

THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

Where is Your Mind?



There's more to exercise and training than just doing it. You've got to get yourself to the gym or on the road to do the training in the first place. By far the most important "muscle" in training is the brain. Your brain, or more specifically, your mind, can make or break your training program. We spend hours with our athletes working on helping them to motivate to train hard. For up to three hours

a week, we have great success. The other 165 hours are a crapshoot; some do well and some fail completely.

I was lucky enough to receive an advance copy of a new mental-training book by my friend Eric Horst last month. Some of what he wrote on the function of the conscious and sub-conscious mind really made

sense to me and I think it could make a world of difference for some of our athletes. He wrote how conscious thought leads not only to your behavior but also to the subjective quality of your life. In effect, you recreate your life each day according to the thoughts you hold in your head. This is along the lines of the Buddha's wisdom, "what we think, we become."

Too many of us let thoughts of the past consume our conscious mind, and then imagine a dismal future based on an extrapolation of the past. It is essential to your future success to let go of these negative thoughts. But it's not as easy as that. Your normal "way of thinking" may be anchoring you in rough seas. Your thoughts at any given moment are never neutral, they are either productive or counterproductive, they are either helping or hurting you. Each of us has a dominant mode, either a "doer mind" or a "critic mind." Which one are you?

THE STAT:

10%

NUMBER OF AMERICAN CHILDREN BETWEEN THE AGES OF 2 AND 5 THAT ARE CONSIDERED OBESE.

The Doer Mind:

- Forward thinking and process oriented
- Goal oriented and builds toward that goal
- Positive tone, finds enjoyment in each moment
- Spend more time working on thoughts and ideas, less time gossiping and complaining

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Johnny Behind the Rocks Race

To start the Lander running season off right, Elemental is joining with the Wyoming Catholic College to put on the first annual Johnny Behind the Rocks 5k/10k trail race.

The race will take place on the popular trails at

"Johnny", southeast of Lander.

Race day is May 2nd, and both races will start at 8am.

Cost is \$ 25 per runner and includes a t-shirt.

Other upcoming races in-

clude the Lander Half-Marathon on July 4th, and the Wild Iris Mountain Run (5k / 10k / 20k) on July 11th.

Further information on these races can be found at our website.

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Exercise of the Month: DECK SQUATS

We like deck squats because they take range-of-motion to a whole new level. These are core-intensive and powerful movements. Begin in a standing position, holding a weight of 10 or more pounds (kettlebells seem to work better than dumbbells). Squat down into a full sit on the floor (flexibility is why it's hard, not your height),

and lay back until your shoulder blades touch.

From here, push the weight forward over your knees, sitting up at the same time, and moving into a squat from there. Return to the start position.

This is a great quad-focused leg exercise. Start with just a few reps the first workout.



APRIL 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 PROGRAM 4 12PM OR 6PM	2 CLIMB STRONG 12PM / BURLY GIRLS 1PM	3 CORE 830AM / LAB 1115AM	4
5	6 CORE 830AM	7 CLIMB STRONG 12PM OR 6PM	8 PROGRAM 4 12PM OR 6PM	9 CLIMB STRONG 12PM / BURLY GIRLS 1PM	10 CORE 830AM / LAB 1115AM	11
12	13 CORE 830AM	14 CLIMB STRONG 2 12PM OR 6PM	15 PROGRAM 4 12PM OR 6PM	16 CLIMB STRONG 2 12PM OR 6PM/ BURLY GIRLS 1PM	17 CORE 830AM / LAB 1115AM	18
19	20 CORE 830AM	21 CLIMB STRONG 2 12PM OR 6PM	22	23 CLIMB STRONG 2 12PM OR 6PM / BURLY GIRLS 1PM	24 CORE 830AM / LAB 1115AM	25
26	27 CORE 830AM	28 CLIMB STRONG 2 12PM OR 6PM	29 PROGRAM 1 12PM OR 6PM	30 CLIMB STRONG 2 12PM OR 6PM / BURLY GIRLS 1PM		

Into the Grand Canyon, and Out.

So I can't wait any longer.... I was going to wait until we worked out again but can't wait that long to tell you about the hike into and out of the Grand Canyon... So I don't think I was ever worried about making it on the hike in/out of the Grand Canyon, just worried about the how much it would hurt. So the hike down was steep... :-). It's about 7 miles of steep downhill and that is the hardest. I made it down in 3 hrs and although my knees hurt a bit they were not awful. I never really "stoved" up that afternoon. I felt really good and the next morning did not even notice any soreness. So that was very much a surprise. So the next morning I took off at 0700 on the trail that is 10 miles long. I had been thinking about my strategy the last couple days and had decided that I would power thru 45 to 55 minutes of hiking and then rest for 5 minutes and then repeat that until I got out. I was expecting it to be very aerobic and exhausting. What I found was that I had to force myself to stop and drink/snack. I ended up snacking less but still focusing on drinking Gatorade at least. So anyhow I managed a very steady climb out of the bottom and it took me from 0700 to 1203 to hike the 10 miles - including breaks! Actually, I think I took a total of 15 to 20 minutes of break. I never exceeded normal breathing and it was not until the last mile or so where I could begin to feel my legs were getting a little tired. Never had to dip into the mental aspect.

So in summary a day after the only think sore were my calves -kinda felt like the lower portion of the calves. Nothing else felt bad at all - nothing!

Still so hard to fathom. I was expecting a physical/mental grind out... Not the case....

So cool!!! Pretty amazing to have been prepped to take advantage of such an opportunity on such short notice and do so well. YOU ROCK!!! THANKS!!!



SANDBAG 1, RUTH 0

A Clarification

Last month, I wrote that you were "dreaming" if you thought you'd get skinny jogging the Tomato Loop. If you're not familiar with Lander's "Tomato Loop", it's a popular running and walking loop of about 3.5 miles on the south side of town, taking Hillcrest Drive, Mortimore Lane, Sinks Canyon Road, and Fremont Street, to form a big loop.

From the number of incensed comments and emails I received, I thought I might clarify this point. First, running and walking are great forms of exercise. I am a big fan of both, and I think everyone should run. It's just that these exercises aren't the most efficient for burning fat. The average person of about 150 pounds burns around 100 calories per mile walking or running. (Yes, you burn the same number of calories per given distance whether you walk or run, unless you're absolutely sprinting, but I'll cover that in a minute.) If you weigh more than this

you'll burn more calories, if you weigh less, you'll burn fewer.

There are about 3,500 calories in a pound of fat. Sticking with the heavily math-oriented nature of this point, you'll have to make it around the loop 10 times to lose a pound. Let's say you run it twice a day, five days a week - that's a pound a week you can lose. Not bad. The only problem for me is that it takes me about 45 minutes to run the loop, and I don't have a spare hour and a half each day to do it twice.

Now to the point I attempted to make last month. The vast majority of your daily caloric use comes from your Resting Energy Expenditure (REE) rather than your exercise. Going back to our 150 pound example, this number is around 2000 calories a day. By training to boost your metabolism (as ac-

complished by exercise which causes *excess post-exercise oxygen consumption* or EPOC) you can change this number by 5-10%. By doing 15 minutes of intervals or weight training, and this is *hard* work, you'll not only burn calories in activity, but also for several hours afterward because of EPOC. Over time, this type of training causes a long-lasting or chronic change in your metabolism.

By doing several of these 15 minute workouts a week rather than spending 25+ minutes running around the Tomato Loop, you'll burn the same number of calories during activity, you'll burn calories afterward because of EPOC, and you'll see a change in your overall metabolism. If you change your metabolism by only 5%, that's about 100 calories a day, which adds up to almost a pound of fat per month you'll burn.

On this type of program,

the typical exerciser sees a fat-loss of 1-2 pounds per week, on around 1.5-2 hours of training. For the same amount of fat-loss, you'd have to cover somewhere between 35 and 70 miles on the road...and you'd have to run really fast to get it done in two hours.

Running is one of the best forms of cardiovascular training there is, and it is basic to our human nature. It should be an integral part of most training programs. However, unless it involves changes in speed, time spent above anaerobic threshold, and varying durations, it's not appropriate as a major part of a fat-loss plan.

Want to know your Resting Energy Expenditure? You can find the Harris-Benedict Equation in almost any fitness book, or you can Google "Resting Energy Expenditure calculator" and save yourself some thinking.

Elemental. We get results.

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PLEASE VISIT US AT:
ELEMENTALGYM.COM

Train For Your Best Half-Marathon

Please see our March newsletter for details on this program.

APRIL'S CALENDAR:

(note that the week of 3/30 is repeated here from the last calendar.)

	tempo run	interval run	easy 1	easy 2	long run	total
03/30/09	4	4 x 1200	3	2	4	13
04/06/09	4		2	3	6	17
04/13/09		3 x 1600	3	3	7	18
04/20/09	4		4	2	8	20
04/27/09		4 x 1600	3	3	8	20

Where is Your Mind? (continued from p. 1)

The Critic Mind:

- Dwells on failures of the past
- Chronically analyzes and judges, looks for flaws in self and others
- Obsesses on bad results and apparent barriers to future progress
- Characterized by negative attitudes and self-doubt
- Looks for "downside" in all situations
- Frequently critical of others, controlling
- Have a "bad situation" that they "have no control over"

Recognizing which one you are (we are all combinations of both, but have tendencies toward one side or the other...) is a good starting point. Let's say you are a critic, and are trying to get fit for a triathlon this summer. You are likely focused on how slow you run, rather than the fact that you have a nice bike and have been able to ride most days this spring. You likely looked at the course map and spotted all the terrain that is hard for you, rather than the nice, flat 5 mile stretch to the finish. You remember cramping up last time, and you're worried it'll happen again, which it probably will... You get the idea.

Understand that no matter how well you train, there are things both good and bad that can happen. It is important, too, to understand that the vast majority of successful people, not just athletes, are of the Doer mind,



recognizing the reality of the situation, but acting positively toward their intended outcome. They seek success rather than trying to avoid failure.

How you approach your goal is paramount to your chances of success. Are you trying to get fast, or are you pretty sure you're going to be slow again this year? Are you going to lose weight, or try yet another diet that probably won't work? Becoming a Doer is hard work, and will require tremendous attention. The benefits will become apparent if you can turn that corner. Give it a try.

*HOW CLOSE TO 100%
ARE YOU WILLING TO
GO? LEE BROWN FIND-
ING ENJOYMENT IN
EACH MOMENT.*