

---

## Bowhunting conditioning plans

Posted by 2rocky - 2008/12/18 19:11

---

Before we know it, bow season will be on us, and I wanna be the first to harass Deryder about his conditioning if he is gonna chase elk in Colorado."with a Marlboro hangin' out his mouf" :laugh:

For the last two years i've trained for a road marathon with Team in Training, a division of the Leukemia and lymphoma Society. in exchange for fundraising, you get Professional training for 18-20 weeks leading up to your event, travel and lodging and meals at the event. if you want to run a marathon, do a 100 mile bike ride or doa triathlon, but didn't know how to start, this is a great way to get help!

<http://www.teamintraining.org/>

Unfortunately the spring season events don't jive well with my schedule so I'm training with the local running store for a March 20K Trail run. I think then I can up my mileage for a June 50 K and an august run of some sort if I'm not chasing muleys in Nevada.

Whatcha got planned?

=====

## Re:Bowhunting conditioning plans

Posted by 2rocky - 2008/12/18 19:18

---

OK quick recruiting photo from the last couple of seasons....

training for Alaska

[http://i32.photobucket.com/albums/d45/2rocky/TNT%20marathon/apr07002\\_edited.jpg](http://i32.photobucket.com/albums/d45/2rocky/TNT%20marathon/apr07002_edited.jpg)

Party after the marathon in Alaska in 2007

<http://i32.photobucket.com/albums/d45/2rocky/TNT%20marathon/ak07020.jpg>

Party after San Diego in 2008

<http://i32.photobucket.com/albums/d45/2rocky/TNT%20marathon/sdrnr11.jpg>

=====

## Re:Bowhunting conditioning plans

Posted by DeRyderM - 2008/12/18 19:48

---

Funny you should mention this smart a\$\$:woohoo: but I was thinking the same thing. Ideally the Bowcast Blogs and banter will stay just as interactive as it has been throughout the hunting season. I think that a thread like this will be useful to many of us who are looking to start conditioning and also as a way to keep our minds on bowhunting.

I lost a crap ton of weight a few years ago and began mountain biking religiously. I hurt my knee, got lazy and put almost all the weight back on, grrrr... Sooo I believe that I am going to use Colorado as my incentive to quit smoking and get back in better shape, 50 pounds lighter. I toyed with the notion of getting Dan Staton to devise me a workout and I could document my progress on here, but I don't want to fail miserably in front of all of you and ruin my supersweet net rep;)

I am going to start jogging lightly very soon, just to burn the Backwoods cigar smoke out of my lungs. I will about a 15 minute ab routine after each run. Not really because I expect to uncover them from the 60 pounds of deep fried venison generated lard but because it is an easy place to lose weight if you target it correctly. And if you don't, almost every other part of your body will drop weight except in the ole beer tank.

I am sick of lifting weights and I don't have a ton of extra time so I will limit myself to 2 sessions a week and supplement those workouts with cutting wood. I want to use this spring to cut wood and clear some of the mature forested areas of my property to make room for new undergrowth, bedding areas, mast tree plantings, and possibly some small, late season food plots. I have a lot of mature Poplar trees that, weird enough are actually worth a little money right now b/c pallet factories are in need of the wood. Normally, they purchase crooked, wood from regular mill yards but being that the price of timber, like everything else, is in the tank, they are purchasing poplars to make the pallets. By hauling the trees in I can pay for the food plots and trees from timber money. I get plenty of exercise running chain saw and splitting the limb wood.

---

Once weather breaks, I am going to get on my bike with a vengeance. For the past couple years, I have ran a 400 bike race in MI, but I think I will be more focused on Co. this year so I am going to opt out and will not have to do as much road training and be able to really grind out some hard miles on the downhill and freeride trails.

Quitting smoking will help me get in shape and also generate a huge amount of cash to spend blindly on hunting 'necessities'. It's gonna be tough as hell though. And as I mentioned, the clearing of the forest, has multiple benefits. I have lived in East Lansing for the last ten years and drive back and forth to do a lot of the activities that I enjoy. By moving back down home I am hoping to be able to accomplish more this year than in the previous 5 years combined.

If all of these goals end up in the 'pissoir'. I'll still bend Colorado over and beat it like I owned it. Besides, staying fat will help me roll down the mountain faster!

=====

## Re: Bowhunting conditioning plans

Posted by DeRyderM - 2008/12/18 19:51

---

How drunk did you get after running 50k and then drinking, I know when you ride a bike a couple hundred miles and then drink a few bears, you are waaasted.

=====

## Re: Bowhunting conditioning plans

Posted by 2rocky - 2008/12/18 23:27

---

Chaser Charcoal Tablets man....

Party all night fish all the next day!

To tell the truth that is how I judge my recovery. I'm done by 11, drink a 32oz accelerade, have a PB&J, then take my number to the Michelob booth for my free beer.

Then on to the shuttle bus back to the hotel for an Ice bath banana and bagel, and a 30 minute nap.

Wake up from the nap do a quick rub down with a roller on the legs and eat a good lunch and head to the party at 5:30.

By 9:30 you are headed to Dick's last resort, drinkin' G&T's and back to the hotel 'bout midnight. What you do til 5:30 is up to you...

=====

## Re: Bowhunting conditioning plans

Posted by dustyvarmint - 2008/12/19 18:14

---

After the last Dan Stanton episode I replaced Monday's workout with interval training and I started eating a little better and lot less. Dropped over twelve pounds.

My goal is to run a half marathon in 2009.

As I started to increase my run length to 45 minutes my left shoulder has been giving me problems. I've backed off the running and am using the bike and elliptical without arm motion. Dropped all pull ups and push ups too; just abs. Its killing me. Exercise has become the "drug" of my life. Hoping to heal up and get back to running. I've continued to shoot, but that is probably not the brightest idea. However, that comes right after working out for drug #2.

Forgot to mention (I'm stoked about this:!!!!). Sierra Club and Outward Bound got together and are offering a lot of programs to Iraqi Freedom and Enduring Freedom Vets. Includes the expedition cost and travel to/from. I applied and was picked for dog sledding out of Ely, MN for March. They've still got to review and approve my application, but I'm hoping for the best. Looking at the syllabus it looks like no physical joke. Between mushing & trail breaking no one gets to ride. That is pushing me to get in better shape and it'll give me an excuse to buy some new gear :).

Happy hunting and just get out there and exercise!

---

dv

---

## Re: Bowhunting conditioning plans

Posted by JDaddy - 2008/12/19 21:51

---

This something I gotta get on this year hard too...I've went to crap the last 10 years "since I've been with the wife", lol. I think I'm gonna break down and order the P90X dvd's and go from there. I've never been much on the Infomercial crap but I've heard nothing but great things about P90X. Some of the guys over on Archerytalk are on it and they say it's crazy the results you get from it. I use to be in good shape when I was younger and raced Motocross all the time, then after MX I went into playing tournament paintball and it kept me in good shape, hell all you did was run all day in the hot weather with a ton of gear on. But since I got out of those I've went to a fat sack of crap pretty much. Time to buckle down and get back into shape.

---

## Re: Bowhunting conditioning plans

Posted by JohnsCustoms - 2008/12/20 03:45

---

I train hard most of the year with alot of heavy lifting.I have done some small weight lifting comps and its fun but when the season gets closer I have learned to bump up the cardio more,makes me feel way better dragging whitetails out of the woods and also hanging stands and scouting.This year I had some good training chasing after my 2yr old little girl every day.Now that is some serious training...lol I thought I was in shape to she hit the terrible 2s..

---

## Re: Bowhunting conditioning plans

Posted by Clan\_Cassidy - 2008/12/20 04:45

J,

---

I have done the P90X and it's a great program. A lot of guys at the fire houses are getting some good results from it, on that note if you want to save the cash and you have a minimalist home gym, crossfit.com is the way to go. It's high intensity interval training and has had the same great results for a bunch of us. I really like it b/c they post the workout of the day the night before and it always changes to hit all major muscle groups. Check it out I think you'll like it, also they have guides to build almost all of your own equipment really all you need is some dumbbells, olympic weights and a pull-up bar, the rest can be made for a small amount of cash.

---

## Re: Bowhunting conditioning plans

Posted by JDaddy - 2008/12/20 15:06

---

Clan\_Cassidy, I might check into that. I dont have any stuff at the house but I do have free access to a small gym anytime I want to go. Our local hospital has a small gym in the basement that's just for people who work there & their families...My wife is the V.P. at the hospital so I have 24/7 access to it. But they dont really have any free weights or pul-up bars. Just machines & treadmills & bikes.

---

## Re: Bowhunting conditioning plans

Posted by FK75 - 2008/12/22 02:44

---

I plan on laying the bow down for two months after the new year and working on ab and upper body strength. Early March I plan on working on blank bale for a while and then ease myself into turkey season. This winter I'll be X-country and downhill skiing, and will ramp up the trail running and mtn biking come spring and summer. I would like to try crossfit,

---

but I don't think my dog would appreciate me spending all that time at the gym.

Any ever tried or have seen this crazy sport. I think it is really cool with rifles and would give it a shot with the bow.  
<http://www.skiarchery.com/mc/page.do?sitePageId=8887&orgId=uab>

=====

## Re: Bowhunting conditioning plans

Posted by DeRyderM - 2008/12/22 04:30

---

JDaddy, just cuz you lose weight does not mean you aren't still a sack of crap!:woohoo:

=====