and that the area is clear. At this point, they need to walk forward towards the front of the treadmill and attach any emergency points to the client. Once we're in position and the client is happy to do so, we then just use a "Quick Start".

Once the treadmill is getting up to speed, it's good to check with the client and talk to them constantly throughout the whole process. In this case, I'm going to ask my client (Dom) to slowly get herself up to a point where she feels it's a comfortable walk. Once we've done that, we are continually talking to the client. You might use a "Talk" Test, asking the client how they feel. You might use a Rate of Perceived Exertion (or RPE) which is a scale of 0 to 10. Ideally for general preparation, we want to be getting ourselves to around about five or six.

So Dom, how are we feeling at the moment? (Dom answers: "One/two".)

One or two. Perfect. Okay. So at this point what I'd like to do is slowly start to ask Dom to increase the speed.

And again, once we're doing that, we are also checking to make sure that Dom is comfortable in position, that maybe her form or her gait is looking okay and if there's anything that we might need to look out for further in the session.

So Dom, at this point now, how are we feeling? (Dom answers "About three?") Three. Again, she's not too stressed or strained.

Ideally, for a general preparation warmup, we're looking to work for about three to five minutes. So I'd like to encourage her, again, to increase the speed to a point where now she's starting to stretch the legs and increase her heart rate.

We can also use other forms of equipment to monitor this. If you have heart rate monitors or smartwatches, something like that, it's also handy to use those to relate back to the client where that heart rate is.

At this point, we're around about a minute and a half in. So Dom, how are we feeling? (Dom: "Four".) About a four. Okay. So we're slowly getting closer - we're increasing nicely.

I'm not going to actually adjust any other speed at this point. I'm just going to ask Dom to continue as she is. And what I'd like to do then is, again, make sure that her posture, technique and everything is sound and happy.

It's important that while you are doing this, you set the intention for the main workout. So now is a good time and an opportunity to talk to the client about what's going to happen and whether they are happy with that and with the goals that are attached to that.

So, Dom, at this point now, we are coming towards that three-minute mark. How are we feeling at this point? (Dom: "About a five"). Okay. About a five.

So this is the point where we want to start to slow ourselves down ready to move on to the next section, which will be activation.

So Dom, if you are ready, if you'd like to bring yourself slowly to a gradual halt for me, and once you come down to a comfortable speed, press Stop. Perfect.

When the client is finished, make sure firstly that they un-attach any emergency points and then step away from the treadmill.

