

Stillness for 3-4 minutes –

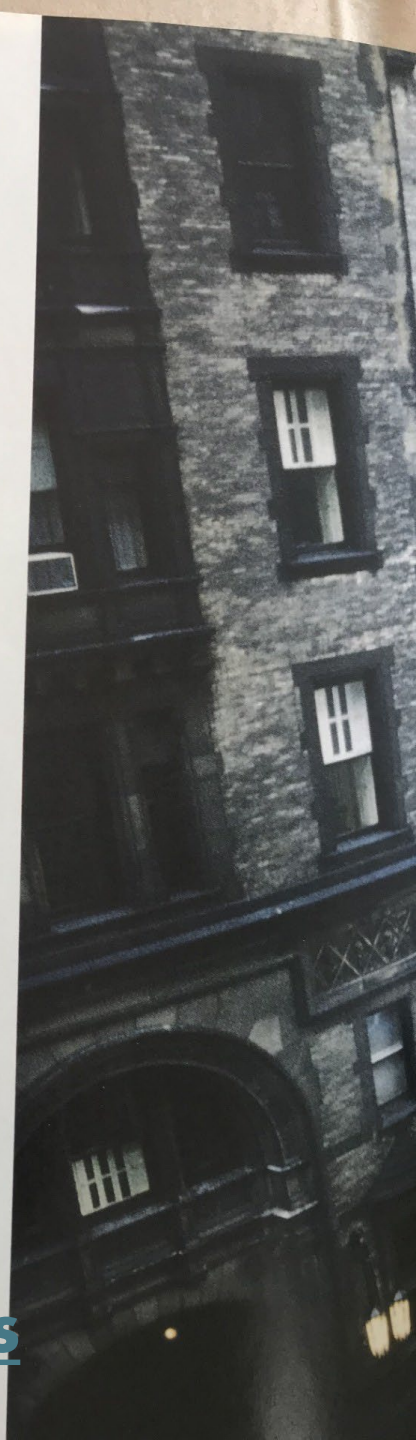
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My role in society,
or any artist or poet's
role, is to try and
express what we all feel.
Not to tell people how
to feel. Not as a
preacher, not as a leader,
but as a reflection of us
all.

JOHN

Personal reflection –

<https://www.youtube.com/watch?v=rLwvydT2eSs>



Stairs of Death -



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Amazon River -



Men's Retreat South America

Craig White Mentoring - April 2024



**Courage to create a
different story -**



Energy Systems and Components of Conditioning overview

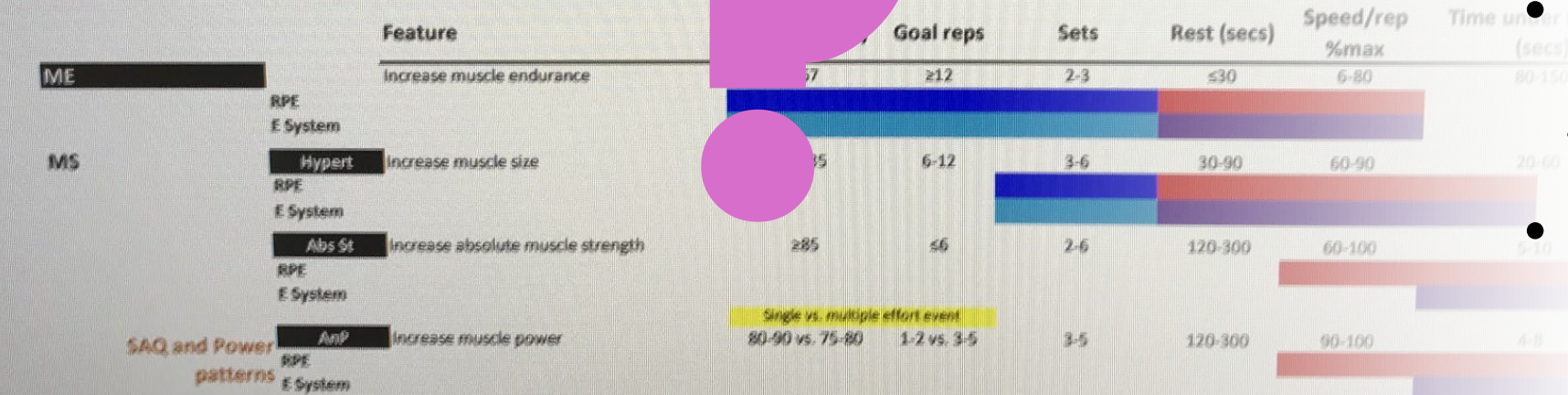
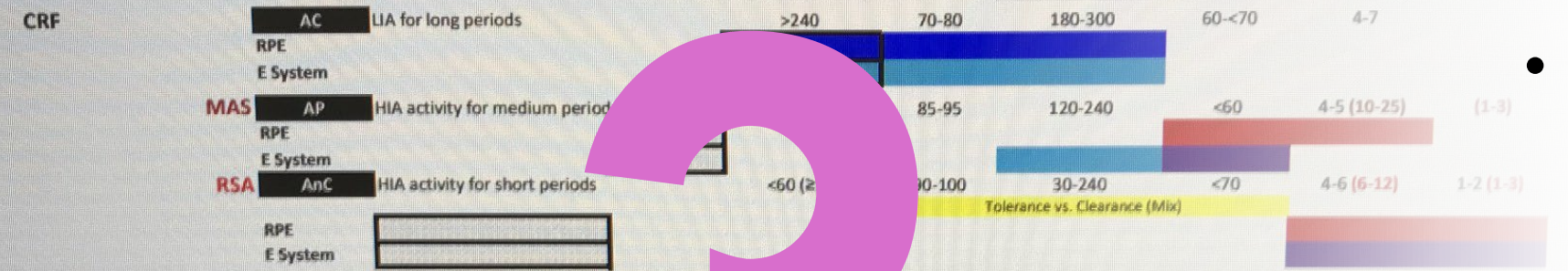
Strength & Conditioning (S&C)

RPE (Category-ratio scale)

Low intensity activity (LIA)						High intensity activity (HIA)		
0	1	2	3 to 4	5	6	7 to 8	9	Maximal
Nothing	Extremely weak - Very weak	Weak	Moderate	Strong	Hard	Very Hard	Very Very Hard	Maximal

Component of Conditioning

Feature	Time 'on' secs	%HR _{max}	Time 'off' secs	%HR _{max}	Repeats
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Energy System	Aerobic	Anaerobic	
	Long term	Medium term	Short term
Oxidative	Lactic (Glycolytic)	Phosphagen (ATP-PCr)	Immediate-non oxidative
	Short-term non-oxidative		

- How did my views on key components of S&C change?
- Can we engage a wider lens with the training for this profession?
- Where is our profession going?

Note. NZSCA

Baechle and Earl (2008)
Siff (2003)
Thompson (2010)



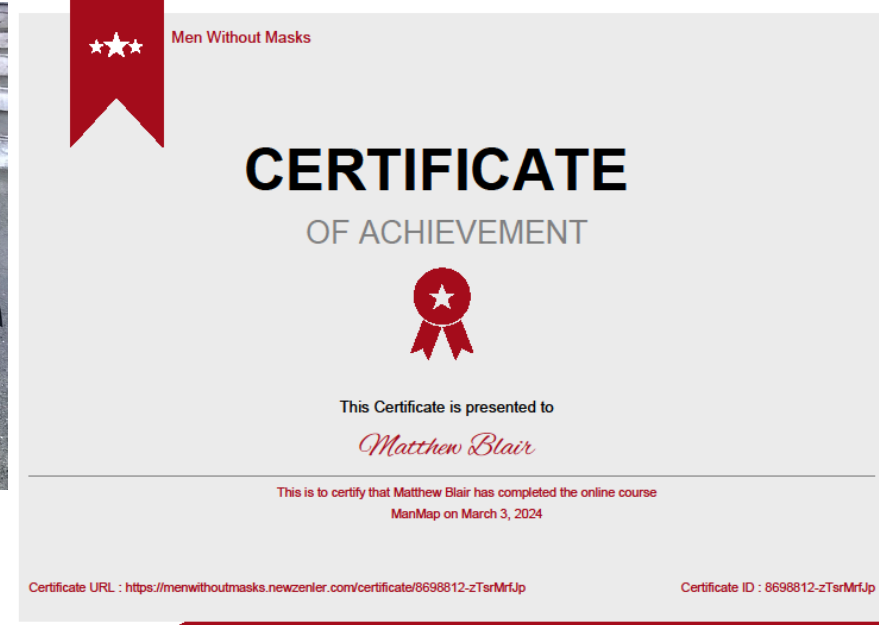
Peak altitude – What might happen?

Key learnings -



- Plan Plan Plan Plan
- History
- East meets West
- Nature
- Actual
 - Team-work
 - Connection
 - Trust
- Mediation, Yoga, Breathwork, Plant-based food (medicine)...
- Physical – Mental – Spiritual)
- Connection to something greater

Plan Plan Plan Plan -

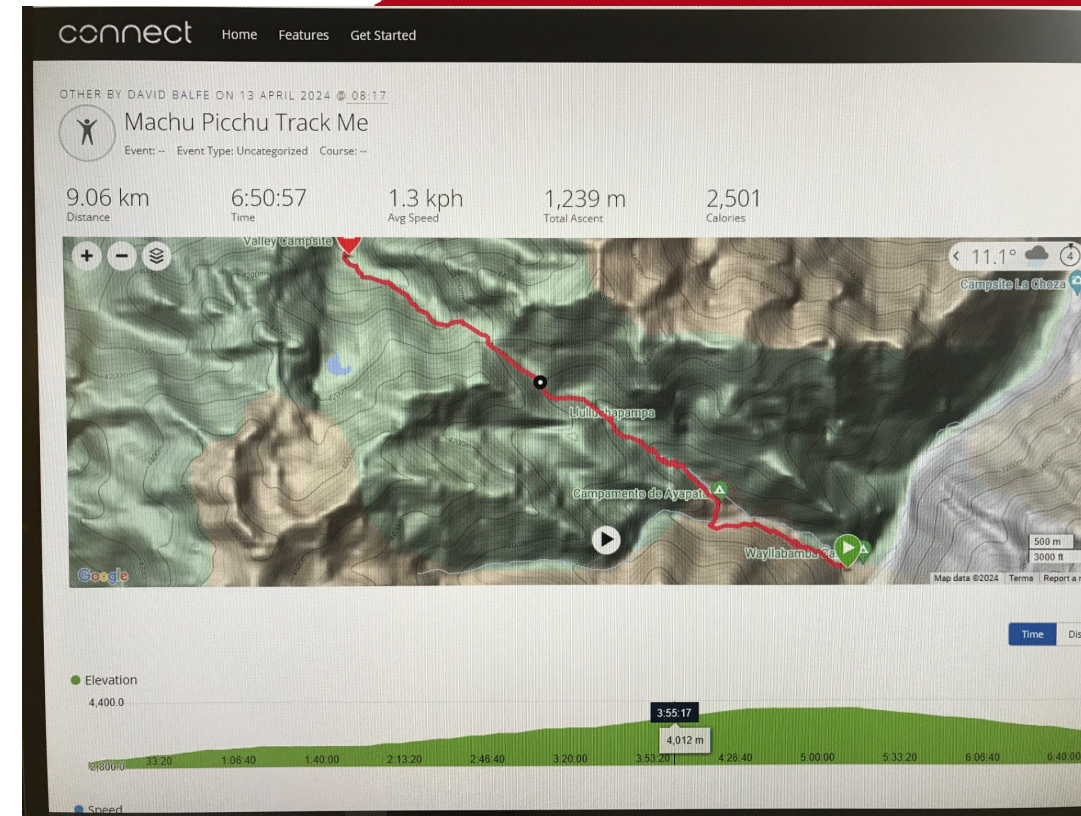


- Cert. Man Map – Online preparation
- It was always going to be about Inca Trail Day 2

<https://www.relive.cc/view/vAOZwjX5zy6>

- Key training: **Aggressive Uphill Trekking**
- **5 day retreat Sacred Valley**

Key metrics			Elevation change (m)		
	Walk time (hours)	Distance (Km)	Difficulty Level	Ascent	Descent
Day 1	7	12	Moderate	750	
Day 2	8	15	Challenging	1200	1000
Day 3	5	9	Moderate	50	900
Day 4	3	5	Moderate		300
Total	23	41		2000	2200



History -

- Incan civilisation 12-1500 AD
- Amazonian tribes-people
- Christopher Columbus 1492 AD (Italian – Sailed Spanish) – Smallpox ...
- Incan Civil War 1529-1532 AD
- Arrival of the Spanish to Peru 1526 AD
- Collapse Incan civilisation
- Machu Picchu – Trading post



History -



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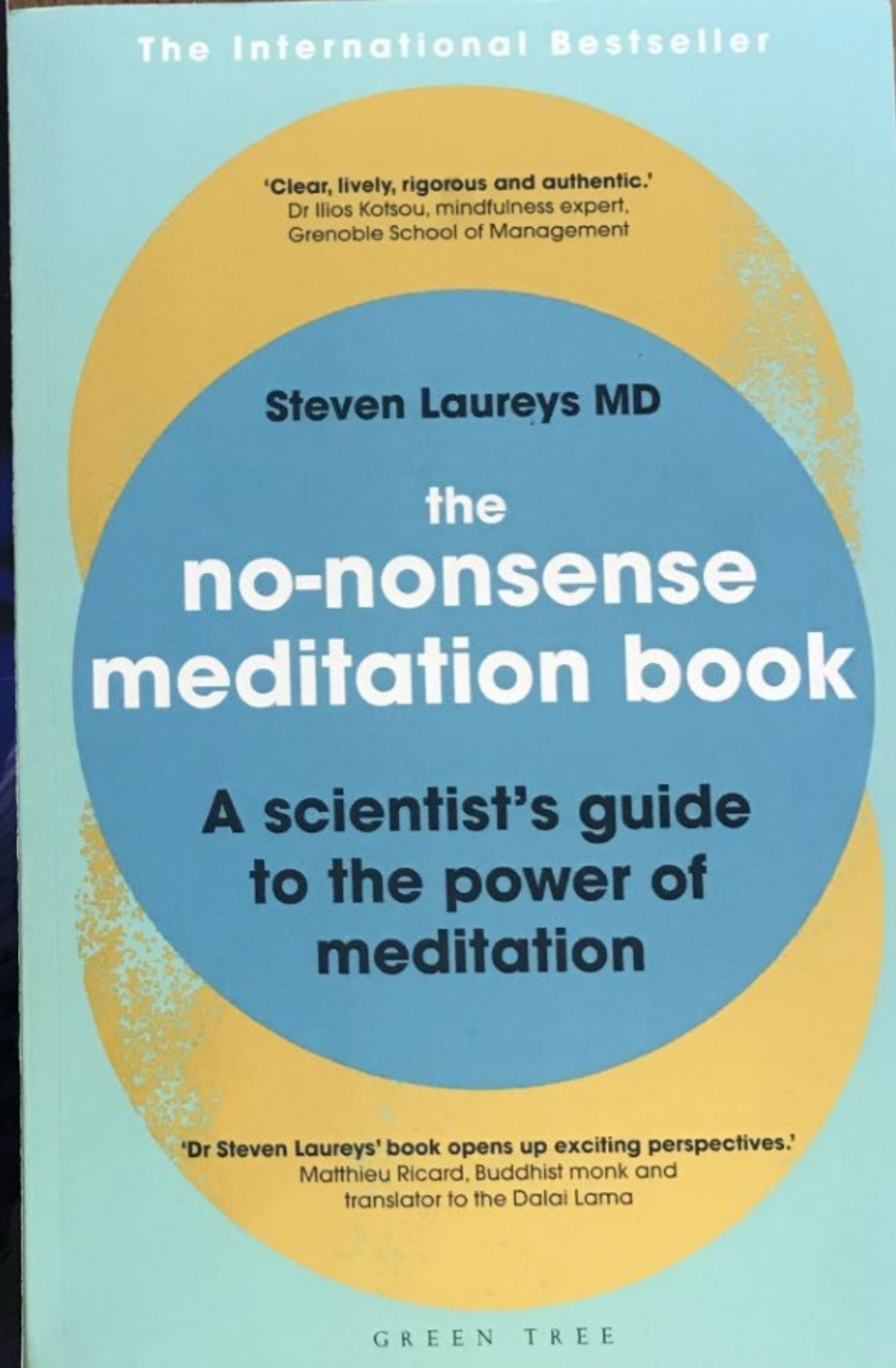
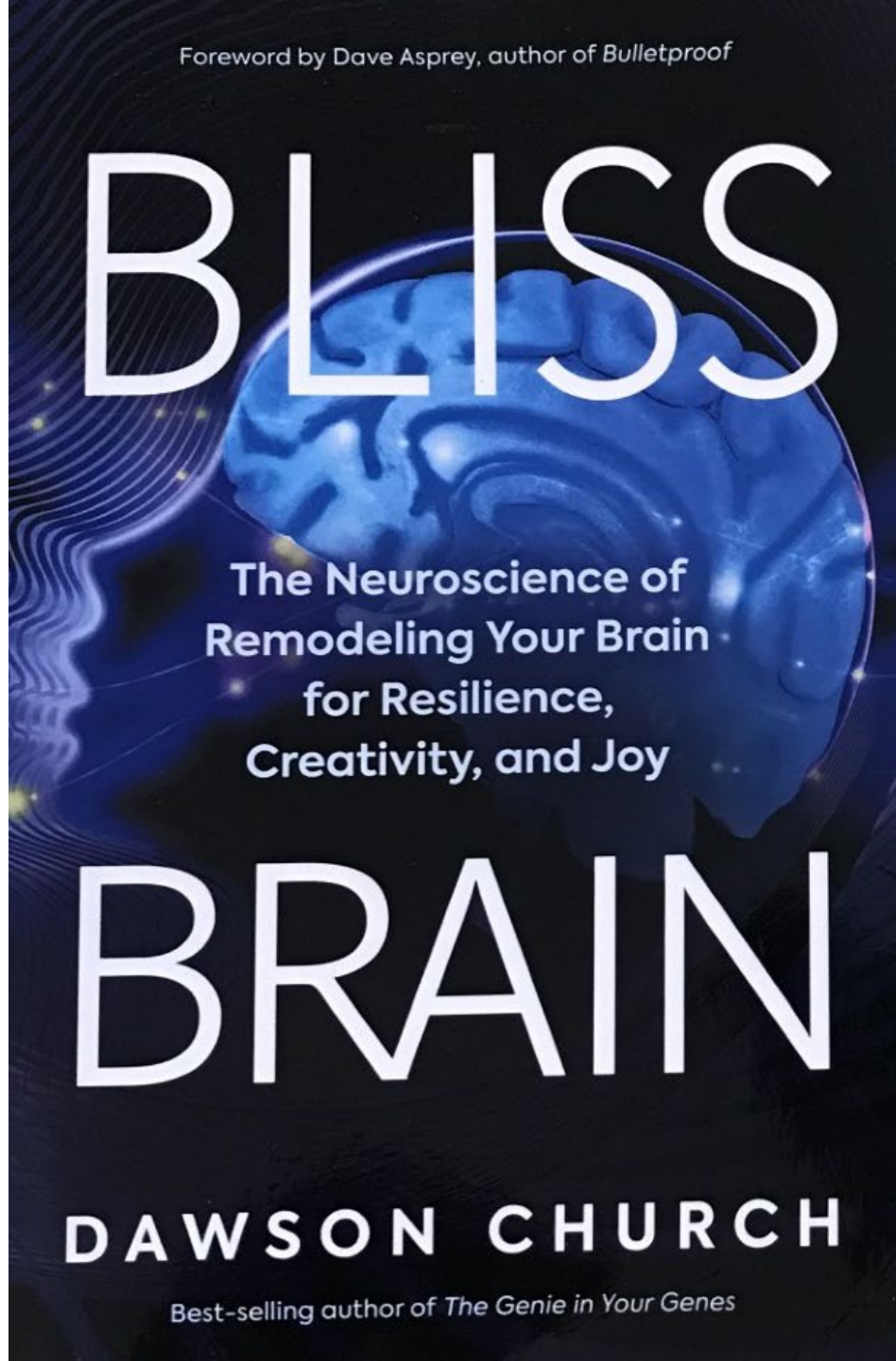
East meets West -

- Sipping water regularly
- Balanced food intake
- Ancient super-foods
- Building structure
- **Test-retest**



East meets West –

- Neuroscience and meditation



Nature -

- Keppler Track – Grunt & Day 2
Inca Trail
- Amazon Rain Forest
- Incan paved trail (67 000km)
- Caving



Actual -

- Team-work
- Connection
- Trust
- Being in a different story
- Let's try body tapping which is a form of self-massage that uses pressure instead of needles to stimulate the body's meridian points. When these points are stimulated, it can help improve your overall health and wellbeing.



Mediation, Yoga, Breathwork, Plant-based food (medicine)...

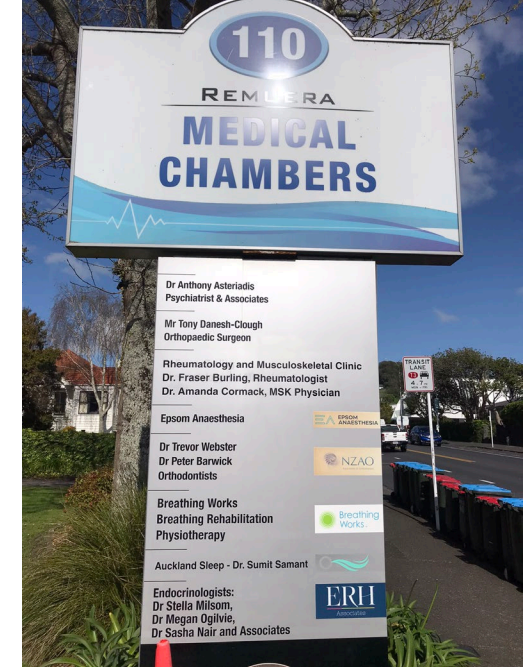
- New activities in a different story

Feeling Grateful

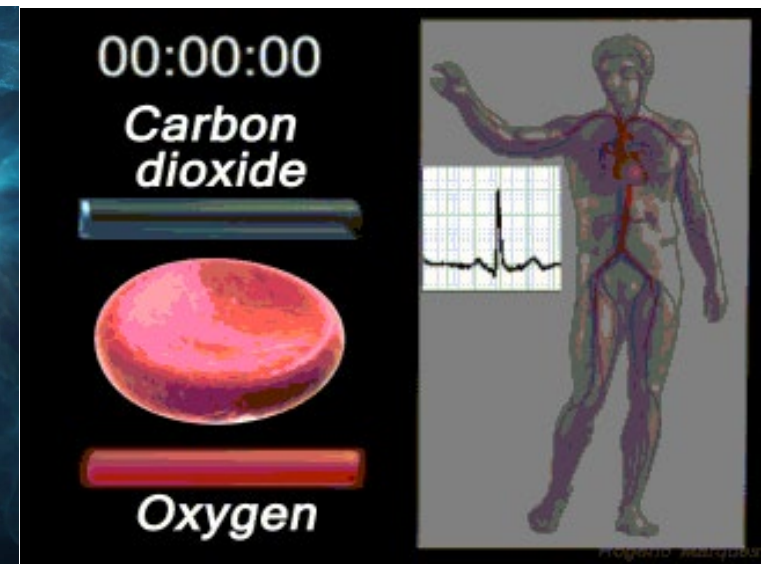
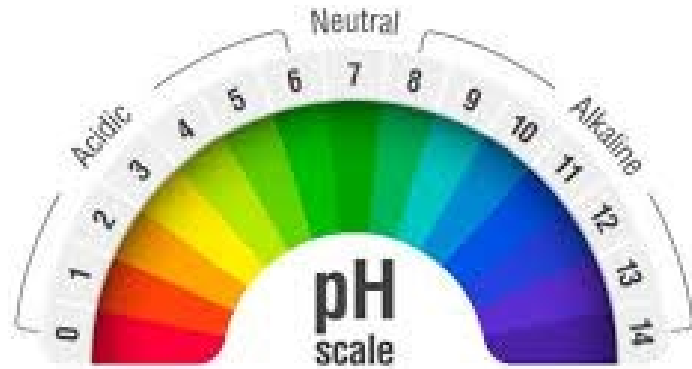


Mediation, Yoga, **Breathwork**, Plant-based food (medicine)...

- Nose v Mouth – Separate v Combination
- Timings: 2-3 and up to 10 secs
- Types: Primal / Deep Consciously Connected / Whiskey...
- Effects on Sympathetic and Parasympathetic Nervous Systems & blood pH level



CAREER POWER



MEDICAL CHAMBERS

Dr Anthony Asteriadis
Psychiatrist & Associates

Mr Tony Danesh-Clough
Orthopaedic Surgeon

Rheumatology and Musculoskeletal Clinic
Dr. Fraser Burling, Rheumatologist
Dr. Amanda Cormack, MSK Physician

Epsom Anaesthesia



Dr Trevor Webster
Dr Peter Barwick
Orthodontists



Breathing Works
Breathing Rehabilitation



Different story?



Yusuf Dikec - "I am immensely proud to have secured the first Olympic medal in the history of the republic for my country, home to 85 million people who supported us with their prayers. This medal is dedicated to the REPUBLIC OF TURKEY....." (Google 6/08/24)



McEvoy also incorporated learnings from outside of swimming in his training, saying: "I learned so much about other sports, about track, 200m and gym and strength training and rock climbing. I always had a feeling that the traditional approach to sprint training for myself personally could be enhanced, so I just thought, **Right, I will create what I think might be the go, test it out and see where it takes me.**" (Google 6/08/24)

Physical – Mental – Spiritual -

- A new 'trifecta' for me



Connection to something greater -



We demasked

We shared openly

We laughed

We cried

We danced

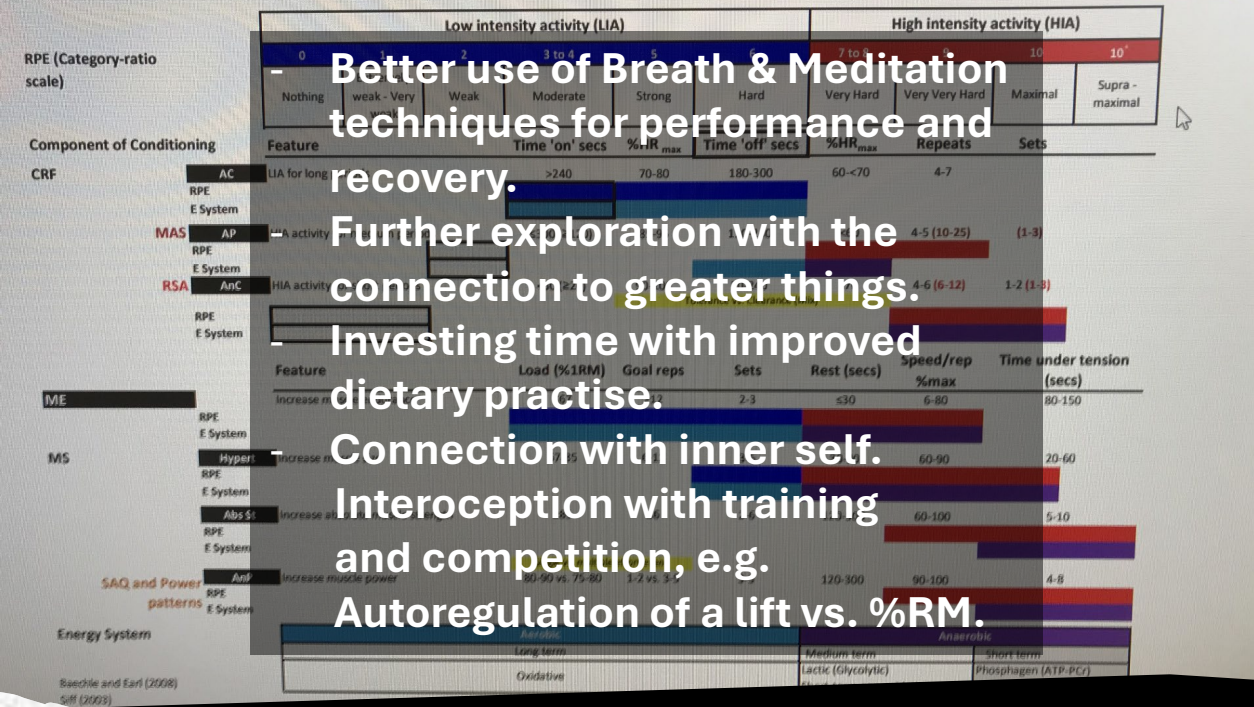
We walked

We loved

We did all that and more

Grateful





Better use of Breath & Meditation techniques for performance and recovery.

Further exploration with the connection to greater things.

Investing time with improved dietary practise.

Connection with inner self. Interoception with training and competition, e.g.

Autoregulation of a lift vs. %RM.

OTAGO

POLYTECHNIC

Te Kura Matatini ki Otago

Strength & Conditioning (S&C) -

- How did my views on key components of S&C change?
- Can we engage a wider lens with the training and for this profession?
- Where is our profession going?
Note. NZSCA



Thank you -