

# FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

## INTRODUCTION

Welcome to the latest issue of the Friends of NVT Newsletter!

This edition shifts its focus to the world of long-distance running, exploring how NeuroVisual Training (NVT) can be a game-changer for athletes by boosting visual endurance, reducing fatigue, and enhancing performance. While running is often seen as a physical challenge, the visual system plays a vital role in keeping pace, navigating terrain, and maintaining focus. This issue guides you through strategies to integrate NVT into endurance training, offering practical steps for runners to sustain both mental and physical stamina. Whether you're on the track or the trails, discover how NVT can be your edge to go the extra mile.

For more details, visit [Inneuractive]([www.inneuractive.com/live/](http://www.inneuractive.com/live/)).

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## Building Visual Stamina for Long Distance Runners

Running has great benefits for the brain and body. Just a 10-minute run can improve function, reduce stress, and improve sleep. In the world of NVT, similar benefits are seen among both athletes and patients. This suggests augmentation training with NVT, benefits can stack to substantial changes to the running experience. Especially in longer runs, the eye-brain axis is put through an endurance test just like the heart, lungs, and legs.

With time, eyes and bodies fatigue. But how much are the eyes impacted on a run? Using these three mechanisms, a direct connection can be drawn. First, blood pressure increases while running, which can impact blood flow to the brain, including areas that control vision. Second, eye muscles tire out from overuse while being constantly stimulated on the trek. Third, additional strain is initiated through optic flow - the perceptions of objects as you pass them. Many runners feel they are exerting more at night as their vision system is exposed as they only see near and it passes by quickly, rather than the slow pull of the horizon in daylight. With these in mind, running and the visual systems can become more fatigued than under other circumstances. Consequently, two of the aforementioned mechanisms are reduced by taking strides with NVT. Keeping focus for long periods is a challenging task and an unseen battle for most competitors. With training, runners can improve endurance and perception, reducing muscle fatigue and strain from optic flow. With a clear head, runners will not be concerned about their brains making an impact on their stamina. Training while tired, such as after a run, can also be a great way to build the benefits under fatigue.

If the track becomes a trail, the impact of NVT is even greater. Every curve, tree, and rock is managed by the eyes before any other part of the body. So, depth perception, proprioception, and reaction time become essential tools to navigate unexpected territory. Depth to plan for what is ahead and what is below. Proprioception to manage the uneven ground and other elevation changes. Reaction time to prevent injury should there be a stumble. Improvements in these areas through NVT help build the runner's safety at speed to keep the focus on the primary objective – to keep moving forward.

Whether it be stamina or performance, NVT empowers runners to take on their next challenge. Without balls, contact, or sprinting it can seem that the visual system would not play a big part in running compared to other sports. However, runners are impacted by their brains to the same degree as any athlete. Adding NVT will help prevent fatigue, brain fog, and injury. Consider it for any person or program looking to have a competitive edge!

# How To: Integrating NVT into Endurance Training to Reduce Visual Fatigue

NVT can be integrated into endurance training in a few ways, with potentially varying levels of impact. The first path is weekly training. With two 30-minute sessions a week, athletes can expect to see some impact on their visual fatigue as they uptrain the eye-brain system. Drills can include pitch and catch, flashcards, hart charts, reaction ball, and others. Though they may not appear directly applicable, most NVT exercises benefit target areas that are essential to running. However, this impact can be more tangible under stress.

Which brings up the second path. By performing NVT after running – before recovery is complete – the brain and eyes are pushed to continue to perform while the body is tired. One symptom of fatigue can be suppression. Athletes can be completely unaware that in exhaustion one of their eyes turns off. To prevent this, it is important to introduce training in a similar state. This can be done while running, though this may be limited to flashcards and other drills that can be done alone. Instead, athletes can do NVT directly after a workout. Additionally, the frequency and timing of NVT would not need to be increased, the only change was fatigue.

Unlike the other paths, one can also engage in a NVT “marathon”. Training for several hours, such as a NVT boot camp, can have a significant impact on endurance and performance. This would be an uncommon method to uptrain athletes but is an effective way to achieve similar results. For this method, NVT would be done for five to eight hours with breaks. Drills would be highly variable and engaging to prevent sessions from losing the engagement of the athlete. Different from the weekly training, the “marathon” would continue for three to five days to ensure the brain has been uptrained.

Consider training with scanning Hart charts (V812). This type of saccadic eye movement will help the runner scan the area for obstacles or changes in terrain. The Hart charts can be set up left right, up down or in any configuration. The direct benefit to the runner is he / she will be better able to scan the area in front of them and make decisions based on what they see.

Predictably, the most beneficial path for endurance training to reduce visual fatigue would be training after runs. Many potentially effective methods exist, but the direct connection between fatigue and NVT is greatest after the workout. If you are interested, check out some of our other issues to see some drills to add to your toolkit.

## Announcements

It is with a heavy heart that we share the passing of Dr. Jim Ellis, former Chairman of the Board for Inneuractive and a steadfast supporter of NVT. Dr. Ellis was not only a passionate advocate for NVT methods and teaching, but also a dedicated healer committed to improving the lives of his patients. His compassion and drive have made a lasting impact in the field. Dr. Ellis's contributions will not be forgotten, and his legacy will continue to inspire. Rest in peace, Dr. Jim Ellis.

Inneuractive is running a Neurobiks class at the Lakota YMCA. Sign up now to book a spot. [Laura@inneuractive.com](mailto:Laura@inneuractive.com)

Some of our upcoming issues will have articles about the Hercules system: <https://www.youtube.com/watch?v=lbu5pBsdUY0>. Check out the video to learn more and to be more informed about Hercules' reaction time and split attention exercises.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

Disclaimer: Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.