

# Transition CROSSFIT

August 2010



## Do you think running is a skill?

When running shows up in a workout do you cringe? Before you go for a long run do you practice any technique?

When you first join a CrossFit gym there is a lot of skills and drills that you must learn and practice before you can improve. Before you do a Clean and Jerk you must learn to DeadLift, Front Squat, Push press and Push jerk and those are just the basics. This is only the beginning. So why is it we don't put the same effort and thought into running? To the average person running is not thought of as a skill but merely a thing we do for exercise or to get from one place to the next.

Running has long been thought of as something we just do without much thought. The reason for this is very simple. As children we learn to walk and once we have that down we start to run. It is a natural thing to do and it comes to us without being taught. As we get older and get involved in team sports or individual sports we want to improve so we seek out help so that we can improve. The problem is the help may actually do the opposite.

Have you ever been told to run faster you need to push harder and lengthen your stride? Have you ever been to a shoe store and had a shoe fitted to your style of running? DO you get the shoe with the biggest fattest heel because you're a heel striker? The truth is none of these things will help you run faster. Whats worse is they will make you slower and you are going to be more susceptible to injury. Let me explain why!

First lets start with something simple.

The shoes. Shoe companies realized a long time ago that they could feed you lines about increased performance and stability and you being the performance seeking Ninja that you are said " Better give them a try" So lets stop and think for a second. My new shoe helps me stabilize and it cushions my heel while I run. So A couple hundred years ago before shoes what were people doing? We know they were running, they had to, survival depended on it. If you think running on your heels is fine and natural then I ask you, No I dare you to go outside on the sidewalk in bare feet and run two blocks landing on your heels like you do with your shoes on. Let me know what happens and how it feels. Now lets talk stability. How does a shoe stabilize you? Does your shoe have suspension like your car capable of adjusting on the fly and predicting what will happen next? Not a chance! Stability in running as in all other physical activities comes from your own muscles. Your bodys ability to correct imbalances on the move is astounding. Your body will adjust and react to uneven terrain fast, How fast? 120-160 msec fast. How can a shoe possibly do this?

No lets look at GRAVITY. This is the great equalizer. Every last one of us must deal with Gravity. It is something we cant escape. When you run with an upright posture and a long stride gravity is kicking your ass in many ways. Its pushing you down with each step and every time you land with a straight leg extended way out in front of you gravity is adding more weight to your heel that's striking the ground first and to your knee which is in a locked out position unable to absorb any impact.

OUCH!

Gravity is a powerful force capable of moving large loads. How fast does your car roll down a steep hill? What if you could get gravity to do most of the work for you while you ran? Sounds good doesn't it. Well its possible. If you want proof look at Usain Bolt. He currently holds the world record for the 100 m. There is no better example of a runner using gravity to there advantage. Now I know what your thinking, I don't want to run that fast, I just wont to be a little faster. Well if you can apply the same tecnique to your running as he does you will get faster.



# Recipe of the Month

## Lean Beef Salad

### Ingredients:

½ Cup All Natural Catsup

1/3 Cup Flaxseed Oil

¼ Cup Lemon Juice

½ Teasp Ground Ginger

3 Cups of cooked lean beef cut into strips

2 Tomatoes, cut into wedges

1 Green Bell Pepper

1 Cup fresh mushrooms

1 Cup Diced Celery

½ Cup Sweet Onion

4 Cups of Mixed Greens

Mix first 4 ing to make marinade. Combine the next 6 ing and cover them in Marinade. Drain marinade and spread over mixed greens.

Serves 4

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While running your every step is applying 3 times your body weight to the ground and to the leg your standing on. If you weight 150 LBS that's 450 lbs of force per step. Times that by 5 Km of running that's a lot of steps and a lot of force. If your body is upright with a leg that is reaching way out and extended, all of that 450 LBS is going into your joints that are in no position to absorb that force. This is the main reason why we find running hard and why it can cause so may injuries.

Now that I have bored you with all the data we can move on to helping you run better and more effectively.

If you have not already heard of the Pose Method of running you have now. Pose method was developed by Dr Nicholas Romanov. Romanov is a Ph.D. in Physical Education from the Russian Academy of Physical Culture and Sports in Moscow. He spent 25 years developing and researching the Pose Method.

The Pose method is both simple and complicated. If you wish to dive into the science behind it you may find it complicated. If you break it down and look at it from a simple movement perspective it can be rather simple.

The basic idea behind it is using gravity to your advantage and using the body as it is designed to move. If we go back to talking about children you will be able to see Pose method in its truest form. Running at an early age is not taught it is simple something we are born with. The human body is designed to run. As we age many tings get in the way of this natural ability. The most limiting factor to our ability to run is lack of practice. When your young running is something that is done almost every day.

To give you a short lesson in Pose running and how it works we will talk about gravity and the body positioning during running. If you want to feel gravity's effect on running and how it can move you simply stand up and lean forward. ( be sure to have some open space in front of you) What happened? You had no choice but to step a foot out or you would have fallen on your face. Now imagine if you can being able to get into a position where every time you stepped gravity would give you a little push to get you to the next step. This is one part of the Pose method. Next we will look at the "Pose" In order to use gravity to our advantage we would need to get into a position with each step so that gravity will push us to the next

Step. The Pose method is exactly that, A Pose. Here is what that pose looks like.



In this image you will see a few things that are going to be much different than what you normally see while running.

First let's look at all the joints. Knees, ankles, hips all of which are slightly bent. This is to absorb that 3 times body weight per step we talked about earlier.

Second

If you drew a line straight up from his heel that's on the ground to signify 90 Deg and then another from the same starting point through the center of his body all the way out the top of the head you would see the forward lean that's created. This forward lean is the same lean you created earlier when you stood up and had to put a foot forward.

Notice also the positioning of the feet and knees. In this picture he is at the end of his step about to change from this pose to the next pose on the opposite foot. Note how high the heel is and how the other foot is under his center of mass and not way out behind him like you see with most runners. Every time his feet land they will land under his center of mass. This allows all the joints to be bent and absorb the impact. Rather than pushing off to propel forward you simply pull the foot off the ground letting gravity move you forward. This is why the heel is pulled so high. If you were just doing a light jog the angle of forward lean would be less and the pull of the heel would be lower. As speed increases so does angle and height of the pull.

These are the basics behind the Pose method of running. Now I do not recommend going out and trying this for any more than a couple 400 M runs. There is a great deal of practice and technique involved in this style of running. If you try to do this without coaching you will end up very sore in the legs and back. Many skills and drills must be performed and perfected before you do this method for any real distance.

The good news is now you know about it and can start learning some of the skills and drills to increase your ability to run. Once you become better at Pose method you will get faster and more efficient very quickly.

# Upcoming Events

September 18/10 is the date of the Element CrossFit Team challenge. 30 or so teams from across Ontario will be getting together to have a fun CrossFit competition. We have a team in this years event and it promises to be a great day of fun and hard work. If you have never witnessed a CrossFit competition then I suggest you come out and take a look. It might just fuel your CrossFit fire.



# Something to think about

How are your Feet?

Are you suffering from any foot problems? DO you get sore feet from working out or running?

If so you might want to take the time to go see our friends at the Werkman clinic here in Oakville. They specialize in all things feet related. They can handle everything from routine foot care to larger issues like Foot pain and all that comes with it. Also if you have an interest in compression socks to increase your ability to recover and perform then these are the people to see.

J.Richard Werkman clinic is located at 1495 Cornwall Rd, Suite 33, Oakville. On, Phone # 905-845-4817 or online at [www.werkman.ca](http://www.werkman.ca)

Just something to think about.....