

Rakkasan Raiders

The book *33 Strategies of War* has been a popular one amongst the strength staff this fall. The major topic discussed in this book is conflict. It states in the book that most people avoid conflict at all costs. In the 4 plus years that I have worked as a coach here at Central I have noticed this statement proving true time and time again. The problem with this is that if we run from conflict then we will be running most of our lives. Conflict occurs daily in most peoples lives, whether at work, amongst friends, or family. Generally speaking if you run from conflict...you lose. This isn't to discredit what your mom always told you: walk away. If you avoid conflict at all cost you are allowing someone else to control you whether you realize it or not. If you are the person that backs down then it is the other person who then gets what they were working for. Many people have given in a hundred times and not even realized it. The author of this book would argue that anytime you change who you are for someone else you lose. If we run, then we never find out who we really are. We will never find out what we are really made of. We quit when it gets hard, we cower in the face of adversity. Leaders are the few that don't back down. "A man who is not courageous enough to take risk will never accomplish anything in life."

Recover From Serious Injury With Nutrition

We all know the importance of nutrition on recovery after a training session but how important is nutrition after a significant sports injury? Most of the time when a shoulder injury, ACL or ankle injury occur athletes become less active and then begin to restrict their calories. This is absolutely the wrong thing to do. Your basal metabolic rate actually increases 15-30% after a sports injury and thus calories must be increased to meet your overall recovery needs of the body. Calories are used to repair the damage done at the injured site. Not just any calorie is a good calorie. Seek foods that have anti-inflammatory properties such as omega-3 fats (fish oil, nuts, olive oil etc). Try to avoid processed foods & fast/fatty foods. These foods actually slow the recovery process by disrupting repair of the tissues. These foods along with omega 6 (vegetable oil) fats actually are pro-inflammatory which increases the inflammation-not a good thing. Flavanoids such as green tea, cocoa & blueberries are extremely helpful as well. Certain vitamins and minerals such as Vit A, Vit C, Copper and especially Zinc will speed up the recovery as well. Everything you put in your body will either help or hurt you. Be aware of what your body needs to run.

HARTSHORN'S HALLOW

Rest Between Sets

If you look at your lifting card, under core lifts, you will see that it says to rest 3 minutes between sets, you will also notice that it says to rest 1:30 between your pairs. The reason for this is to allow your body time to recover before performing the next set. You may not feel like you need 3 minutes of rest between your first few sets, but you have to realize that what you do early on in the set will prepare you for success on your heaviest sets. On your paired exercises, i.e. squat, the card is designed to force you to get some rest between sets because you have to perform another exercise between squat sets. On your Olympic lifts you have to consciously think about resting the proper amount of time. You can use this time to stay hydrated, foam roll, & prepare your mind. The physiology of why you need rest between sets is simple. During a set your ATP-CP, a chemical that has to be present to quickly & maximally contract muscle, is depleted. ATP-CP is mostly replenished within just a few minutes, so you have to rest for at least 3 minutes between your sets to allow your body time to replenish its ATP-PC stores. Resting for a few minutes also allows you to avoid unnecessary fatigue early on in your lift.

Foundations of the haus

East vs. West part 2 of 2

Last issue I delved into the western method of periodization. We discovered that this method has many drawbacks, the biggest being muscle qualities that you develop during one phase are lost over following phases. This week I will discuss the conjugate method of periodization. This method allows you to raise all muscle qualities at the same time. The conjugate system utilizes three methods of training. The maximum effort method, or lifting loads greater than 90% of you one rep max. This method works on motor unit recruitment and obviously maximal strength. The second method is the dynamic effort method which I have talked about in previous issues. This method focuses on decreasing the time it takes a muscle to produce maximum force with loads of 50-60%. The final method involved in the conjugate system is the repetition method. With this method you use a sub-maximal weight and perform higher reps stopping just before muscular failure. With the conjugate method the volume and intensity is waved over the period of one week or microcycle not over a period of weeks or months as in the western method. There is no physical peaking necessary with the conjugate method as there is no real off-season. 52 weeks of the year you are getting stronger with the maximum effort method, you are improving your rate of force production with the dynamic effort method, and you are building muscle mass all year with the repetition method. This is a superior method of training. Knowledge is not power, applied knowledge is power.

Final Thought

Embrace your role but never lose sight of your goal. I have met with so many athletes that struggle because they aren't getting the chance to play on game day. They have invested probably more than anyone else but still are not playing, thus become frustrated. It is at this moment where you have to accept your role on the team & always put the team ahead of yourself but never lose sight of your goal. There are more ways to help team win that by competition on game day. Preparation throughout the week is vital in getting the team ready to compete. The more intense practice is then the better prepared the team is for the game. With that said it is still vital that you are still aware of your goal, to eventually play, and stay hungry in your pursuit of your goal. Never stop dreaming.

EVEN IF YOU ARE ON THE RIGHT TRACK, IF YOU SIT THERE YOU WILL GET RUN OVER

CENTRAL STRENGTH: ATTACK