



## PREPARE YOUR RALLY



You are on the merge in participating at an unique event : the Rally of Canal du Midi  
Prepare physical condition to make the most of this experience,  
here are some tips for small currents inconvenience did not invite to the program.

### HAND CARE

You're going to row many hours. The skin of yours hands are under a lot of friction.  
Their alteration is more important with sweating and the dryness of your skin

#### **In prevention :**

- ✚ It is recommended to nourish your skin at list four time 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 yours 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 : adequat sun protection is important
- ✚ Wear a headgear like a cap, light or white garnements covering yours arms and legs

### HYDRATATION

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 SPAMS

They have many causes :

- ✚ Your settings
- ✚ Lack of hydratation
- ✚ 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 who helps to basify your body

### RECOVERY

It is essential on a 5-day hike

- ✚ It is passif : sleep, massages, shower « hot-cold »
- ✚ And actif: muscle stretching twice a day (cards with exercices are at your disposition)

**HAVE A GOOD HIKE !**

## **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 basin 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 basin to the ground  
Keep the bust in the axis and flat



### **Biceps**

Turn the shoulders and head away from the support.

Keep your arm extended, your hand at shoulder height and your palm down



### **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



### **Disc decompression**

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



### **Back**

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

