Building and Maintaining Fitness for Outdoor Athletes

Saul Jimenez
Certified Strength and Conditioning Specialist
USAW Club Coach
http://www.PeninsulaCrossFit.com
saulj@maddawgfitness.com
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, density, 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**
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://www.aceathlete.com/hatch/video.htm

Exercise demos

• http://www.nsca-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!