

Smart Cross-Training

How to train yourself is just as important a question as how to nourish yourself. Ideally proper training for anything is being able to make yourself ready to deal with any possible circumstance that may arise while executing a task. This could be as simple as training yourself to use a computer mouse, or eat with chopsticks. Yet it can also mean learning how to: race motocross, build a house or metal smith. These tasks may seem different but require no less effort, intelligence or dedication to execute. This is why to properly train for any one thing you must open yourself to many new experiences.

Training for Motocross has many aspects that can be addressed by various exercises and activities that will not only sharpen your muscles but your mind as well. Some sports with good crossover skills are tennis, BMX, mountain biking, in-line skating, snowboarding, surfing, rock climbing, kayaking, hiking, swimming, martial arts and yoga. It is important to keep in mind that only some of these activities will be right for you so try them all and do at least two of them once a week. I think it is very important to stay away from the weight room and running track. These activities are not only monotonous and boring but also detrimental to the type of physique that is conducive to an effective racer. Lifting weights reduces your reaction speed and makes your body prone to tiring out faster than someone who uses an endurance based workout program. These activities are also detrimental to your thinking as well because they condition you to think within a given set of parameters that limits you to what you can do and how you can do it. This may not seem important but I can assure you that the more you know further you'll go! Try a new sport sometime, it does not have to be for any reason, who knows what you will learn that could somehow crossover to situation on the motocross track. If you like to run go out to a State or County Park and hit up some trails in the woods. Uneven terrain, hills and lots of obstacles create the perfect circumstances to keep you concentrated and ready.

To reduce arm pump try rock climbing this sport is guaranteed to increase dexterity, reflexes, muscle endurance and strength. If you don't have the will to execute such a dangerous task you can get the same effect from a Dyna-Flex Power Ball. This product is a hand-held-gyroscope that can spin at extremely high RPMs and emit up to 32 pounds of force depending on which model you buy. Because of the nature of a gyroscope you get full upper body workout by just spinning it in your hand. It releases the power from within because you don't have to use any weights or make any movements. Not only is it a good workout but it's great to relieve symptoms of carpal tunnel syndrome as well. I have many friends who drive long distances and use one of these while driving to relieve cramping.

Any time you are doing something that is: physically challenging, intelligently intricate or unusually familiar try to **connect that task or moment in time** with the way that you **experience** or **understand** a certain **moment in time on the motocross track**. Doing this is not only positive reinforcement but it expands the database that your brain pulls from depending on the external stimuli. Because you connected those thoughts together, in your brain certain brain cells fired together which forms a "neuronetwork". (brain cells that fire together wire together) Every time those brain cells fire together it strengthens your neuronetwork, and builds up the database of your connected experiences throughout time. If your neuronetwork for Motocross is strong enough you could

potentially recognize and avoid getting yourself into certain situations without having to think about what to do. Because these connections exist inherently in your brain you will already be doing what is best to deal with the situation in front of you. Mental preparation is just as important as physical preparation in a sport like motocross. This is why it needs to be practiced just as much if not more than physical training. If you have any questions please feel free to email me at <mailto:jwernsdo@mix.wvu.edu>.

-Jay