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## BlueStreak Workout Program Helps Athletes Up Their Game

By: NY1 News

*It's a workout for serious athletes looking to take their skills to the next level. NY1 Health & Fitness reporter Kafi Drexel gets a sneak peak at a new facility that will help them reach that goal.*

It's a workout most average Joes probably haven't ever seen before. A first-of-its kind facility out of Chelsea Piers called "BlueStreak" promises to get you running faster, skating harder, and jumping higher. It's all part of the trend that's seeing more athletes and weekend warriors trying to make that switch from recreational to elite.

"Fitness is changing from decade to decade. We saw a difference from the '70s to the '80s. Group fitness classes entered the '90s and now I think as we turn the century we have sports training in high, up-tempo intensity training," says BlueStreak soccer coordinator Chris Gannon.

With more high-intensity training, comes some pretty high-intensity equipment. Hockey players looking to improve their stride can strap in and hop on a hockey treadmill – something only some elite college and professional teams use.

There's also plyometrics, meant to increase muscle power, and soccer drills that take you from the field setting to the sand.

More programs like BlueStreak are targeting competitive athletes as young as 12 and moving on up, who may be looking to kick up their game.

"Any athlete who would like to go on a travel team or a varsity team, or a junior varsity team to a varsity team; anyone who inspires to go to a college team and get a scholarship; anyone who's in college and would like to go professional," says hockey coordinator Shane Palahicky.

Talk about intensity. The training is no joke. The super treadmills used in the training can take you up to 30 miles per hour at a 40 degree incline.

"Nobody can force you to run 20 miles per hour. This super treadmill can force you to run that speed and we can force those speeds at inclines, which is very tough to do running up a hill and especially in New York City," says Gannon.

Runner Jillian Mastroianni's says she's already hoping special training can help her improve her marathon time.

"My best is a 3:01 marathon. I would like to go under three hours, and maybe eventually qualify for the Olympic trials," says Mastroianni. "I'm hoping that a facility like this, with a lot of really advanced technologies will be able to do that for me."

While the training does look extreme, the one thing trainers want to get across is that safety comes first. Athletes are snapped into harnesses to use the hockey treadmill which also can go pretty fast – up to 16 miles at a more than 30 degree incline. They get spotted in other areas like the treadmill.

"You can't train, you can't get better if you're hurt, and that's the worst thing that can happen to an athlete,

especially when they're training," says Palahicky. "So we want to make sure that everyone has an enjoyable experience here and works hard, but is safe."

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