

# TETHERED TRAINING

by Jennie Queen - Through the eyes of the Instructor

## **Prescription:**

Take a minimum of two classes weekly

## **Caution:**

This isn't your average aquafitness class!

## **Side affects:**

This form of exercise is highly addictive! Overall improvement of fitness, with a guarantee to 'kick your butt' off any plateau!

## **What is this new idea?**

It is amazing what a little rope, some water and willing participants can accomplish when all tied up! Now that I have your attention: lets talk tethered! Tethered training provides an intense workout with lots of variety, and the ability to grow along with your clients.

## **Why call it Tethered Training?**

Many reasons, firstly this is not your average fitness class. There is no choreography! The format flows like a regular program, including all the phases: warm up, workout and warm down. But, the workout consists of sets and drills which build to an incredible workout by using progressions, periodization and tapering techniques. The goal is for participants who sign up for these classes to 'buy into' the program. This means understanding the program and its goals and objectives. Secondly, this class targets a niche market which includes the male population and athletes who haven't tried water training.

## **How did it evolve?**

Tethered Training evolved by combining a few different aquafitness training tools and ideas. Most recently water running has been getting a lot of attention with fitness instructors and participants alike. One method of water running is 'tethered to the wall or lane rope'. This is a highly addictive activity, a great workout, very challenging and lots of fun. However, many aquafitness participants may not be avid runners and doing water running for an entire class tended to be a little boring and seemed to lack the balance of a regular program. Adding other components to the workout and introducing the Triathlon concept took care of the boredom and the balance.

## **What has Tethered Training done for the program, the instructor team and the participants?**

This novel training idea has added popular lunch time workouts to the facility program. The instructor team also has a new focus and a new challenge to keep the motivated. New people who have not traditionally done aqua fitness are joining in. The class format allows for a higher intensity level and variety for veteran 'aquafitters'.

What I noticed happened after introducing the Tethered Training Program: Participants gained a better understanding of core stability and mind-body awareness. They became more focused on the workout and less on socialization. They spent less time "swimming away from others" due to the magnet effects of turbulence. And with all this hard work and the benefits of water training ~ they noticed results! Many clients began losing weight and improving cardiovascular output, by working differently and more intensely. They started to understand what I was talking about with respect to the 'FITT' and 'SAID' principles. Some participants started to cross train outside of the pool. What I noticed most of all was that through this class format we have completed a mind, body and spirit transformation!

## **What can this mean do for you as an instructor?**

You and your clients will love this training format. To get more information on this fun and function program ~ check out the 'Tethered Training' Workshop at the upcoming CALA conference, on Saturday May 31, 2003.

## **An Introduction to: The 5 W's of Tethered Training**

### **Who is Tethered Training for?**

Tethered training is for all aquafitness enthusiasts. It can be a workout for the avid aqua participant or the timid participant. Just like other forms of classes, tethered will cater to the population you decide to build the program around.

### **What is Tethered Training?**

Tethered training is Anchored Aqua with tethers!

### **Where can you do Tethered Training?**

Tethered can be done in both 'chest-shoulder depth' water and a 'deep' water. But tethered training does best suit a deep-water environment.

### **When to use Tethered Training?**

Tethered training can be used for all components of a workout, and trains most components of fitness!

### **Why Tethered Training?**

It is fun! And it is functional! And it works.

### **How do I teach Tethered Training?**

This is probably the easiest of all. It doesn't require fancy equipment. You can use: Bungee cords, tubing, rope, or design your own tethers using cord used in sailing boats and caribeeners (closed hooks) using in mountain climbing. You can tether to a wall, lane rope, fixed object around the pool or partners, ring buoys, anything really. Then just play and workout.