

# My New Life Training Plan

Tom Bell

# Overview

- ▶ Who I was before- Tom version 1
  - ▶ Work
  - ▶ Sports
  - ▶ Drive and determination
  - ▶ Goal driven
- ▶ The accident
- ▶ Coming home
- ▶ My rehab journey
- ▶ The New Training Plan
- ▶ Return to work
- ▶ The future TOM 1.2



# TOM VERSION 1.1



## ▶ Work

▶ Counter Terrorism- Security Manager

▶ Originated from a military and legal background, after qualifying as a barrister and Joining the military police as an officer.

▶ Ironman and ultra marathon competitor. Estimated within the top 100 in the uk at Ironman.

## ▶ Drive and determination

▶ Extremely driven with passion and desire to win in both sports and work.

## ▶ *Goal driven*

▶ Won a number of awards from both the police and special forces

## ▶ Personality

▶ Stand-offish

▶ Listener- attention issues now affect these skills

▶ Opinionated and quick at making decisions- now I get told I'm being impulsive

▶ Confident in judgements- now I have to think about things for a long time

▶ Loner- chose individual sports- hyper critical of myself

▶ Small social circle- proud of this- I had plenty of colleagues but a friend is someone I would put my life down for.

▶ Not very talkative

▶ Doer



# THE ACCIDENT

- ▶ 16<sup>th</sup> March 2017 5.15
- ▶ Hit by a Lexus travelling at 61MPH
- ▶ First on the scene off duty policeman and seaman.
- ▶ Taken by ambulance to Kings.
- ▶ I have no memory of this day or 6 months prior.
- ▶ My first memory afterwards is around 3 months
- ▶ Confused, felt like I was still in the army and on the barracks. Same sort of beds and set up. It was all about me.
- ▶ Initially I didn't recognize I had any physical issues, but I knew there was something wrong with my right leg.
- ▶ I had no realization I had a brain injury.
- ▶ "What the hell are we doing this crap for"
- ▶ Issues with transport between hospitals
- ▶ My education started there. I asked to be taught at that level.
- ▶ St Andrews- " the guy that ran me over should be locked in this room, not me"
- ▶ Returned home

# COMING HOME

- ▶ A concern for Anna, not for me.
- ▶ All the cupboards were labelled and corners had hazard taped
- ▶ Mobility
  - ▶ Stairs, pavement and lack of freedom
- ▶ 4 wall syndrome
- ▶ Anna was concerned about leaving me
- ▶ Theft whilst I was in the house that I knew nothing about.
- ▶ Reliant on Anna-
- ▶ Adjustment issues for both of us
- ▶ Loss of sense of humour





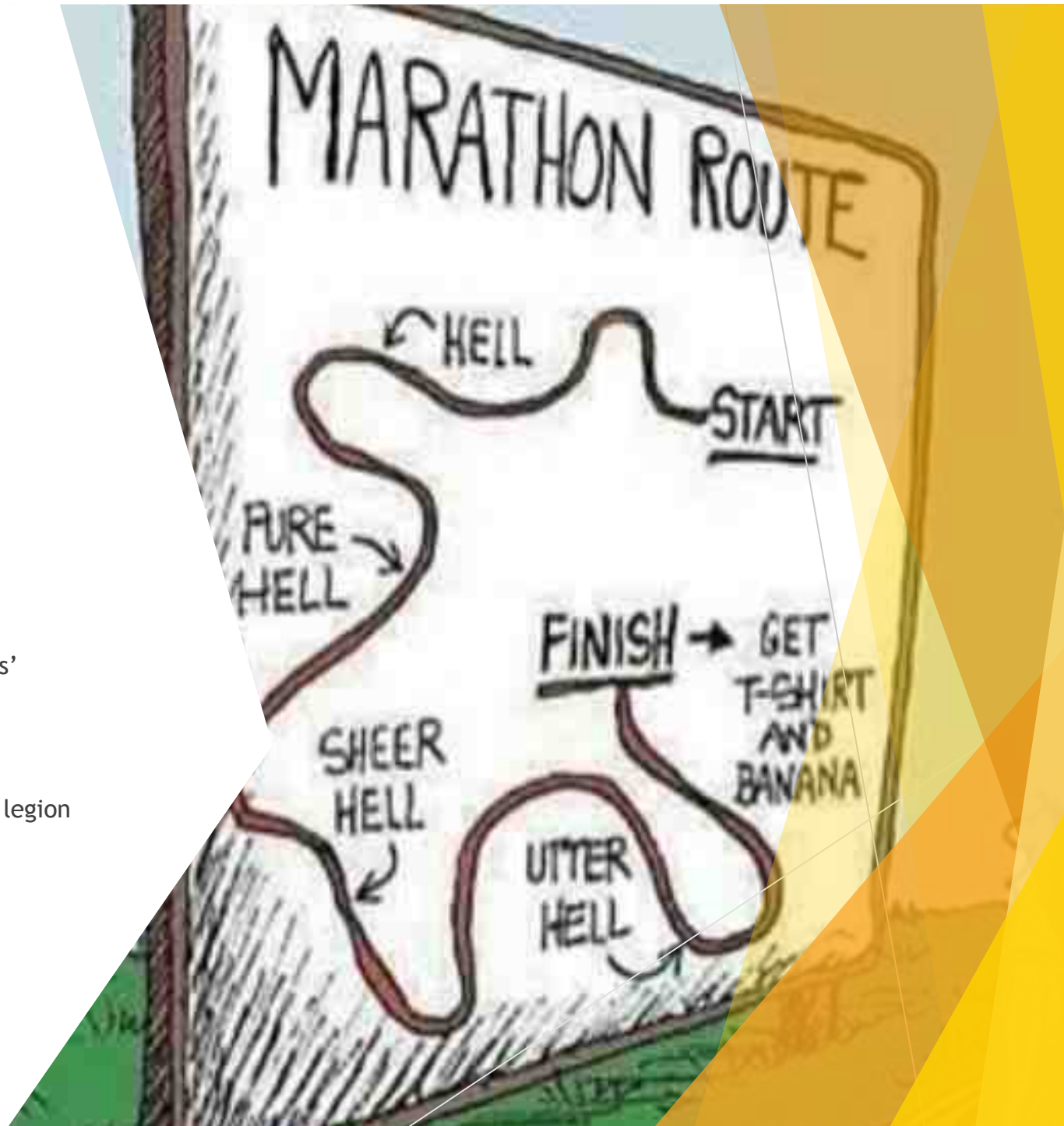
# REHAB JOURNEY

- ▶ The training team
  - ▶ Case Manager
  - ▶ Neuropsychologist
  - ▶ Cognitive Rehabilitation Therapist
  - ▶ Rehabilitation assistant
  - ▶ Neuro Personal Trainer
  - ▶ Nutritionist
  - ▶ Specialist Massage therapist
  - ▶ Hyperacusis audiologist
  - ▶ Ophthalmologist
  - ▶ Orthopedic specialist
- ▶ Return to work - what happened, the plan, and outcome.



# THE TRAINING PLAN

- ▶ BASE TRAINING
  - ▶ Learning and accepting my injuries.
  - ▶ Strategies
  - ▶ Cognitive Fatigue
- ▶ PEAKS AND TROUGHS
  - ▶ Planning, Diary Management
- ▶ SEASONS AND TAPERING
  - ▶ Planning skills are critical
- ▶ PLANNING AROUND THE BIG EVENT
  - ▶ Goal Planning, Fatigue management, small 'events'
- ▶ SMALLER SHORT TERM GOALS AND LONGER TERM GOALS
  - ▶ Short ones that keep you driven and motivated
  - ▶ My long term goal is to do a cycle with the British legion to
- ▶ HOW TO ADAPT TO CRAPPY DAYS
  - ▶ Can't always plan. Anticipating
  - ▶ Relax/meditation



## UNEXPECTED PLANS

- ▶ They now have a huge effect, causing massive fatigue and are a struggle

## WHAT ABOUT INJURY

- ▶ Cognitive Overtraining!
- ▶ Anticipatory annoyance

## DIET AND NUTRITION CRITICAL-

- ▶ Train the same way you race. Functional transfer.
- ▶ Learning the best way to feed my brain

## HITTING THE WALL

- ▶ Pushing through doesn't work. Cognitive fatigue is not the same.

## ALTERNATING SPORTS

- ▶ I hated swimming but I had to do it.
- ▶ I hate reading and timetabling but I know I have to do it to improve

*Just tell it to me  
straight, Doc.  
Can I still run  
this weekend?*







# Return to work

- ▶ Work was a major goal for me
  - ▶ I felt if I went back I could show that there was nothing wrong
- ▶ Return to work trial
  - ▶ Graded exposure
  - ▶ Training given to workplace colleagues
  - ▶ Practicing new strategies and apps to help
  - ▶ HR involvement
- ▶ Commuting
  - ▶ Exhausting even with taxis and off peak travel
- ▶ I had to pull out of returning to work after approx 2 months.
  - ▶ I felt extremely frustrated but it was the right decision.
- ▶ Biggest challenges
  - ▶ Travelling
  - ▶ Noise and crowds
  - ▶ Cognitive Issues- memory, attention, fatigue etc



## THE FUTURE & TOM VERSION 1.2

- ▶ Goals are now focused on what I enjoy, rather than work
  - ▶ A big challenge for me
  - ▶ Not returning to work was a huge boost for my insight
- ▶ I am currently volunteering as a befriender at the RBLI. This has been a huge positive impact
- ▶ Future things to look forward to is of huge importance.
- ▶ August London-Ypres
- ▶ New bikes
- ▶ Eventually I'd like to get my driving licence back
- ▶ I will always find some things difficult but improvements are always there