



## ***Rakkasan Raiders***

"You've got to compete!" Every athlete that is lucky enough to pass through the doors of the largest weight room in the Iowa Conference has heard these words from one of the coaches. What does that mean? We are firm believers that everything we do is 80% mental and 20% physical. Even if you not are the most gifted athlete on this campus, you still have a chance to contribute more to your team than anyone else if you want it bad enough. In order to do this, you must be willing to compete in everything that you do. Every time you walk into any situation, whether it be the classroom, weight room, etc, you have to want to out perform everyone else. The weight room is a great place to start. Our mind can be our biggest asset or biggest road block. Every day that we wake up we have the ability to decide which one it will be that day. We want to be the best! Central Athletics are turning a page as a whole. If you want to be a part of it, then you have to grasp it. Make the most of every opportunity, because every opportunity is a one shot deal; you will never see it again. Want it, take it, make the very most of it!

## **Central Nutrition**

### **"Healthy" Fast Food**

In the last edition we showed you what was actually in some of the fast food that you are eating. Now it is important to give you guidance as to what is actually fast and decent for you at the more popular restaurants that are around.

	<u>calories</u>	<u>fat (g)</u>
Oven Roasted Chicken Breast (Subway)	330	5
Turkey Breast & Ham (Subway)	290	5
Chicken Whopper w/o Mayo (Burger King)	320	7
Grilled Steak Taco (Taco Bell)	170	5
Gordito Baja-Steak or Chicken (Taco Bell)	230	6
Chicken Breast w/o breading (KFC)	140	3
Seasoned Rice (KFC)	150	1
Ultimate Chicken Grill Sandwich (Wendy's)	330	7
Caesar Salad w/ Chicken (McDonald's)	200	6

*\*The sad reality is that nothing beats a home cooked meal. Foods that are in restaurants are processed meats that are loaded with saturated fat & cholesterol.*

## **DIELEMAN'S DUNGEON**

### **Recovery Strategies: Why We Unload**

The athletes here at Central College have become accustomed to training hard for a period of roughly 6 weeks during the off-season. During those ~6 weeks of strenuous training there must be an "unload week" or "deload week" of training every 4-5 weeks. Usually this is present right before a test week in the weight room. This is necessary because the body becomes depleted of certain substances (i.e. glycogen), as well as energy systems (i.e. nervous system), after heavy periods of training. After a restoration period (unload week), the level of the given biomechanical substance increases beyond its initial level. This is called supercompensation (Zatsiorsky p.12-13). If I can stress one thing, take the strength staff seriously when we say to be smart and allow your body recover. The weight room only serves as a stimulus to become better. Your lifestyle is what actually allows your body to recover and become stronger or faster. Train hard, eat right, get your sleep, recover & break records.

### **Foundations of the haus**

#### **Compensatory Acceleration**

How many times have you, as Central athletes, heard the following while you are lifting; "Drive It Up!", "Explode!" or "Take a light weight and move it fast!" Believe it or not but the strength coaches here are not just psychotic lunatics who yell and scream for the simple joy of it. Well, come to think of it, we can be quite psychotic at times, but there is a method to our madness. By heeding the facts I'm about to share, you can make your workouts much more effective. It's a method called Compensatory Acceleration (CA). In layman's terms, CA is simply moving a bar as fast as possible no matter the load (%) on the bar. Whether you have 50% or 95% on the bar you must move it as fast as you can. Now obviously 50% will look a lot faster but if you move it with max force you will recruit many more fast-twitch muscle fibers (explosive fibers) and that is what we are after. Science tells us that the highest power output is produced at 50-60% of your 1 rep max in the squat and bench press. Let's say your max is 400 lbs. If you take 200 pounds and move it with 400 lbs of force you will recruit more fast twitch fibers and will get stronger. What a concept; getting stronger & faster by lifting weights! I must give credit where it is due and thank Louie Simmons of West Side Barbell for their applied research in this area. Knowledge is not power, knowledge applied is power.

#### **Final Thoughts**

Adversity. There are times in life where things don't always go your way. You do poorly on a test, you have an off day in the weight room, break-up with a significant other etc. How you respond to these situations will truly define the type of person you are and will become. If you sulk or feel sorry for yourself then the situation will crush you. But if you use it as a learning experience then you will thrive. It is all in the attitude you bring to the situation. You have the ability to choose your own attitude. No person or thing can change that. Learn & Grow.

**SET YOUR GOALS & THEN ELIMINATE EVERYTHING IN LIFE THAT WILL KEEP YOU FROM YOUR GOALS**

# **CENTRAL STRENGTH-TRAINING: REDEFINED**