

## [My Physical Fitness Odyssey](#)

After decades of neglect I began My Physical Fitness [Odyssey](#) to lose weight and restore my physical fitness.

Weight loss is achieved largely by calorie reduction, requiring personal commitment. Coupling this with exercise helped me maintain commitment while improving fitness. The key was finding enjoyable, yet strenuous, physical activities.

Six years ago I bicycled 2048 miles, beginning in May and ending in November. The last 25 miles were on a cold windy November day. I nearly froze. Those last 25 miles were critical, bringing the total to 2048, which you may recognize as 2 multiplied by itself 11 times. 2 to the 11<sup>th</sup> is more memorable than 2023.

In subsequent years I took a renewed interest in tennis, playing 1, then 2, now often 3 evenings/week. Tennis negatively impacted my biking time, but the variety was more satisfying.

In August 2015 I unpacked my old inline skates, the ones I skated the North Shore Marathon (26.2 miles from Two Harbors to Duluth MN) in 2001, 2002 and 2003. I replaced those skates with [K2 Men's V02 100 X Pro Inline Skates](#). I love these fast large wheel skates, blading on the [Greenwood Trail](#), a 0.90 mile newly paved loop. Starting late in 2015 I managed to log 125 miles before snow brought the season to an end.

I resumed skating in May 2016 while continuing my tennis schedule. The inline skating year ended in late November due to ice and snow. On the final day, with 878 miles logged for the season, I obviously needed to reach 900 miles. To do so I had to hand shovel snow from several areas on the trail. I began the 2017 season on May 1<sup>st</sup> completing 1024 miles (which incidentally is 2 to the 10<sup>th</sup>) on September 30<sup>th</sup>, 2017, putting me well ahead of the previous year. I will get many more miles before it snows. I keep accurate track of my distance, speed and heart rate using a [TomTom Runner Cardio](#) watch. Having achieved my goal, next year I may cut back on inline skating by resuming biking. There is only so much time! To those who say inline skating day after day must be boring I reply I love the fresh air and crank up my Bluetooth headphones listening to 'Rock' music (actually Sergei Rachmaninoff piano works).

In July 2016 I bumped into Tim Bergland at the Pennington Country Fair. Tim, a physical fitness buff and former Washington Capitals NHL hockey star, is currently the coach for the winning Thief River Falls Prowlers High School Hockey Team. I mentioned my summer physical activities, noting that when winter arrived I would be lost. Tim said "I can take care of that!" Meeting Tim at the Ralph Engelstad Arena weight room, I committed to a twice a week strength training plan. Surprisingly I enjoyed it, quickly raising it to 3, then 4 and often 6 days week. It is challenging, addicting and enjoyable.

My fitness program, which follows, consists of Day 1 and Day 2, which I alternate. As I have become stronger I have increased the weights, with the prior weights crossed out.

The results have been better than I could have imagined.

*Ron Stordahl* Oct 9, 2017 Thief River Falls MN [PDF version](#) [DOCX version](#) [RonStordahl.com](#)

## **Day 1 Strength Training Plan**

**Warm-up:** Run around arena followed by 5 stretching exercises ea. 20 steps: Knee to Chest Lunge, Heel to Butt, Russian March, Backward Lunge w/Twist, Hockey Lunge

### **Group 1: Repeat 3 times**

**1: Dumbbell Chest Press (on back): 10 times: DB #: ~~15~~ 20 25 30**

**2: Cable Row: 10 times: #: 90 100 110 120-140 150**

**3: Medicine Ball Walking Lunge 20 steps: Ball #: 8-10**

### **Group 2: Repeat 3 times**

**4: 3-Way Shoulder – 10 times: Front, Lateral, Bend. DB #: ~~5~~-10**

**5: 16 times Incline Push-UP**

**6: Step-Up 8 times each leg 2<sup>nd</sup> box**

### **Group 3: Repeat 3 times**

**7: Lateral Pull Down – 10 times: #: ~~90~~ 105 120**

**8: Seated Dumbbell Curls 10 times: DB #: ~~10~~ 15 20 25**

**9: Tricep Bench Dips: 10 times**

### **Group 4: Repeat 3 times**

**1: Plank (elbows on mat) 1 minute**

**2: Bird-Dog (alternate hand and leg) 5 seconds each side repeat 3 times**

**Final: Elliptical Trainer**

**30 minutes with resistance set to maintain a heart rate of up to 130 with a calorie burn of 350 for the period.**

## **Day 2 Strength Training Plan**

**Warm-up:** Run around arena followed by 5 stretching exercises ea. 20 steps: Knee to Chest Lunge, Heel to Butt, Russian March, Backward Lunge w/Twist, Hockey Lunge

### **Group 1: Repeat 3 times**

- 1: Hammer Strength Chest Press: 10 times: # ea. side: 8# + 10 15 20 25 30 35**
- 2: Hammer Strength Pull Down (palms in): 10 times: # ea. side: 1# + 30 40 50 60 70 80**
- 3: Plyo Press: 10 times: # 120 135 150 180 195 210**

### **Group 2: Repeat 3 times**

- 4: TYI Shoulders (Lay on chest on mat): 10 'T', 10 'Y' and 10 'I'**
- 5: Dumbbell Chest Fly's (slight bent in elbows) 10 times: #: 40 45 20**
- 6: Weighted Front Squat (one weight) 10 times: #: 40 45 30 35 45**

### **Group 3: Repeat 3 times**

- 7: Dumbbell Upright Row (standing) 10 times: #: 40 45 20 25**
- 8: Dumbbell Pull Over (on back over head one weight) 10 times: #: 40 20 30 35**
- 9: 2 Leg Calf Raises (toes) on Box 20 30 times**

### **Ending exercises: Repeat 3 times**

- 1: Plank (elbows on mat) 1 minute**
- 2: Bird-Dog (alternate hand and leg) 5 seconds each side repeat 3 times**

**Final: Elliptical Trainer**

**30 minutes with resistance set to maintain a heart rate of up to 130 with a calorie burn of 350 for the period.**