



Q&A
JACKIE
ARCANA

Q What is overtraining and how do I remedy it?

A Overtraining syndrome is associated with too much training volume or too much intensity combined with a lack of proper recovery. Symptoms are not always easy to recognize. Many times the athlete will feel "flat" or complain of "heavy legs." Other symptoms include fatigue, blood-sugar handling problems (abnormal cravings for sweets, hunger, shakiness if meals are delayed), menstrual or other hormonal imbalances, stress or anxiety, slight dizziness upon standing, or elevated heart rate. Remember, it is not necessarily the workout that is the culprit; it is the ability to recover. If your work hours are high and you don't get enough sleep, it can impair recovery. The good news is this can be reversed with rest. A well thought-out training plan can avoid this problem in the first place.

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Questions?

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Fitness

YOU CAN DO THIS

SKI THE SLOPES OF MOUNT CHARLESTON LIKE AN 80-YEAR-OLD



It sounds easy enough, right? ... Ski like an 80-year-old?

But Marcel Barel is not your typical 80-year-old. Not when it comes to skiing. Not when it comes to the slopes of Mount Charleston.

Barel teaches skiing at the Las Vegas Ski & Snowboard Resort, something he has done since the 1960s.

He'd love to have you join him on the slopes ... just be sure to take the right approach to learning how to ski.

"Maybe the biggest mistake people make is they are trying it out without instruction," Barel says.

Barel acknowledges it comes across as self-serving for a ski instructor to tell people to hit the slopes only after being taught by a pro. But he has seen plenty of people try – and fail – by relying on a friend or family member to teach them.

He says ski instructors understand the progression it takes for people new to skiing – start slower and develop at a rate you are comfortable with. And they are trained to emphasize safety.

"The first rule you have as a professional instructor is be concerned and teach safety," he says "And the second rule is to have fun."

Barel started skiing when he was in college and says people learning today have an advantage because modern equipment "is definitely in your favor." Skis are shorter and therefore easier to control, and the bindings release more easily so that the ski separates from the boot quickly when a skier falls. No more skier and skis tumbling down the mountain in unison after a fall.

Barel has advice for beginners when it comes to equipment: Don't borrow it from friends. He says you are much better off renting equipment that fits and getting the most up-to-date skis, bindings and poles.

If falling is what has you afraid to try skiing, Barel says don't let it.

"We all wipe out," he says with a laugh. "Sooner or later, you'll bite the snow."

But he promises it won't be a hard landing because the snow is soft, "even if it is groomed."

If you have put off learning to ski, Barel has some final words of advice.

"Do it now," he says. "You're not getting any younger."

— Paul Doyle

IF YOU GO

Where: Las Vegas Ski & Snowboard Resort, 6725 Lee Canyon Road, Mount Charleston

Directions: take U.S. 95 north to Lee Canyon Road; take Lee Canyon Road 17 miles west to resort

Hours: 9 a.m.- 4 p.m. (ski lifts), 8:30 a.m.-4:30 p.m. (lodge)

Phone: 385-2754 (resort) 593-9500 (snow line)

Ski lift ticket and equipment rental information: www.skilasvegas.com