



KAP Plan to a Successful Event

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KNOWLEDGE

- SUPPORT: Coaches, Mentors, Nutritionist, Chiropractor
- MAGAZINES: *Runner's World*, *Bicycling*
- BOOKS:
 - The Whartons' Stretch Book, Jim Wharton & Phil Wharton
 - Core Performance, The Revolutionary Workout Program to Transform Your Body and Your Life, Mark Verstegen

ATTENTION

Listen to what your body is telling you.

- THINK – Muscles & Joints
- THINK - Cardiac Performance
- THINK – Mental Clarity (avoid Hyponatremia)

PREVENTION

- Movement Prep
- Stretch
- Regenerate with Foam Roller
- RICE
- Assistance – If pain persists, seek help.
- Absolutely adhere to the previous two - increase your knowledge & pay attention

“The miracle isn’t that I finished. The miracle is that I had the courage to start.”
– John Bingham, *The Penguin*