

# CasePerformance

## December Newsletter

### Part II



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

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Hello,

Glad to see that you're tuning into Part II of our endurance themed December newsletter! I hope you enjoyed [Part I](#) which featured an interview with ultra-marathon competitor 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. This month, John Giggins shares with us, *Conventional Cardio Sucks!* In it, John explains how short distances and heavy weights can be used to create killer endurance workouts for those who don't like or necessarily need steady state cardio to reach their goals.

In Part II of our newsletter, we take a quick peek at the news of note here at CasePerformance, including our endurance themed post of the year, before moving on to the SuppVersity Corner Report. We then close with our CP Performance Discussion, *Using Steady State Cardio to Speed Up Recovery*.

Respectfully,

Sean Casey

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## II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

### Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

### A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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## III. Article News at CasePerformance

There were no new articles added to the CasePerformance library since the last newsletter was sent out. However, we had a significant update to our 'Tis The Season for Great Food" article:



['Tis the Season for Great Food... Fa-la-la-la-la, la-la, la, la!](#) by Sean Casey & numerous Contributors...

In this article we explore Christmas meals from around the world and why chocolate is a must!

Here's the current country lineup & contributors ...

**Australia** - John Giggins

**Brazil** - Paolo Altoé

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['Tis the Season for Great Food...](#) Contributor List (Cont.)

**Canada** – Mark Oxer

**France** - Charles Damien

**England & Greece** - Dino Tassigiannis

**Germany & Poland** - Adel Moussa

**India** - Shiba Banerji, Arnav Sarkar, Manjari Pillai

**Netherlands** - Alexandra Faber

**Norway** - Børge A. Fagerli

**Spain** - Molly Marie

**USA** – Yours Truly (Sean Casey)

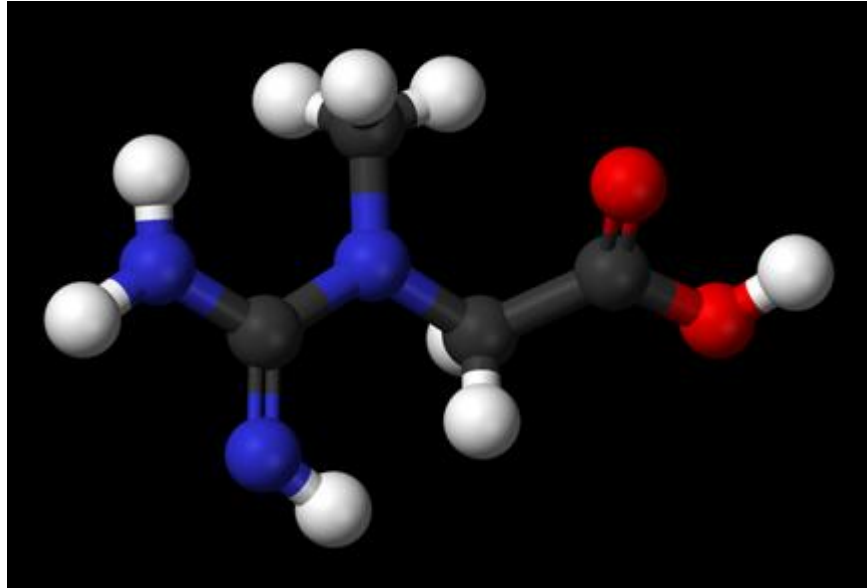
**Phenylketonuria** - World Wide

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Top Read Article in December here at CasePerformance...



## 1) [Creatine – Beyond Brawn Part I: Diabetes & Blood Sugar Control](#) by Sean Casey

Creatine is often regarded as the top ergogenic supplement on the market today there for strength and power athletes. However, the benefits of creatine are not limited to only those looking to add a few lbs/kg to their bench or shave a little time off their sprint performance. In part I of our “Creatine – Beyond Brawn” series, we look at the beneficial effects it has on diabetes and blood sugar management.

\*\*\* I want to THANK everyone who read, shared and/or sent me comments in regards to this article. This was by far the most popular article I’ve ever written for the website. Despite being online for <1 month, it was the most read article of the YEAR !\*\*\*

Hmmm... On 2<sup>nd</sup> thought, hopefully “Creatine-Beyond Brawn” ranked as the top read article, despite being up for less than 1 month, because it was THAT good.... Not because all the others were dry & boring ;-)!

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## Endurance Themed Article of the Year

Our endurance themed newsletter would not be complete without our top article on the topic... from an ultramarathon champion none the less!



In this interview with the expert, we have the privilege of talking with ultra endurance athlete extraordinaire, Zach Bitter. Amongst other things, topics discussed include how he got involved with ultramarathon running, a breakdown of his training week as well as the nutritional strategies he uses to fuel performance.

### **Zach Bitter Performance Update – Saturday, Dec 14<sup>th</sup>, 2013**

I extend a full blown congratulations to [Zach Bitter](#). On this date, while competing at the Desert Solstice Invite in Phoenix, AZ, he set the new U.S. 100 Mile Open Track record in 11:47:21. Additionally, he set the 12 Hour WORLD record with 101.66 miles. For those keeping track at home, that's just over 7 minutes per mile!

I've been extremely fortunate in getting to know Zach a bit during the past year. Great guy and more than happy to share his thoughts and advice on his personal blog (<http://zachbitterrunning.blogspot.com/>).



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## V. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. In case you missed it...

### Week of Dec 2nd – 8th

[Vitamin D Builds Muscle: 70% Reduction in Myostatin, 45% Increase in Myotube Size in 10 Days - So, What's the Catch? Plus: Where Could Retinoic Acid \(Vitamin A\) Figure In?](#)

### CP Quick Thoughts

1) I had a good laugh with this line of Adel's...

*"Man, there are vitamin D receptors everywhere, so it must be the f\*\*\* most important vitamin in your body!"*

2) For those not familiar with myostatin, it is a protein produced in the body that limits muscle growth. The best gains I've ever had on a supplement occurred while I was taking a purported myostatin blocker. The results were absolutely freakist, throwing lean muscle mass on at crazy rates ... think creatine x10! It's the only supplement that I've ever taken in which I could literally destroy my body and feel fully recovered within a day

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or two. Talking with friends as well as the supplement retailer, it seems like everyone had similar results. However, the product ended up mysteriously disappearing off shelves of retailers.

My dance with this purported myostatin blocker was well before I learned how to research. You could say I was a bit more naïve about the industry as a whole too at this point in my life. Thus, once I learned the ropes of pubmed, I decided to check the supplement out. Doing a quick search on the product, I found that the primary ingredient it was 1200 mg/d of an extract obtained from the alga *Cystoseira canariensis*. I was only able to find one human based study on *Cystoseira canariensis*. It was conducted by Darryn S. Willoughby and involved giving a placebo or *Cystoseira canariensis* supplement to a group of men while completing a 12 week resistance training program. At the end of the study Dr. Willoughby concluded,

*"Twelve wk of heavy resistance training and 1200 mg/d of cystoseira canariensis supplementation appears ineffective at inhibiting serum myostatin and increasing muscle strength and mass or decreasing fat mass"*

Thus, in reflection of the research that came out on the product, everyone I knew who took it (including myself) experienced a mega [placebo effect](#).... Or, I experienced my first "dusted" supplement. [For those not familiar with the slang word of "dusted" as it relates to supplements, it means the same thing as being spiked with something likely not on the label.]

## Reference

1. Willoughby DS. Effects of an alleged myostatin-binding supplement and heavy resistance training on serum myostatin, muscle strength and mass, and body composition. *Int J Sport Nutr Exerc Metab.* 2004 Aug;14(4):461-72.

**Side note** – Adel wrote on a nice follow-up study looking at Vitamin D and strength gains in humans ...

[D-Finitively Relevant News: Vitamin D Supplementation Speeds Up Strength Recovery and Lowers Markers of Muscle Damage in Vitamin D-Sufficient Young Subjects](#)

I'll let you read this one as I'd hate to steal Adel's thunder!

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Week of Dec 9-15<sup>th</sup>

[Yeast Hydrolysate Powered Fat Loss: 7% Reduction in Total Body Fat and 14% Reduction in Abdominal Fat - W/out Diet?](#)

## CP Quick Thoughts

One of the things I find interesting about this study was the fact that their really wasn't a big decrease in kcal intake till ~4 weeks into the study which was a bit surprising to me. Most of the appetite suppressants that I've heard of start decreasing appetite much quicker than that. The research team hypothesized that it was related to altering levels of certain neuropeptides that regulate appetite. However, I am a bit skeptical on this theory though as I would have thought this effect would have appeared sooner than the 4 week mark.

I later shared my skepticism with Adel. He hypothesized that the effects may have been related to an anti-inflammatory effect that ultimately improved nutrient sensitivity and satiety signaling. I'd say this potential anti-inflammation effect is the best hypothesis out there as it would explain the delayed effects as opposed to the more acute appetite suppressant effects that you'd expect with the satiety hormones.... score one for Adel Moussa's excellent hypothesis generating skills :-)! At this point though, we're just playing a guessing game until more research comes out – hopefully soon on this supplement!

Regardless to the answers for the above question of "what underlined the changes observed in the study?", I'm quite confident that the supplement world is going to jump all over this study ... and then include 10 mg of yeast hydrolysate (vs. studied dose of **1g/day**) into their revolutionary propriety blended fat burner in no time flat!

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**Week of Dec 16<sup>th</sup>-22<sup>nd</sup>**

["An Apple A Day" & More: Alex Leaf's Reviews Folk Wisdom and Scientific Evidence on a Forbiddenly Healthy Fruit Item](#)

CP Quick Thoughts

This week's SuppVersity Post of the week for Dec 16-22nd features a guest one from Alex Leaf on Apples... a forgotten fruit by those paranoid that a single gram of fructose will cause them to become fat. This was a quick nice, easy to apply article. One benefit of apples, not really discussed in the article to any significant degree is that they are a great source of the soluble fiber known as pectin. There is some discussion of the benefits of pectin

**Week of Dec 23<sup>rd</sup>-Dec 29<sup>th</sup>**

[True or False: "Washing Your Fruit and Veggies is Useless - You Can't Wash Away the Pesticides, Anyway!"](#)

CP Quick Thoughts

The title pretty much sums this one up and examines the question, "Is washing conventionally grown fruit and vegetables a healthy practice or waste of time?"

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## VI. CP Performance Discussion

Our endurance themed December newsletter wouldn't be complete without it being the focus of our CP performance discussion so I share with you...

### Steady State Cardio to Speed Up Recovery

By: Sean Casey



In recent years, with the rise of high intensity interval training (HIIT), there has been a backlash against steady state cardio training. It has went from being the preferred choice during the '80s and '90s to the archaic "why would you ever do that" form of training during the present day. Although I understand the drawbacks of performing steady state cardio as your sole means of cardiovascular or body composition focused training, I feel that some individuals have went overboard, demonizing it to the point where the mere thought of potentially including it into an exercise program is ludicrous.

However, I personally feel that steady state cardio can be very beneficial in a training program. Do I think it should be done in high volumes every day? Of course not. However, in my personal experience training as well as working with others, I have found it to be quite beneficial as a form of active recovery to help work out soreness that may be lingering from the previous day(s) workout(s). Some individual's may refer to these as "Regeneration" or "Regen" workout days. Personally, with my goals focused

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on the anerobic side of the performance spectrum, my typical regeneration workout consists of ~ 15-30 minutes of steady state cardio followed by static and dynamic stretching. I then follow up with a luke warm or cold shower. Depending on if any particular muscle groups are tight, I may also use my thumb, tennis ball or other piece of equipment to perform some self massage work prior to starting the cardio part of the regen workout.

The key thing that I warn you about if you decide to try my approach is to make sure that you don't turn your regen days into workout days by performing steady state cardio at too high of an intensity; Thus adding to, rather than helping to mitigate physical and psychological fatigue. What do I consider to be an easy pace? Well, "easy" could be assessed many ways including heart rate, Borg's ratings of perceived exertion, etc, etc. However, if we're going to make these workouts "easy", we might as well make our ability to assess workout intensity "easy" as well. Therefore, I recommend performing the steady state cardio activity at an intensity that would allow you to carry on a somewhat fluid conversation. In other words, although your sentences may be somewhat broken (ie – not fully complete), you should be able to talk without gasping for air every 3<sup>rd</sup> or 4<sup>th</sup> word. If your body is feeling totally shot, the intensity may be as simple as going for a 15-30 minute walk, followed by some stretching.

**Bottom Line** ... Although HIIT does have some key advantages over steady state cardio from a health and performance standpoint, benefits can still be had by incorporating a little light intensity steady state cardio into your training program.

### *Reference*

Photo taken by U.S. Air Force Photo/Staff Sgt Araceli Alarcon. Accessed Dec 30, 2013 from: [http://en.wikipedia.org/wiki/File:Treadmills\\_at\\_gym.jpg](http://en.wikipedia.org/wiki/File:Treadmills_at_gym.jpg)

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)