

Rakkasan Raiders

We talk about motivation a lot in the weight room. The coaching staff gives words of encouragement along with a good 'ol pep talk from time to time. On the flip side we also talk about internal motivation a lot and the fact that the "pep" talk should not be needed regularly. Internal motivation is something that we all have some level of, some more than others. Coach Anderson recently spoke of a person with a "seek and destroy" attitude when it comes to training. I sought out this person to find out what motivated him to train hard. One of the best pieces of advice he had to offer was that *there is only one today*. You have two choices when you come into the weight room. You are either going to get better, or you are going to waste your time. You will never get today back so there is no point in spending your day getting worse. Secondly, he said that if you are going to take the time you might as well give everything you have during that time. There is no point in shooting for second place. No one wakes up in the morning and says, "boy it sure would be nice to lose today." The old saying of there is always going to be someone better is very true. We can't all be the best...but we can all want to be. That right there is all it really takes...want to be the best...and don't settle for less.

Central Nutrition

Creating a Healthy Gut

We have all heard the importance of knowing when to eat, how often, how much protein, what kind of carbs and at what times etc. but did you know that if you don't have a healthy gut or good digestive health then it may be all for not. You see if you can't digest the food properly within your digestive tract and allow for it to be optimally absorbed then the food you are taking in doesn't do much. So let's make sure we know how to create a healthy gut. It may be easier to start with what not to eat. Stay away from high saturated fatty foods, foods high in simple sugars & only take antibiotics if necessary. Sugar & fats, specifically transfat, disrupt the environment of the gut. Antibiotics also kill the healthy bacteria in the gut, disrupting absorption. (see vol.3 ed.6). To help create a healthy stomach take in adequate fiber. Fiber is what your healthy bacteria in the gut "feed" off of and help breakdown to utilize nutrients properly. This can be accomplished by eating plenty of fruits & vegetables as well as grainy carbs. Also, be sure to stay hydrated, roughly 1 gallon of water/day. So how do you know if you are digesting and absorbing properly? Three easy ways to be sure: (1) exercise intensely-sweating releases toxins (2) be sure your urine is clear (3) your bowel movements should resemble toothpaste. Digest-Absorb-Break Records

HARTSHORN'S HALLOW

A Guide To Your Lifting Card

If you were to start studying your lifting cards you might notice that the same lifts generally occur in the same order. This is not because we copy and paste the program from somewhere else, this is actually based on a general template that we believe provides the best results. The general template is as follows. We always start with warm-up & torso. This is followed by some variation of an Olympic Lift, then our first pair is either a lower body push variation (Squat) paired with an upper body pull variation (Pull-Up) or an upper body push variation (Bench) paired with a hip extension variation (RDL). This is followed by a second pair usually consisting of a single leg lower body push (SL Squat) paired with another upper body pull (DB Row) or an upper body push variation (Military Press) paired with a lower body hip extension (Glute-Ham Raise). After these two pairs there is usually either a triceps movement, bicep movement, or another shoulder movement. Like I said, this is just the **general template**, we are continually learning, and making changes, not every card looks exactly like this and over time the template might change. Next issue I will tell you why the movements are in that order.

PAJA'S PRINCIPLES OF POWER

The Training Load

The training load is the stress applied to the body to cause adaptation. It is typically defined by volume (the amount of work) and intensity (the magnitude of the work). In strength training volume is the number of reps done while intensity is the weight used. That said, we do not always go "max effort" in the weight room. In other words, we are not always attempting to move 100% of our max day in and day out. The percentages go up and down, but regardless of the set percentage for the day we are always attempting to move the weight as fast as possible. Fundamentally, the body is an adaptive mechanism. So basically, you impose a stress on it and the body will respond to lessen the disruption caused by the stress. In our case, the training load is the stress applied to the body to cause adaptation. We do not get any stronger in the weight room, we actually get weaker. So why do we do it? Our training provides a stimulus and our body is a dynamic system designed to adapt to stimuli. So our body starts at baseline and then declines as stress is added and we breakdown muscle tissue. However, through proper recovery the body's state will compensate and begin to increase back to the baseline and will ideally continue to increase past the original baseline. This process is known as supercompensation. We realize that we serve student-athletes, not just athletes so there is more than just the stress of training taking effect on the body and is exactly why this periodization of training occurs. Otherwise, all our athletes would become overtrained and burnout, nose-diving past their original baseline.

Final Thought

Train like animals of the wild. If you aren't cunning, fast, & aggressive you die, plain and simple. The strong survive at all times, it's called natural selection. Athletics really isn't much different. Those that are willing to work hard and punish themselves in the process are the ones that "live." Animals don't care if you are a nice guy or fun to be around, they want to surround themselves with other animals who will help them live. They want someone who will work together with them to kill so they will survive. Athletics is, once again, no different. Those teams that are successful have a group of athletes who work together, hold each other accountable and want to kill & destroy their opponent. The strong survive in the wild and the strong survive & succeed in athletics.

SPECTACULAR ACHIEVEMENTS ARE ALWAYS PRECEDED BY SPECTACULAR PREPARATION

CENTRAL STRENGTH: ATTACK