

CasePerformance

December Newsletter Part I



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Here is the news that we'll cover in Part I of this month's newsletter....

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Hello,

I hope that the month of December treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. A Look at This Month's Newsletter

As 2013 came to a close, the realization that we had the stamina and perseverance to thrive for another year at CasePerformance! With this in mind, we decided to make this our “endurance” themed two part newsletter. In Part I we span the extremes of endurance training. We kick things off with our CP Community Member of the Month interview with ultra-marathon runner Josh Miller who shares with us his training background and the strategies he uses to keep his body running smoothly... despite running 2500-3000 miles/year (~4020-4830km)!

Following our interview, we get to our CP Community Member Discussion where John Giggins discusses his idea of endurance training in his piece, *Traditional Cardio Sucks!* In it, John explains how short distances and heavy weights can be used to create killer endurance workouts.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

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II. CP Community Member Appreciation "Top 5+1" Contest Finalists

Thanks to everyone who participated in our sponsored 5+1 CP Appreciation contest. The entries were fun to review as it gave me a better understanding as to what types and "why" certain articles were popular with community members. The key things I learned include

- SW is hilarious. His piece, [Scathing Observations of a Gym Goer](#), was clearly the "most entertaining" article on the website.
- [Adel Moussa](#) is a popular dude ... His name came up on multiple entries with regards to his three part interview he did with us.
- The category of articles most enjoyed by those who participated was those that fell under the [Consumer Savvy/Understanding Research](#) umbrella.
- Participants liked learning about the powerlifting exercises and commentary on the sport.

As stated in the contest, the CasePerformance team narrowed it down to five finalists. It's up to you to decide which individual wins the \$50 Amazon Gift Card. Individuals can vote up through Jan 6, 2014. A winner will be announced on January 7th. Let's choose a winner.

To cast your vote, check out our [5+1 Finalists](#)

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III. Community Member of the Month...



Ultra-marathon Competitor & Massage Therapist Josh Miller

This month's CasePerformance Member Interview is with Josh Miller who comes to us from Dubuque, Iowa, USA. As alluded to in our intro, Josh is an ultra-marathon competitor. In addition to his running, Josh is also a licensed massage therapist. I can attest to his skills in this latter area. Following one of my shoulder surgeries, he assisted in the rehab with his soft tissue work. Needless to say I was impressed with his work! However, enough of me talking; Let's get straight to the interview!

First off, I want to thank you for taking the time out of both your running, coaching, social & academic scheduled to join us today. We are honored with your presence.

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Curious, what first stoked your interest in endurance training? How did it progress to the point where it is today, competing in ultra-marathons?

When I was a kid, I lived in the country, miles away from my friends. It was not unusual for me to run a few miles to visit them. Also, I have always been curious what my body is capable of and interested in pushing my limits. In particular, I am fascinated with the mental aspect of running and the longer I am out on a run/race, the more of a role it plays.

About 10 years ago I became more interested in distance vs. speed. As the weekly mileage increased so did the runs and race distances from 26.2 to 50 to 100 to 150 miles.

As a runner, what achievement/experience are you most proud of to date?

By far I am most proud of the fact that currently I have no injuries or pain. This has held true throughout my running career for the most part. Year after year I average around 2500 to 3000 miles. Being injury free is paramount, but so is my love of running. And I love it more now than ever before. I am in this for my entire life. I still enjoy racing and doing well, but I don't run for race achievements. I “listen” to my body more than being driven by the short term goal of “winning” or placing that can lead to overdoing it, resulting in injury or burnout.

Are there any short and/or long term goals that you have with respect to endurance running?

As mentioned, I am in this for the long haul. That said, I would like to go for a 20 mile run at age 75 and still enjoy running. My short term goal is to combine traveling more to do different 100 mile races. Each ultra poses different challenges, based on location, terrain, climate, etc

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Zeroing in a little bit more specifically to your training and nutrition strategies...

Speaking in terms of generalities, can you briefly describe what your training loads/volume look like in general as well as leading up to one of your ultra-marathons?

I average about 55 miles a week. This fluctuates depending on if I am ramping up mileage for a race or maintaining my base in the off season. I will add a weekly speed workout once a week in the spring, summer, and fall. We have five kids in the house and the world doesn't stop for my running. If it is a busy week and I can only get 50 miles in with one long run then I am not going to get all bent out of shape. I don't micromanage or over-analyze my training.

Planning for a race depends on several factors, and I usually don't have a prescribed strategy. Generally I like to build up to 80 to 100 weekly miles, hold that for a month or so and then start to decrease two weeks prior to a race.

Breaking your training down a little bit further, what does a typical training week look like for you?

Again, with the stage of life I am in, my running schedule has to be flexible with the rest of my life. The consistency would be that I run 5 to 6 days a week with at least a 20 mile run on a weekly basis year round. As I mentioned, the mental aspect of ultras are as important as the physical. Because of this I don't feel like I have to put in as many miles as I used to, and I focus on my attitude and outlook as part of my training.

Also keeping physically flexible is extremely important to me and is part of my training. I want to keep my body supple and relaxed as I place heavy demands on it.

That's great that you place so much of an emphasis on flexibility training! I feel this is often an overlooked aspect of training. Can you share with us a bit of your strategies as it relates to flexibility training?

These days my flexibility is primarily from doing Active Isolated Stretching on a daily basis. I have also done yoga over the years. Staying relaxed, mentally and physically,

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while I am running is a priority and this also has an effect on my overall flexibility.

Does resistance training play any role in your overall training cycle?

Not as much as I would like. This would probably be a short and long term goal as asked before. The older the kids get, the more I would like to dedicate to strength training. Hills and later miles in an ultra are certainly affected by my strength.

With your training load, what type of daily nutrition strategies do you incorporate to fuel yourself for success?

I don't do much dairy. I like lean protein. Most of it would be common sense stuff like staying away from chips, donuts, candy, and processed food. I do not usually cook separate for myself as I have six other people to consider.

Are there any particular pre-, intra-, post workout nutrition/hydration strategies that you've found to be effective?

An ultra can take me anywhere from 17 to 30 hours, depending on the course. As the hours go on in a race, all of the nutrition/hydration choices play out with more and more significance. Things such as keeping hydrated and replenishing electrolytes have to be consciously monitored. Sometimes I have to force myself to eat even though I am not hungry; I know I need the energy. Protein intake is important as well in an ultra where it isn't really necessary in a marathon or lower distance.

During races, I eat some food at the aid stations and also take a couple supplements designed for high endurance athletes to cover my electrolytes, carbohydrate (maltodextrin), and protein needs while racing.

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Outside of nutrition, is there anything else you do to help your body recover from the miles you put in?

I like keeping active and using my body in other ways as well such as kayaking, swimming or biking. In addition to stretching I like to get regular massages as well. It's also very important to keep a balance with the rest of my life and spend time with my close relationships.

Switching gears a bit...

As I mentioned in the introduction to this interview, you're a licensed massage practitioner as well as the director of Massage Therapy at Capri College. What motivated you to enter this field?

I am in awe of the human body, how it works, and what can be done when it isn't working as well as it can. I like helping others view pain as a signal from the body that something is out of balance and then making healthy changes as a result that new understanding. I enjoy helping clients restore movement and mobility to areas where these have been decreased.

Based off my personal experience, I know you like to incorporate a lot of techniques into your sessions. Can you tell us a little bit more about your method of bodywork, which you refer to as Mbodywork?

Mbodywork a compilation of techniques I've found effective over the years working with clients. The M comes from my business name Momentum. Mbodywork utilizes a variety of active massage modalities to restore freedom of movement such as active isolated stretching, soft tissue release, thai massage, myofascial release, and neuromuscular therapy. It's typically performed on a massage table and/or thai mat and the client is fully clothed.

Mbodywork focuses on freeing restrictions, limitations, guardedness and pain. People with active lifestyles place repeated strains on specific areas of the body. For example, runners often develop a quadriceps imbalance resulting in a lateral pull that causes IT band tension or knee pain.

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Do you have any thoughts or advice that you can share with us here at CasePerformance?

Whatever a person's avenue to health and fitness, remember to have fun!

On behalf of the CasePerformance community, I would like to thank you for joining us here today. I realize it takes time to answer these questions. Keep up the great work and for those wondering, where can they find you?

I can be reached a couple of different ways including my email (movementcreatesmovement@gmail.com), phone (563.451.2540) and [website](#)

Great advice there! Once again I want to thank you for joining us here today. Keep up the great work!

Thanks Sean!

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III. Community Member Performance Discussion

In this month's Community Member Performance Discussion, I have the pleasure of sharing with you the thoughts of community member, John Giggins, who comes to us from Wangaratta, Victoria, Australia. For those who aren't new to CasePerformance, John's name may sound familiar as we previously [interviewed him](#). Sticking with the endurance theme of our newsletter, John shares with us

Conventional Cardio Sucks!

By John Giggins

What is the first thing most people think about when they want to get into shape? Yep, you guessed it, jogging. Now, contrary to what you may think after reading the title of this piece, I'm not here to hate on jogging. If that's what you want to do - do it! In fact, you may be surprised to know that I once had the running bug. In fact, I ran a marathon when I was 34 after losing 30kg (66 lbs). How did I accomplish this feat? Easy, I set myself a 6 month goal and I did it. I ran and ran and ran every day.

However, I haven't raced since that initial marathon. (At least nothing more than the odd 5k fun run type of thing). Why you ask? Simple, I hated every minute of it. Thus, I knew it was time for a change. It was time to get 'strong' fit. Jump forward 10 years and 10 thousand eggs and I now compete in Highland Games and Strongman events. During the past 6 years my weight has hovered around the 100kg (220 lb) weight mark while competing in these strength sports.

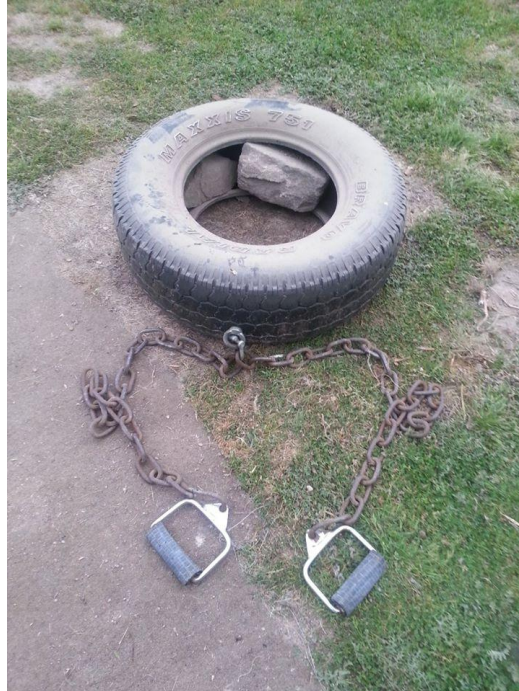
One day I got curious about and decided that I wanted to see how fast I could up my VO2 without doing any "conventional cardio." To do this, I went onto a website and downloaded the "beep test". For those not familiar with it, the beep test is a 20 meter line to line running test (like suicides) where you have to run to the line and back before the beep. In 8 weeks my result went from 7.1 to 10.2 which is a huge difference. I accomplished this despite not running whatsoever during this time period. . The only actual running I did was the test itself!

How did I accomplish this despite not incorporating any running into my training program? Easy; running is a bio-mechanical movement, everyone can do it if they have to, like in a panic situation. Therefore, I focused on increasing my stamina and endurance via my trusty old sled.

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John's trusty sled!

Sled dragging/pushing isn't new I know, I made this sucker about 7 years ago. It's an old 4x4 tire I put an eye bolt through the tread, put some chains and handles on it and I fill it up with rocks and kettle bells and I basically walk with it forward or backward along a 60 meter track. So when I do my normal powerlift training, I would finish with 10 x 60m drags. Another one of my favorites is walking 3klm with 2 water jugs that hold 15 liters of water in each hand (great grip and trap work also). Remember, your body has no idea how or what you are using to increase you general stamina. These are 2 very basic, inexpensive endurance training tools that I used while improving my beep test performance. I feel that it's great for jacking up the cardiovascular system from newbies to the hardcore. If you're looking to up your bodyweight training, I often use a weighted vest for pullups, dips and pushups.

At the end of the day there is hundreds of different exercises, exercise programs and ideas on how things should be done. For me, I guess I'm old school and like to keep to the basics that have proven to be successful for both myself as well as those I work with. This method is a great way to develop strength endurance, and potentially shed some body fat along the way which is all well and good. Stay strong for life.

- John Giggins, Wangaratta Strength and Fitness

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IV. Meets/Events

Here are a couple events that have been shared to me by members of the CasePerformance community.

Strength Sport Events

Kolkata Kettlebell Meet 2014

What: This one day event will include one arm short cycle (press/push press/jerk), one arm long cycle (clean and press/push press/jerk) and one arm snatch competitions for both men and women.

Where: Endorphins Studio at the Kolkata Rowing Club, Kolkata, India

When: Jan 11, 2014

For more information [CLICK HERE](#)

Endurance Sport Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE](#)!

*** Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsetter where we share news of note at the CasePerformance Website and in the CP Performance Discussion, Phil Stevens examine the sumo squat!

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)