

# Building and Maintaining Fitness for Outdoor Athletes

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# Overview

- What is fitness
- Why is fitness important
- How do I get (more) fit
- Who is training this way
- Four weeks of training

# What is Fitness

Fitness is not task specific.

The more different tasks/exercises/sports you do  
the more fit you can become.

“Develop the capacity of a novice 800-meter track athlete,  
gymnast, and weightlifter and you’ll be more fit than any  
world-class runner, gymnast, or weightlifter.”

# What is Fitness

- **Cardiovascular/  
respiratory endurance**

The ability of body systems to gather, process, and deliver oxygen.

- **Stamina**

The ability of body systems to process, deliver, store, and utilize energy.

- **Strength**

The ability of a muscular unit, or combination of muscular units, to apply force.

- **Flexibility**

The ability to maximize the range of motion at a given joint.

- **Power**

The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.

- **Speed**

The ability to minimize the time cycle of a repeated movement.

- **Coordination**

The ability to combine several distinct movement patterns into a singular distinct movement.

- **Agility**

The ability to minimize transition time from one movement pattern to another.

- **Balance**

The ability to control the placement of the bodies center of gravity in relation to its support base.

- **Accuracy**

The ability to control movement in a given direction or at a given intensity

# What is Fitness

## Training

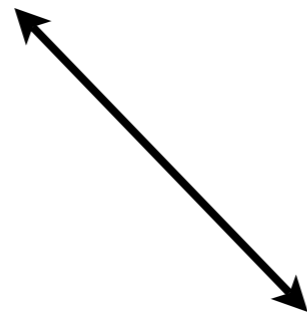
(organic)

- **Cardiovascular/  
respiratory  
endurance**
- **Stamina**
- **Strength**
- **Flexibility**

## Practice

(neurological)

- **Coordination**
- **Agility**
- **Balance**
- **Accuracy**



**Power  
Speed**

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# Why is Fitness Important

- Speed is Safety
- Prepares your body (and brain) for maximal efforts
- Reduces muscle imbalances
- High intensity exercise and proper diet leads to wellness (i.e. Improvements in blood pressure,  sity, muscle mass, flexibility, HDL or “good cholesterol,” resting heart rate, and dozens of other common measures of health.

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# How Do I Get (More) Fit

Appropriate diet

Randomized functional movements  
at high intensity

# How Do I Get (More) Fit

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

# How Do I Get (More) Fit

## Functional Movements are:

- Natural, effective, and efficient movement patterns
- Performed from core to extremity
- Multi-joint and multi-plane
- Must be done with full range of motion
- Capacity to quickly move large loads over long distances, i.e. movements produce maximal power
- Ground-based most of the time

# How Do I Get (More) Fit

## Core Functional Movements:

- Squats (front, back and overhead)
- Presses (shoulder, push press, push jerk)
- Deadlift
- Olympic lifts (snatch and clean and jerk)
- Push-ups, pull-ups, sit-ups, burpees, lunges, etc.
- Running, swimming, walking

# How Do I Get (More) Fit

Train in all three metabolic pathways:

- Phosphagen: highest-powered (< 10 sec.)
- Glycolytic: moderate-powered (<6 min.)
- Oxidative: lowest-powered (>6 min.)

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# Who Is Training This Way

- Rob Miller
- Mark Twight
- Steve House
- Catra Corbett
- Navy Seals
- Many other professional athletes, police and fire fighters

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# Four Weeks of Training

## The Rules:

- Accuracy, consistency, then intensity
- Warm-up
- Cool down with stretching
- Three workouts a week, every other day
- Be conservative at first

# Four Weeks of Training

## The Exercises:

- Sit-ups
- Pull-ups
- Push-ups
- Dips
- Squat (air, front, back, and overhead)
- Deadlift and variations
- Shoulder and Push Press
- Jumping (box, broad, jump rope, etc.)
- Combo movements e.g. burpees, bear crawl, Spiderman, inch worm, etc.
- Running

# Four Weeks of Training

## The Equipment:

- Dumbbells
- Dowel or barbell
- Pull-up bar
- Jump rope
- Something to jump on
- Bench or chairs or dip station
- Something to measure squat depth (optional)

# Four Weeks of Training

## Week 1 - Accuracy

Day 1 - 3 rounds with 1 min. rest between rounds:  
5 x push-ups, 10 x sit-ups, 15 x squats

Day 2 - 5 rounds for time:  
Run/walk 1 min then 5 x push-ups  
Run/walk 1 min then 5 x squats

Day 3 - 3 rounds with 2 min. rest between rounds  
10 x DB squats  
10 x DB shoulder press

# Four Weeks of Training

## Week 2 - Consistency

Day 1 - 10 rounds for time:

10 x push-ups then Run/walk 1 min.

9 x push-ups then Run/walk 1 min. ...

2 x push-ups then Run/walk 1 min.

1 x push-ups then Run/walk 1 min.

Day 2 - 21, 15, 9 with 1 min. rest between rounds:  
push-ups and squats

Day 3 - Tabata (20 sec. on/10 sec. off for 8 rounds):  
squats and sit-ups

# Four Weeks of Training

## Week 3 - Consistency

Day 1 - N reps on the minute for 10 minutes of:  
Deadlift, squat, push press, push-up

Day 2 - Burpee ladder:  
Max. burpees in 15 sec. then 1 min. rest  
Increment by 15 sec. up to 60 sec. Then...  
5 rounds of 5 weighted sit-ups using a dumbbell or  
medicine ball. Rest exactly 1 min. between rounds.

Day 3 - 3 rounds for time:  
4 x dips, 8 x sit-ups, 12 x back squats  
Run 400 meters

# Four Weeks of Training

## Week 4 - Intensity

Day 1 - Tabata sit-ups, tabata jump rope

Day 2 - 5 rounds with 1 min. of rest between rounds:  
10 x Overhead Squats with dowel  
Run 400 meters

Day 3 - Project workout

10 x Dumbbell shoulder press (go heavy)  
20 x Squats with same dumbbells used above  
30 x Step-ups  
40 x Push-ups  
50 x Sit-ups

# Squat Demo

- Feet shoulder width apart
- Weight evenly distributed
- Hips neutral at top
- Lower back arched throughout the movement
- Upper back straight and torso upright
- Hands used to counter balance and set maintain rhythm
- Head neutral, eyes looking ahead



# References

## Warm-up demos

- [http://media.crossfit.com/cf-video/CrossFit\\_GregAWarm-up.mov](http://media.crossfit.com/cf-video/CrossFit_GregAWarm-up.mov)
- <http://www.aceathlete.com/hatch/video.htm>

## Exercise demos

- <http://www.nasca-lift.org/videos/displayvideos.asp>
- <http://www.crossfit.com/cf-info/excercise.html>

## Beginner Workouts

- <http://www.crossfit.com/journal/library/BeginnersMay03.pdf>
- <http://www.peninsulacrossfit.com/randomization.htm>

# Thanks!

