



Rallye du Canal du Midi et Enduro-Canal

Prepare physically



Prepare physical condition to get the most of this experience, here are some tips so that small currents inconvenience will not invite themselves to the feast.

HAND CARE

You're going to row many hours. The skin of your hands shall suffer a lot of friction. Its alteration is more important with sweating and the dryness of your skin

In prevention :

- ✚ It is recommended to nourish your skin at least four times a day. The best is to use shea butter cream.
- ✚ It is best to start two weeks before the Rally
- ✚ It is also useful to use it on your feet and particularly on the heels and toes

If injured :

- In case of soreness or blisters, please get in touch with our medical staff

SUN PROTECTION

It can be very hot and sunny in August on the Canal du Midi.

- Protect the skin : adequate sun protection is important
- Wear a headgear like a cap, light or white garments covering your arms and legs

HYDRATION

The first cause of tiredness is dehydration.

- Drink a lot of water, preferably in small quantity during short pauses.
- It is recommended at least a pint per hour (500 ml), more if serious heat
- It is useful to have a basifying water which we will have at your disposition during the Rally (mineral water)

MUSCULAR CRAMPS AND SPASMS

They have many causes :

- Your settings
- Lack of hydration
- Important acidosis
- Tiredness
- Lack of magnesium

DIET

- Do not neglect breakfast and food and drink supplies
- The meals during the Rally have been studied as good as possible to be optimal
- It is important to eat a lot of veggies which helps to basify your body

RECOVERY

It is essential on a 5-day hike

- Passive recovery : sleep, massages, shower « hot-cold »
- Active recovery: muscle stretching twice a day (cards with exercises are at your disposition)

STRETCHES

- Pace the duration of the stretches with a slow and deep breathing mobilizing the belly (about 20 seconds). 3 breaths (about a minute) to stretch a muscle group
- Identify the starting position and movement to move 2 muscular insertion points and gradually reach the maximum tension
- Maintain the tension and gradually increase the stretch, using the expirations to alleviate the feeling of tension while maintaining the position

Quadriceps

Toggle the pelvis back while pulling knee to the back.
Be careful not to spread your knees



Ischios-leggings and calf

Pull at the toes while stretching the leg
Use a towel



Buttocks

Lower the pelvis to the ground
Keep the bust in the axis and flat



Wrist Extenders

Pull your shoulders back while keeping the back of your hands on the ground



Wrist flexors

Pull the shoulders back while holding the palms to the ground



Biceps

Turn the shoulders and head away from the support.
Keep your arm extended, your hand at shoulder height and your palm down



Disc decompression

Target the extension on the lower back
Releasing the gluteal and lumbar muscles



Back

Lower the pelvis to the ground
Keep the bust in the axis and flat

