

Transition CROSSFIT

October 2010



Are you cheating yourself?

3,4,5,7,10, Done. Yes that's right we have all done it. Maybe the coach wasn't looking, maybe you just didn't have it in you that day. Call it what you will, it's cheating!

CrossFit workouts are hard; there is no getting around this fact. We all have our moments during the W.O.D'S when we want to slow down; rest longer, or even quit. Fact is nothing is gained from quitting. Slowing down or resting is needed at some point during the W.O.D'S. What is worse than quitting in my mind is cheating. As you start to fatigue your mind and body begins to act differently. Range of motion shortens, speeds slow down, and reps get miscounted. Most of the time this is done on a subconscious or accidental level. Other times it is not. When you start to shorten your range of motion or miscount reps for the sake of a shorter time in a W.O.D, you are now cheating yourself. At the time it may not seem like much. You can justify it in many ways. Problem is all these missed reps add up.

Lets focus on range of motion. By decreasing range of motion for a faster time does not make any sense if you sit back and look at it. Lets say one day you were forced to do a competition and range of motion was set in stone. The guy or girl that has had the slower times in the W.O.D'S is all of a sudden going to be flying past you. If you look at it another way. Would you rather be stronger? Or have a faster W.O.D time? Which one is going to serve you better in the long run. Ultimately if you are focusing on range of motion and movement standards you will get better results and faster times as a result.

If you truly want to be bigger, faster, stronger you have no choice but to focus on movement standards and range of motion. If you wonder why we have these standards its simple. It gives us guidelines to follow and it gives us the best possible results. Increased strength and flexibility will come from forcing yourself to do a full range of motion with each rep.

Why you need to stretch more!

You have just finished death by Deadlifts and you completed 20 rounds. That's a total of 210 reps and if it was at 100 lbs that's 21,000 lbs moved. If that were bags of groceries at 7 lbs a bag that's 3000 bags. That's far more than your car could carry. So why is it that after completing this you grab your gym bag and head straight home? Did the thought cross your mind that maybe it would be important to stretch?

After lifting weights to that degree your muscles and tendons have been put through hell. By waking away and heading straight home you are opening yourself up to potential injury and discomfort. Taking the time to do some simple stretching could make the difference between a quick recovery and a long one. Or worse the difference between injury and no injury.

Muscles break down and tighten up after a workout like that. By taking the time to stretch them out you are giving the healing process a jumpstart. Stretching helps release the lactic acid that builds up in your muscles. It helps to restore the range of motion and sliding action your muscles had before the workout. More important and it's the part you will notice the most is the minimizing of after workout pain. Stretching will greatly lower the potential for post workout pain.

We could get all scientific here as to what exactly is going on during stretching but the fact is most of you just don't care or don't have the time. Be sure to ask yourself though if you have time to be injured or the money for physiotherapy? By skipping the stretching and continuing to do CrossFit workouts you are in time going to get seriously injured if you keep skipping the stretching.

Below you will find some different types of stretching and some different stretches that will improve your abilities but wont keep you in the gym for hours on end.



PNF hamstring stretch.

This is by far the best stretch you can do for yourself. Using a strap over the foot you will resist your hands by pulling your leg towards the ground for 10 seconds. Then relax for 2 seconds and then pull the foot a little higher and start the process again. Do this 5 times per leg. Do not pull so hard it hurts. Just mild discomfort only.



Quad Stretch

In a lunge position you will place a foot on the wall. By pushing with the other leg and moving yourself more upright you will stretch the quad of the leg against the wall. The closer the knee is to the wall the more intense the stretch. It is best to have the knee on a soft surface. Same as the above stretch you will resist and hold then reposition.



Glute stretch using foam roller.

Simply sit on the foam roller and put one hand on the ground behind you to keep you balanced. Cross one leg over the other and using the opposite leg and hand you will slowly roll yourself back and forth on one side of the butt. When you find the spots that hurt spend a few extra minutes on them till they stop hurting.



I.T Band

This is one that will hurt. The I.T band is a large and long piece of tissue that does many things and will always be a tight one.

Important part of this stretch is to be able to regulate the pressure on the roller. Using your leg and arms you can lift or lower yourself to control the depth of the stretch. Simply lie on the side of your leg and roll from hip to top of the knee. Again when you find points that hurt, spend a little more time on them.



Back stretch.

Simply cross your arms over your chest and roll from mid back to base of the neck. Leaning a little side to side will help put more pressure on one side of your erectors as you roll.



Shoulder stretch with PVC pipe

These are called dislocates. Start with a wide grip and from the front of the body move overhead all the way around to the back as seen here. Arms must stay straight at all times. If you cant make it all the way around go wider with the grip. As you improve the grip get closer together. Be careful with this stretch at all times.



Recipe of the Month

Buffalo Steaks

1-1/2 Lbs Buffalo Steaks

3 Tbls of Thyme

¼ tsp of garlic powder and black pepper

4 -1/2 Table Spoons of olive oil

2 shallots chopped

½ lb of mushrooms sliced

1-1/2 cups of red wine (good wine)

1 cup beef stock

1 Tablespoon chopped parsley

1-Tablespoon Chives

1 Tablespoon flax seed oil

Cut steaks into 4 pieces, cover with thyme, garlic and pepper and cook in 2 tablespoons of the oil. 2-3 min per side. Then cook shallots and mushrooms in the rest of the oil, add the wine and cook till reduced to one forth. Add the stock and cook till reduced to one half. Add remaining ingredients and poor all over the steaks. Enjoy

Upcoming Events

Yoga class on the 30th at 2 Pm. Please RSVP this class.

Something to think about

Information

I am full of information and am happy to share it with you. All you have to do is ask. If I don't know the answer to your question I will be happy to research it.

I want you to improve at every aspect of CrossFit. The more you know the better so ask away.

Email me or ask me in person.

Just something to think about.