

ElliptiGO Case Study: Magdalena Boulet

Gender: Female

Age Range: 35-40

Event Focus: 5K, 10K, Marathon

Injury/Diagnosis: Athlete suffered a minor tear in the plantar fascia while in training for the Olympic Trials.

Phases of Recovery:

Phase I (6 Weeks):

Athlete did not undergo surgery and was instructed not to run for six weeks. For the first three weeks, she simulated her normal training regimen (80-100 miles per week) with non-impact activities including deep water running and stationary cycling.

Training Regimen Pre-Injury:

Day 1: Speed Workout (am) Recovery Run (pm)

Day 2: Recovery Run (am) Recovery Run (pm)

Day 3: Recovery Run (am) Recovery Run (pm)

Day 4: Tempo Workout (am) Recovery Run (pm)

Day 5: Recovery Run (am) Recovery Run (pm)

Day 6: Long Endurance Run

Day 7: Recovery Run (am)

The quality workouts were simulated in both the pool and on the bike by performing timed intervals of hard and easy efforts or sustained hard efforts. She combined water running and cycling back to back to train for endurance. Recovery workouts were done with either cycling or water running for the same amount of time as a pre-injury recovery workout. Her initial goal was to maintain the same amount of training time by cross-training.

The next three weeks of Phase I recovery, the athlete learned about the ElliptiGO and began weaving it into her regimen. Initially, she alternated ElliptiGO workouts at an easy effort every other day with the other cross-training modes to adapt to the new mode of activity, to weight bearing activity and to avoid over doing it. Within three weeks, and the end of Phase I, she was able to ride the ElliptiGO at moderate to hard efforts and for a longer duration up to two hours.

Phase II (3 Weeks):

Five weeks out from the injury, the athlete began combining the ElliptiGO with treadmill running to simulate the three quality workouts. Although she was able to run slowly without pain, she was still unable to run fast and needed to ramp up for the upcoming target race.

Via experimentation, she figured out her body could withstand uphill running without pain to better simulate a hard, fast running effort. For the quality workouts, she warmed up on the ElliptiGO for 30 minutes at an easy effort, ran 1-10 minute intervals at 6-10% incline at a slow speed with walking recoveries on the treadmill and then cooled down on the ElliptiGO for 30 minutes at an easy effort. She continued to build the hard effort running time as her body would allow, and filled in the other workouts with the ElliptiGO, cycling and running in the pool.

Phase II Training:

Day 1: ElliptiGO + short uphill repetitions Workout on Treadmill + ElliptiGO (am)
Recovery Pool running (pm)

Day 2: ElliptiGO Ride (am) Pool (pm)

Day 3: ElliptiGO + long uphill intervals Workout on Treadmill + ElliptiGO (am)
Recovery Pool Running (pm)

Day 4: ElliptiGO Ride (am) Pool (pm)

Day 5: ElliptiGO + uphill tempo Workout on Treadmill + ElliptiGO (am) Recovery Pool Running (pm)

Day 6: Easy Run + ElliptiGO Ride (am)

Day 7: Rest

Phase III (3 Weeks):

Ten weeks post-injury, the athlete was able to replace the recovery cross-training workouts with 30-45 minute easy effort runs outdoors followed by an hour of ElliptiGO riding at a moderate effort.

The quality workouts on treadmill progressed with being able to run longer repeats at faster speeds at lower inclines. The athlete also included ElliptiGO workouts inside on the trainer to focus on consistent effort training to simulate a tempo workout.

Phase III Training:

Day 1: Run outside + short uphill repetitions Workout on Treadmill + cool down on ElliptiGO (am) Recovery run outside or Pool (pm)

Day 2: Run outside + ElliptiGO Ride (am) Run outside (pm)

Day 3: Run outside + long uphill intervals Workout on Treadmill + cool down on ElliptiGO (am) Recovery run outside or Pool (pm)

Day 4: Run outside + ElliptiGO Ride (am) Run outside (pm)

Day 5: ElliptiGO tempo Workout + (am) Recovery Pool Running (pm)

Day 6: Long Run outside (am)

Day 7: Rest

By the end of Phase III the athlete was able to return to a daily running regimen and progress in running volume, intensity and terrain. The athlete continues to progress and is currently running two quality workouts on the treadmill and the remaining

running workouts on the trails and roads. She continues to use the ElliptiGO to cool down after the quality workouts and for recovery workouts.

Results:

Time out for injury is a physical and psychological drain on an elite athlete. From the onset of injury, the athlete was able to maintain her normal training regimen and train outdoors, which boosted her motivation and kept her in an optimistic training zone. The athlete reported that she was able to not only maintain the volume of training on the ElliptiGO, but she was able to train beyond what she normally did in terms of effort without risk of re-injury or set back. The athlete was able to seamlessly incorporate the ElliptiGO into her rehab regimen and utilize it as a core training tool for recovery, training and maintenance.