

## *Rakkasan Raiders*

Lone Survivor—simply put this book by Marcus Luttrell literally changed my life & my perspective on a lot of things. Coach Bates handed me this book & did not utter a word. I knew I had to read it. It is a story about Operation Redwing & the heroes of SEAL Team 10. In his powerful message he shares his story growing up, training to be a SEAL & his mission to serve his country, our country. During their mission they are flanked by ~100-150 Taliban fighters, by the way there are only 4 SEALs sent on this mission. They are able to take out ~80+ Taliban forces but in doing so Marcus loses his 3 best friends. These men had trained together, suffered together & literally died for one another. Marcus somehow survives & finds his way to "safety". What blew me away the most was the camaraderie amongst these SEALs. They would literally do anything for each other. The other thing was their willingness to put their body through torture in order to prepare their mind for battle so we can live our "cozy" lives. They believed in each other, loved each other, put the others before themselves & our country first. It was a humbling experience to read that there are so many men of this character protecting us. The bottom line was nothing was more important than TEAM. In addition, they would never even consider quitting—they fought till the end in every situation.

## Central Nutrition

### Post-Workout Meal

The two most important meals of the day are breakfast and your post-workout meal. The post-workout meal is important because it will:

1. Speed up recovery by rebuilding the muscles damaged during training.  
This is the reason you become stronger.
2. Replenish glycogen (energy) stores used up during the workout.
3. Maximize lean body mass gains.
4. Help reduce soreness.

To maximize these effects, the post-workout meal must be taken within 30 minutes of the end of the workout. Liquid supplements work the best because the body can absorb them much faster. It should be made up of:

Protein = 40-50 grams

Examples include whey protein powder and Muscle Milk

Carbohydrates = .5g per pound of bodyweight

Sugary forms of carbohydrates will absorb the fastest.

Examples include fresh fruit, Gatorade, and skim milk.

Although fat is a very important part of the diet. It is best to minimize fat intake immediately following training because it will slow absorption of the protein and carbohydrates.

## EASTLUND'S ESSENTIALS OF STRENGTH

### The Warm UP

You may have noticed the warm ups we go through at Central are quite a bit different than what you may have done in high school. Many of you might have gone through a few static stretches and then went right into your lift. Before you warm up ask yourself...Can I prepare to move by standing still for an extended period of time? Should I stand still and not move to prepare myself to move quickly?

The answer is no! Static stretching before lifting can actually take away from your performances in the weight room and your body's ability to apply force to the ground meaning you can't run as fast or jump as high. Our warm ups begin with a jog to get the blood flowing through our body. We then go through a dynamic warm up that actively moves a joint through a full range of motion. We will start with slow movements such as RDL walk and grab and progress into fast movements such as high knee run. Another reason we warm up the way we do is to reinforce our movement mechanics. You will constantly hear your coaches say, "Knee up toe up, good arm action." The warm up is a time to get your body and mind ready to train, listen to your coaches and take advantage of each opportunity.

### Foundations of the haus

#### Heavy Back Work To Jack Up Your Bench

Several years ago at a bench competition, I was talking to a very strong man backstage. I asked him what should do to get my bench to go up. I had tried everything. Push ups to failure, Incline work, Decline work tempo stuff, cable crossovers. Nothing worked. He said one sentence to me and I will never forget it.

"A strong back equals a strong body." Let me ask you something, would you ever consider building a house without a strong foundation? Of course not. Well a strong back is the foundation of the bench press. You must take your back work seriously. Too many athletes just go through the motions with their accessory back work. Now you cannot always go to failure or you will burn yourself out. However, you can go a lot heavier than most are now. I suggest the following method. One week if you have a set of 8 reps, pick a weight that is heavy enough where you are not sure if you are going to get the last rep. The next week if you have a set of 8 reps again pick a weight that you could perform for 10 reps if you had to. This strategy will you from burning out and overtraining. So, how do you use this foundation once it is built? On the bench press you must pull your shoulder blades together tight. Imagine you are trying to squeeze a pencil between them. This will do two things. 1) Get both your shoulder blades onto the bench where they will help you press the weight. 2) Decrease the distance you must press the weight. Why press any farther than you have too? Just because you're an athlete doesn't mean you can't train smart. Take some advice from a man who was stronger than me and remember, knowledge is not power; applied knowledge is power.

### Final Thought

The Lone Survivor drove home the point that the body can withstand any amount of torture and we are only limited by our mind. Our mind is our most powerful weapon in life. It determines what we think is "hard" & how we look at our training along with anything else that comes our way. Whether you think you can or think you can't you are usually right. As you live your life and in your own training become very aware of the thoughts that are going thru your head. If you think it "hurts" or it is too "hard" then there is stronger chance you will quit. If you tell you mind that you won't quit and nothing can stop you then you will blast thru these walls & establish new training thresholds. Once again the choice is ultimately your own. You control your mind and what goes thru it—embrace the power!

**THE BODY CAN TAKE ANY AMOUNT OF PUNISHMENT, IT'S YOUR MIND THAT NEEDS TRAINING**

# CENTRAL STRENGTH: ATTACK

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