

## ***Rakkasan Raiders***

I read an article recently that talked about the importance of being able to define personal success. The article went on to give several quotes from well known people defining their personal success. I noticed a common theme in all of the quotes. Everyone of them focused on the end result, like it is something that you walk into or stumble upon. Unfortunately, none of them talked about the journey. Maybe in athletics things are different, but here the journey matters. What makes a team successful? A ton of hard work, a lot of skill, a little good luck and an unwavering mentality to win at all costs. In this game, being mentally strong is even more important than being physically strong. Several of the teams here at Central have decided that to be successful it takes more than a month or two to prepare. A year might contain a 5 month season, but more importantly the team invests in a 12 month year. This becomes a mental grind that prepares athletes for everything that an opponent can throw their way. Every rep in the rack or on the track, every time you flip a tire, or outwork someone else...this is success, this leads to a successful season. This builds the mental toughness to fight when everything says stop. In this game you fight for every inch and success is earned, not given.

## **Central Nutrition**

### **The Dr. Jekly & Mr. Hyde of Insulin**

Believe it or not insulin is the most anabolic of all your hormones, including testosterone and growth hormone. Knowing how to control your insulin levels can significantly increase your chances of adding quality muscle tissue. In addition insulin can help drive protein and carbs into muscle. That is the good side. The bad side is if your insulin is out of control or manipulated wrongly it can significantly add to your fat stores. Sugary carbs, white pastas, breads and cereals will elevate insulin even higher. So, most of the time having higher insulin levels is a bad thing. When they are high it is nearly impossible to burn fat stores. Be aware of how many carbs you ingest, what kinds they are and when you take them. The best times to "spike" your insulin are in the morning for breakfast. This is yet another reason why a solid breakfast is important. The other best time is post workout. High insulin levels create high storage times. In the morning and after workouts your glycogen/carb stores are low and stimulating insulin will help your body replenish the necessary nutrients for recovery. Carbs are the most misunderstood of all the macronutrients. Knowing when to take which kinds, if at all, is extremely critical to your recovery and performance. Embrace the power of insulin and quality musculature will soon follow.

## **HARTSHORN'S HALLOW**

### **Why Do We Use Bands and Chains**

Bands and chains are used to help increase the rate of force development (RFD). The RFD is critical to speed and explosiveness. A typical heavy squat lasts about 0.6 seconds, but in the athletic arena force has to be applied much faster (0.1-0.3 seconds). Even though the difference in the amount of time is small, it translates to a huge difference in the amount of force applied. To increase RFD you have to move weight as fast as possible, this can be attempted using bar weight only, but this is extremely difficult due to the effect of changing joint angles. If you look at a squat, the most force can be applied at the bottom to middle range of the movement, as you stand up with the weight joint angles improve and you have to start decelerating the weight to prevent injury. Bands & chains compensate for this by increasing the resistance as joint angles improve, allowing the athlete to accelerate throughout the entire range of motion. Imagine an athlete squatting with 400lbs on the bar + 80lbs in chains. At the bottom of the squat there would be 400lbs on the bar, but as the athlete explodes up the chain comes off the ground and the resistance increases to 480lbs as the joint angles increase.

## ***Foundations of the haus***

### **Old Strength Coaches Never Die, They Just Fade Away**

The time has come for me to say farewell. I have accepted a job starting next semester and this will be my last issue of CSN. As I sit here I am left reflecting on my time at Central and what I have learned. What follows are my reflections being passed to you, do with them what you will. First, I have come to realize that we at Central are spoiled. There are very few places you can go and find a strength & conditioning program like the one we have built here. I have been a part of the building of **CENTRAL STRENGTH** and the process is something that I value and will take with me from this day forth. I also find myself, as usual, thinking of strength. I am obsessed with it. How can I get stronger, how can I add 5 more lbs, then 5 more, etc. Call it evolution of a powerlifter who has reached a transition in his life but I have realized lately, strength comes and goes, so do people. People are more important. I would like to be remembered as a strong man but when I say strong I don't mean how much I squat. I want to be remembered as the kind of person you could call at three in the morning and you have no doubt that I will be there for you. The kind of person whose family looked to as a pillar to lean on in times of trial and tribulation. That is true strength. Strength comes and goes, so do people. In the end no one cares how much you ever bench pressed. Fear not loyal fans I have not become soft and you can be assured that wherever I go in life, fear and respect of athletes will follow. Regret nothing, celebrate everything, ever onward, next man in.

### **Final Thought**

Hard work versus suffering. Hard work is something that always gets stressed in training but I want to take that thought to another level, Suffering. Suffering, as very few know, is when you have completed a training session and can not move or think straight but inside you have never felt better because you know that no one else is willing to take their body thru something you have just been thru. Suffering is training with an attitude that seeks to dominate and destroy your own body knowing that your opponent will not. If you are able to eat after a training session, then you have not suffered much. Yes, hard work does beat talent when talent doesn't work hard but suffering will dominate hard work any day of the week. Allow your mind to tell your body to suffer, its rewards will blow you away.

**DON'T QUIT-SUFFER NOW AND LIVE THE REST OF YOUR LIFE AS A CHAMPION**

# **CENTRAL STRENGTH: ATTACK**