

2005-2006: Plattsburgh State: Study Comparing Indoor Track athletes on the same track 2 consecutive years 2005-vs- 2006/ Standardized L.I.T. (low intensity training) training protocol with addition of the AB-Inforcer® Core training station in 06.

NAME	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	PERF05		PERF06	
Hunsinger	2:25f	2:58f	3	-	-	-	-	-	6.75,55M		6.74, 55M	55M
Howard	3:00m	-	-	-	-	-	-	-				
McIllrath	2:39f	2:55	3	-	-	-	-	-	1:36, 600		1:29, 600	600
Paul	1:47	2:17	2:43	2:58	3:00	-	-	-			sick	
Dobson	2:03	2:15	2:47	3:00					49.54		49.45	400
Capen	2:50	3:00	-	-	-	-	-	-	65, 400		62, 400	400
Dessureault	inj											
Hutchinson	3:00	-	-	-	-	-	-	-				
Daly	-	-	-	-	-	-	-	-				
O'Leary	3:00	-	-	-	-	-	-	-			sick	
Bauer	2:42f	3:00	-	-	-	-	-	-	7.19		6.92	55M
Bridgell	2:26l	2:54	3	-	-	-	-	-	28.10		27.62	200M
Sitch	?	?	3:00	-	-	-	-	-	7.05		6.77	55M
Gregory	-	-	-	-	-	-	-	-				
Thompson	-	-	-	-	-	-	-	-				
Heath	2:33l	2:27	3	-	-	-	-	-	No time		7.91	55M
Krug	3:00m								5'10"		6'2"	HJ
Ford	-	-	-	-	-	-	-	-				
MacAlpine	2:56l	3	-	-	-	-	-	-	6.90		6.79	55M
Girardin	:30,	1:23	1:45	1:55	2:17	2:48	3:00		4'5"		4'4"	HJ

Most above track performance have taken place at the SLU Holiday relays 2005 and 2006 for comparison.

F=fail, l = low back fail, and PERF= performance

Athletes (10 men and 10 women), will hold the 90-90 positions for time. If the athlete breaks the auditory, visual or kinesthetic cues, then time will be up. Athlete will incorporate the Ab-Inforcer into the Anatomical Adaptation phase of training for 8 sessions. We will correlate the athletes' previous running time with a new performance after the 8-week period.

It is a known fact that sprinters tend to have well developed erector spinae musculature as a result of the erect spinal position of running. As a result, abdominal weakness may occur for the track athlete. Weakness occurs particularly in the lower rectus abdominis. My student-athletes have shown and reported significant gains due to a change in their training protocol. With the insertion of the Ab-Inforcer® into the L.I.T. training sessions twice per week, we feel that the Ab-Inforcer® has contributed as a key component to the men and women's performances at Plattsburgh State.

Other qualitative findings from this 8 week period show the following:

1. Lower rate of shin splints. (12 reports 05' and 2 reports 06') Astounding difference from last three years compared with this season.
2. Improved spinal alignment in the 'set' position in the blocks.
3. Times improved with athletes having a better understanding of feet being placed beneath their center of gravity. (Regular sprinting velocities) Force application may be improved.
4. Lower back pain improvement:
5. Documented improved Training volumes leading into testing date over previous year(s).
6. Time trials improved from day one of practice onto another time trial (during high volume/medium intensity training).

"I feel we had very good success with the program." Brett Willmott, CSCS, Head Strength and Conditioning Specialist: Plattsburgh State