

YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. [WWW.TOTALATHLETICTHERAPY.COM](http://WWW.TOTALATHLETICTHERAPY.COM)

## Pre-Training Nutrition for Endurance Athletes

Training for 5k's, half marathons and so on is in full swing as spring has finally arrived in the north. With that comes full blown training programs to get you ready to set personal bests and to crush some course but how do you prepare for the nutritional demands of that training. Our resident expert in endurance takes a deep dive into what you need. Check out what she has to say in this article. [HERE](#).



## Study Spotlight

### [S&C Concepts in Rehab](#)

This is a concept that the more we look into it and think about how to apply it the more it just makes sense. Often times early in our career we would have the best intentions to try and make sure we were focusing on rehab to help people feel better and get back to what they wanted to do but we never had the full plan in place. This article gives you some guidelines in order to put that in place and maximize what you are trying to do in order to help someone get back. [HERE](#)



### #TBT: [Just Breathe Part III](#)

We really get into the nuts and bolts with this part of the breathing series. Focusing on pressure throughout the system and getting in the best positions to benefit. Find out more [HERE](#).



WITH ALL THE [RUNNING](#) HAPPENING WITH THE GOOD WEATHER GET YOUR BODY READY WITH THESE [EXERCISES](#). NEW EPISODE TALKING [HOW TO EAT LIKE AN ATHLETE](#) AND GET WHAT YOU NEED TO PERFORM

## In the World of Health

Mild Concussions, Big Problem. Concussions have been a hot topic for a long time and good reason. What isn't often talked about is the small repetitive trauma and what issues that brings. This article does. [ARTICLE](#)

## Video of the Week

The shoulder joint is a one of the most mobile joints in the body and with that it creates great movement but also stability issues. These are some simple exercises to incorporate to help with your stability but also movement. [HERE](#)

## Mobility Monday

Low back pain sucks and it can be hard to fix. Here are some simple ideas to get started with if you find yourself in a tough situation. Try it. [HERE](#).



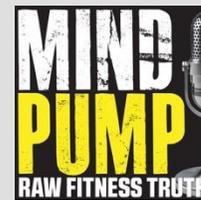
## Friday Food

### Tinfoil Philly Steak

All the great parts of the sandwich w/o the carbs. Great to still get the meal w/ more health [HERE](#).



## Podcast of the Week



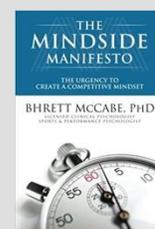
Keeping strength and maintaining your weight can be difficult but doesn't have to be. Find ideas and way to get things done. [HERE](#).

## Rec' of the Week

Blue light can be hard on your eyes and affect your sleep. These cheap glasses are a simple way to help get rid of the light and still get things done. [HERE](#).



## Book of the Month



'[Mindside Manifesto](#)' is written by a high level athlete and therapist and it brings out great information on how to step up your mental game when it comes to competing. [HERE](#).