

# THE ELEMENTS OF FITNESS

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## ELEMENTAL WELCOMES ANN LEHMKUHLER

This month, endurance ace Ann Lehmkuhler joins our coaching staff. Ann is an accomplished swimmer, Runner, and triathlete, and has been a successful coach and trainer for the past few years. We are excited to welcome such a great asset to our team.

In order to introduce our members to Ann, I sat down with her last week for a short chat.

**SB: So Ann, you've been a competitive athlete for years, what brings you into coaching?**

Mainly teaching and a love of sports...it was a natural fit. I've been coaching since I was 16. My swim coach at the time noticed I was good at making swimmers more



efficient and correcting strokes, so I kind of became an assistant.

After a few years teaching school and starting our family, I decided to get back into it full time.

**SB: With that in mind, how does your experi-**

**ence as an athlete help your clients?**

I have always been self-coached, and I learned what works and what doesn't. I'm aware of mental difficulty involved. After I had kids, I had to rebuild from scratch, which inspired my Running

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## THE STAT:

# 23

U.S. rank in quality of healthcare by country. Our rank in healthcare cost per person? 1.

## QUICK NOTES

Climb Strong class starts again November 1st. This class will be held on Thursdays at 1pm, and is accompanied by a supplemental training program athletes can do on their own.

After months of wrestling with trying to make our card reader work, we have returned to using the code entry system.

Please contact Shelby (shelby@elementalgym.com) with any questions.

Elemental Endurance starts Wednesday the 7th at 5:15 am. This 45 minute class focuses on preparing athletes for endurance events next year by training in the gym now.

Our next Kettlebell Fundamentals class is Saturday, November 10th from 9-11am. It's free to the public.

Note that Mobility and Restoration moves from 5:30pm Thursdays to Tuesdays at the same time (starting 11/6). We have a new metabolic class in the Thursday 5:30pm spot.

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# MOBILIZE

Anyone who has exercised for long starts to see both strengths and weaknesses. Paralleling these, we also see things we do well and things that are hard for us.

For me, it's easy to get myself into the climbing gym to boulder. I can do it for as long as the skin on my fingers holds out, and I've never tired of it in almost 27 years of the sport.

Contrast that with stretching, which I typically do for less time each week than I spend brushing my teeth. Why? Because I suck at it.

So, since you probably also suck at stretching, give this a

try:

Within each strength workout, plan mobility or flexibility drills in between each exercise, as if they were just another exercise in your plan. This fulfills two really important training parameters. First, it gets you to do some damn stretching for a change. In a typical workout now, I get about 10-15 minutes of mobility work done. Second, it forces sufficient rest between strength sets, so I am seeing good strength improvements, too.

Which stretches should you do? Shoulders and hips. Not sure which ones to do? Stop by and run through a Mobility and

BY STEVE BECHTEL

Restoration class and learn some. We have 4-5 standard shoulder stretches and about a dozen good hip mobility drills to choose from.

Have patience, and faith. It's going to take a long time to see visible results from stretching, which is part of why we all give up on it before it starts working. I think about 5-6 months of 10-15 minutes a day is about the minimum before you "see" results.

But the real results come sooner. You'll start moving better. You'll stand up taller. Best of all, you'll be supporting all the training you're doing with good recovery practices.

CONTRAST THAT WITH STRETCHING, WHICH I TYPICALLY DO FOR LESS TIME EACH WEEK THAN I SPEND BRUSHING MY TEETH. WHY? BECAUSE I SUCK AT IT.

## NOVEMBER CLASS SCHEDULE - PLEASE VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM			<b>Elemental Endurance</b> 5:15-6		
6:30 AM	<b>Hybrid Training</b> 6:30-7:20				
7:00 AM				<b>Early Bird Yoga</b> 7:00-7:50	
8:30 AM	<b>CORE</b> 8:30-9:20				<b>CORE</b> 8:30-9:20
NOON	<b>Mobility + Restoration</b> 12-12:50				<b>Metabolic Blast</b> 12-12:30
1:00 PM		<b>Hybrid Training</b> 1-1:50		<b>Burly Girls</b> 1-1:50 / <b>Climb Strong</b> 1-1:50	
5:30 PM	<b>Hybrid Training</b> 5:30-6:20	<b>Mobility + Restoration</b> 5:30-6:20		<b>Metabolic</b> 5:30-6:20	
6:00 PM			<b>Metabolic</b> 6-6:50		
6:30 PM	<b>Elemental Strength</b> 6:30-7:20 / <b>Ski Fit</b> 6:30-7:20	<b>Kettlebell Conditioning</b> 6:30-7:20		<b>Elemental Strength</b> 6:30-7:20 / <b>Ski Fit</b> 6:30-7:20	



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WE CHANGE LIVES.

*"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired of the mind is not tired."  
~ George S. Patton*

## THIS MONTH'S WORKOUT

The mind can be as limiting as the body in hard training. One of the best ways to keep from burning out in a workout is to keep it interesting...ten sets of ten for ten exercises is just mind-numbing. This workout requires you, one heavy kettlebell, and an optional jump rope.

If you know how many push-ups you can do, just get going. Otherwise, warm-up and do a set of push-ups to failure to get your max. Next, take this max number and multiply it by 5. The workout is to do this number (max x 5) of push-ups as fast as you can.

Each time you have to stop, pick up the kettlebell and do 20 swings, then do 1 minute of jump rope, or air squats if you don't have a rope.

Keep track of how long it takes you, and appreciate how hard you're willing to work for a few more reps when you get close to your 100 push-up mark!

## ANN LEHMKUHLER (CONTINUED FROM P.1)

101 class. Being a mom, I'm aware of the difficult balance of responsibility... the difficulty of fitting it all in.

**SB: Your class, Elemental Endurance, is focused on wintertime training for endurance athletes. Who else can benefit from this training?**

Well, people who like early mornings! It's especially appropriate for people looking to increase their endurance, but also cardiovascular health and general fitness. The class open to people of all fitness levels.

**SB: If you were to line out the two biggest mistakes you see people make in**

**prepping for spring and summer racing, what would they be?**

#1 Not planning ahead of time, and trying to get ready to race in a month. It's just not enough time. Winter is good time for base training, learning new skills, and refining existing skills. You can't learn to swim 2 weeks before a tri...you'll need 6-12 months at a minimum.

#2 People don't follow an individualized plan. They get a generic plan or follow a friend's. They might need different skills, mobility, strength, etc. If you want great results, you need your own plan.

**SB: How about you, what are your biggest struggles athletically?**

Stretching and mobility. When I am short on time, they go out the window.

**SB: So what are your training goals this winter?**

Well, to increase stretching and mobility. I'll need a break after Moab (A trail marathon in early November). I didn't do it last year, and want to take a few weeks to recoup before next season. I want to build base strength this winter, ski a little...

**SB: Final question. What can we expect to see from you next year, as far as races go?**

That's still being decided...



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