

Canadian Olympians do whatever it takes to ready themselves for Sochi Games

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By Israel Fehr

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TORONTO – "It's about moving with resistance because in our sport that's what we do. If we don't have the sleds to push or to pull, sometimes you'll grab a vehicle or others things that are big and heavy, which throws a lot of people off when you got chicks pushing BMW's," said Kaillie Humphries.

Not a typical way for most Canadians to spend their summer. Of course, Kaillie Humphries isn't your typical Canadian; she's a world-class athlete and an Olympic gold-medallist in bobsleigh.

So while you're relaxing at your cottage, barbecuing on your patio, or playing a round of golf, Olympic hopefuls across the country are preparing to participate in the Sochi 2014 Winter Games and incorporating elements into their training regimens beyond the usual lifting and running that you might not expect.

Taking a short break from bossing around BMW's, Humphries was one of seven Canadian Olympians on hand to announce [a multi-year partnership between the COC and Adidas Canada](#).

Humphries isn't the only athlete adding non-traditional workout means to her routine. 2010 snowboard cross gold-medallist Maelle Ricker has been open to trying new things, including a few exercises with a world-famous Canadian organization.

"We definitely spent a lot of time in the weight room and on the bikes but we also did some unusual activities. We did taekwondo sessions, we did some tumbling with the Cirque du Soleil, we did some yoga and pilates," said Ricker.

Alpine skier Erik Guay likes to have variety with his workouts and is always on the lookout for unique ways to maintain peak physical condition and mental acuity.

"Most recently, I started rock-climbing because there's a rock-climbing place right next to our place in Montreal. It's a

great workout. In the past, I've actually spent quite a bit of time racing cars. That speed element and anticipating the apex correlates really well with alpine skiing," said Guay.

Defending gold-medallist in skeleton Jon Montgomery, known for one of the [more memorable Olympic celebrations in the streets of Whistler](#), has been busy, but not just in anticipation for the Games. He was away in the month of May fulfilling his duties as show host for "The Amazing Race Canada" which meant Montgomery had to adjust his training schedule. Now back to his customary routine, he recounts one of the wilder activities from his training.

"We've done some odd bent-over treadmill running, so we practice our starts on a high-speed treadmill. We have one hand fixed about 10, 15, 20, centimetres off the ground and the other one flailing away wildly. There's been some epic dismounts where you weren't planning to get off but the treadmill decided you were," said Montgomery.

For the athletes, the focus remains on building a strong base, regardless of the measures they take to achieve it. Along with their coaches, they strive to find a balance between the tried and true and the fun yet unconventional methods to accomplish their goals.

"This is an Olympic year, so everyone is a little more ramped up than normal, but it's no different than it has been for the last couple of years," said Humphries.

With Sochi less than eight months away, Canada's podium hopefuls are ready and raring to go.

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