

Rakkasan Raiders

On April 10th 1942 the Bataan Death March began in the Philippines. This march was an attempt by the Japanese to move 75,000 U.S. and Pilipino POWs from one camp to another. The service members had already been starved and beaten for sometime prior to the start of this march. On the morning of the 10th the entire camp was forced to start walking north. If you chose not to, you were killed. Along the way the Japanese would kill just for "fun", they would play games with each other which meant someone died. During the march if you slowed down or stopped for any reason you were killed. These men were not given water or food for the duration of the march which lasted anywhere between 7-14 days depending on where you were when it started. Men that survived were later interviewed and asked what kept them alive. The common answer is "pure will". Thousands of men died during this march, but incredibly the majority survived. They were able to keep each other going through an unimaginably difficult event. The next time that you find yourself doubting your ability, or contemplating quitting something because it is too hard, remember this true story. "Courage is a quality God has seen fit to dispense with the utmost care. The men of Bataan were his favorites."

Central Nutrition

What's In Your Shake?

I continue to get asked what is in my shake multiple times per week, so this issue I will share with you the "secret" ingredients that I have kept secret for so long. I do want to put a disclaimer out there that it will speed up recovery, give you more energy than ever before and increase your overall health. Here you go:

- 1.5 cups of water
- 3/4 cup of skim milk
- 1 tbsp Physilium (fiber)
- 1 tbsp Greens + (vegetable concentrate powder)
- 1 tbsp fish oil/flax oil mix
- 1 tsp Branch Chain Amino Acids (BCAA's)
- 1-2 tsp glutamine
- 1 handful frozen strawberries
- 1/2 handful frozen blueberries
- 1 banana

* toss in a blender for ~20 seconds and place in the fridge for 2-3 hrs
* shake once more before drinking and you are good to go. This thing is nutrient packed and ready to change your body and mind.

HARTSHORN'S HALLOW

The Olympic Lifts

When we talk about Olympic lifting we are referring to the hang clean, hang snatch, push jerk and their respective variations. These are not the same lifts that you will see if you watch the Olympics, & the reason for this is that we are not training Olympic weightlifters, we are training athletes so we use multiple variations of the true Olympic lifts. There are three main reasons that we emphasize these lifts in our training programs. First off, Olympic lifts increase the body's ability to apply force against the ground. The more force that you can apply against the ground the faster you can run and the higher you can jump. The second reason is that the Olympic lifts train the body to accept force. This means that your body can accept force more efficiently and with a decreased risk of injury, whether that force is from delivering or receiving a blow from an opponent, or contacting the ground or other piece of equipment. The third reason is to develop overall athleticism. The lifts are multiple joint movements that require a good degree of coordination and body awareness to perform correctly. By developing all of these qualities you can increase your athletic performance and reduce your risk of injury.

Foundations of the haus

East vs. West part 1 of 2

In the world of strength and conditioning there are two primary methods of training periodization. One is known as the western method of periodization or the progressive overload method of training. This method is most common in the western world. The other method known as the conjugate method of periodization & is more common. It was developed by the eastern bloc countries. In this issue I will explain the western method of periodization and its downfalls. The western method is comprised of phases starting with a hypertrophy or muscle building phase. This would last for 6 weeks and would be followed by an explosive power phase typically lasting 3 weeks. Next would be a strength building phase for 3 weeks followed by a week peaking phase for competition. This sounds like a great strategy for training athletes however as I will show this method is far from perfect. In his book Supertraining, Mel Siff states that after a period of 2 week you will suffer a detraining effect of 10%. That is no good. So what will happen to the muscle size you developed during the hypertrophy phase over the last 9 weeks of training while you focus on other things? The answer is you will lose it. Same thing with the explosive strength, by the end of the cycle, explosive power will be lost as you focus on strength. This is the drawback of the western method. The muscle quality that you work so hard to develop will be lost over the next training phase. Follow this method & you will find that it is one of progressive failure not of overload. There is a method that will raise all qualities at once. That method will come next time. Knowledge isn't power, applied knowledge is power.

Final Thought

Satisfaction can be a very dangerous place to be. Is it importance to be pleased with a performance after it is done? Yes, so long as you don't look back too long and you use it to set another goal. Too many athletes accomplish a goal and then become satisfied and therefore complacent in their approach to athletics and in life. Sometimes it is ok to set the bar too high so not everyone achieves. In fact, most times setting the bar too high will allow you to accomplish far more than you ever thought possible. Yesterday means nothing if it doesn't make you better today. We must continue to learn from our failures and use our successes to fuel our fire to set new goals.

IF WHAT YOU DID YESTERDAY LOOKS BIG THEN YOU HAVEN'T DONE MUCH TODAY

CENTRAL STRENGTH: ATTACK

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