

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

Building and Testing.

If you only do one, you will negate the impact of the other.

Typically people find they prefer one type of training to the other. Someone will either love testing themselves and continuously be inventing new types of tests to know their ceiling in strength, endurance, or speed; or they will love the process of building their capabilities in one, or all, realms and constantly be reinforcing the ground floor.

Athletes in the first category chronically focus their workouts to test their body's top end performance (i.e. striving for 1RMs every weightlifting day, max work capacity/fastest time in met-con workouts). While these goals do invariably build on each other and have the capacity to increase maximum strength and efficient muscle recovery, they are not the most effective way to do so and will eventually hit a plateau. Predominantly, max effort testing is most beneficial in training your central nervous system to accept heavy stress and to efficiently respond by maximal activation of its moto-neurons. It does not "build" muscle strength; it will not "build" muscle recovery, at least not in the body's most efficient possible manner. "Building" in these areas is more effectively managed through 3-5 repetition strength work (75-85% 1RM) and high intensity interval routines (Tabatas, time progression ladders). People who constantly test themselves at maximum levels are essentially like architects adding floors to a skyscraper without reinforcing the foundation. The physical dimensions of their base will always limit the height to which they can rise.

The second group is like the architect who constructs an indestructible base but is reticent to push the boundaries of their comfort zone and leaves the upper floors on the drawing board. If one always trains in the 5-rep range, his nervous system will not know how to cope with the type of stress that accompanies a **very** heavy weight. If a person only does Tabata intervals, his body won't know how to cope with a situation where the intervals come



irregularly or, worse, where there is no interval.

In addition, this type of training can limit an individual psychologically. How many times have you seen someone on the bench press rip out 3 repetitions at a certain weight, then fail to get 1 at plus 10 lbs? All the mathematical tables in the world can calculate that, based on your 3-rep attempt, you should be able to make the lift with ease. But, in reality, you still have to press the weight, and it's crushing you mentally.

Joel has diligently incorporated "building" into his training sessions the last 2-3 months with Olympic lifting technique focus, in addition to the CrossFit WODs. Without departing from a general base of varied training through CrossFit workouts, he has focused on more weakness-targeted training sessions and, as a result, significant increases in strength and recovery in those areas.

This growth has built a stronger, fitter athlete, but it's also served to build him as a coach. Through this training and study and diligence to technique, one can only improve in understanding of movement and body mechanics and bar path efficiency.

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ISSUE 10, NOV. 2012

Upcoming Events

Dec. 8th - Kong Fest
East Valley CrossFit

Dec. 15th - AC²
CrossFit Flagstaff

Jan. 12th - AZ Veterans Stand Down Fundraiser
Allied CrossFit

Jan. 12th - Remember Tucson Fundraiser
CrossFit Purgatory/CrossFit Now

Jan. 26th - Winter Open
CrossFit Works

ATOM cont.

Joel has demonstrated his passion for coaching and sincere interest in improving lives by pushing out of his own comfort zone through his own training, by volunteering to judge in CrossFit competitions where he has been recognized as a judge who has a proficient eye and is willing to hold the standard and make hard calls, by attending specialty seminars to continue to educate himself.

Joel brings a lot to the gym in his continuous lending hand, emptying a garbage can when he sees it needs it, picking up equipment and re-organizing it without anyone expecting him to, repairing things around the gym on his own volition, ordering us more t-shirts and fish oil because he sees we are low. These are incredibly valuable traits to a busy gym where those kinds of things can pile up, unnoticed until it's a huge task.

With this due diligence in so many areas, it's a natural choice to highlight Joel as our November athlete of the month. Joel, thank you for your hard work and continued care for CrossFit Flagstaff and its community. Congratulations on your increased fitness and abilities through attentiveness to learning and applying improved nutrition and training. **Lisa**

YOUR STORY**How long have you been a part of CrossFit Flagstaff?**

I dragged Kathy to a free Saturday in January 2010. Steve Hendrix took us under his wing the instant we walked through the door. We signed up for Intro classes with Katie Lowe immediately following the WOD. I feel I have been part of the family from that day.

What were you doing prior to joining CrossFit, as a fitness and health program?

I had been going to the Flagstaff Aquaplex for about a year prior to finding CrossFit. I was running on a treadmill, using machines and lifting some weights based on programs I had found online, but I was not really seeing results.

What attracted you to CrossFit?

That shit looked CRAZY! © Actually, someone at work had shown me both CrossFit.com and the CrossFit Flagstaff website and although he wasn't actually doing workouts from either he went on and on about CrossFit. I lurked on the CFF site for more than a month, and noticed Katie Brown on the site. I called Katie and asked her what must have been dozens of questions before I decided to come to a free Saturday.

How do you feel CrossFit has made the biggest impact on your life?

CrossFit has given me my health back and in doing so has hopefully given me more time to spend with the ones I love doing the things I like to do.

Would you have considered yourself a disciplined person prior to starting CF?

When it came down to my health and fitness, I was not very disciplined. I was going to the gym consistently, but I would not hesitate



to choose drinks with friends over a workout and candy, cookies and cake over healthy food. (I'm still looking for the perfect "Paleo" chocolate chip cookie.)

How can other people relate to your story?

I think my story is like so many others who have found CF. I was overweight, de-conditioned and wanting to do something about it, but scared and confused about where to start. As I was driving to



CFF the first time I was so nervous I considered driving right past and going for breakfast and Bloody Mary's instead, but I made that turn off of Butler and met people who helped to turn my life around.

NUTRITION FOCUS

You have made significant changes in your body composition over the course of your time with CrossFit. How difficult did you find it to make those changes, and what would you describe those changes to be as compared to your previous lifestyle?

I have to be honest, initially those changes were extremely difficult. I made the decision to start the Zone Diet first. After the first week of weighing and measuring my food I was always hungry and I was so anal retentive about portions I thought Kathy was going to leave me, but it got easier. After about three months of Zoning I started making even better choices about what I was eating. I cut out processed foods, sugars, bread, and cut way back on the amount of alcohol I consumed. The days of muffins, bagels, pizza, and sweets were gone; replaced by days of fresh fruits and vegetables, healthy fats, and grass fed meats.

What motivated you to make such significant changes and to be willing to go through the challenges of making those habit changes in your life?

Time for a cliché...I wanted to look better naked. I didn't like the way I looked or the way my clothes fit. I also realized that in order to be healthy, I needed to change how I ate. My body needed premium fuel to perform at its best. I knew when I made the decision to change my habits that it was going to be hard, but I had seen changes from just doing CrossFit and realized if I added a good nutrition program I would see even bigger changes. [Cont. pg. 4](#)



DBZ'S Rubbed Rosemary Pork

By [Brooklyn Paleo](#)

Ingredients

- 5lb Pork Loin
- Dry Rub (this is MORE than enough rub, so you can save leftovers for later)
 - 5 tablespoons, plus 1 teaspoon paprika
 - 2 tablespoons freshly ground black pepper
 - 1 tablespoon, plus 1 teaspoon kosher salt
 - 2 teaspoons Old Bay seasoning
 - 2 teaspoons chipotle powder
 - 2 teaspoons garlic powder
 - 2 teaspoons ground cumin
 - 2 teaspoons mustard powder
- Lots of fresh rosemary

Method

Preheat the oven to 325 degrees. Rub down the pork loin with the dry rub until it is coated well. Stab holes into the pork with a knife and load them up with rosemary. Put the loin on a glass cooking dish and set it in the oven. Cook for approximately 2 – 2.5 hours or until the center of the pork is about 170 degrees.

Slice it up and enjoy! The juice at the bottom of the pan can be used as the worlds most delicious gravy, so don't forget about it! We served the roast with a side dish of roasted broccoli florets.

ATOM cont.

The desire to see those changes gave me the determination to meet the challenges head on.

What words of advice do you have for those facing that challenge of making long-lasting changes in their food choices?

The biggest piece of advice I can give is to stick with it. The first couple weeks are the worst. You will be hungry and craving the things you are giving up. You won't look different overnight. You will probably be a little discouraged. Then by the end of the second week and the start of the third you will notice you are not as hungry. You may be sleeping better, you'll have more energy, your clothes will feel looser, and you will stop having those terrible cravings. At this point, give yourself a little cheat. Don't eat an entire half gallon of ice cream or a whole sheet cake, but treat yourself to a piece of dark chocolate and a nice glass of red wine. For your next meal, go right back to the healthy choices. In time the healthy choices come natural and the bad choices are harder to make.

OLYMPIC LIFTING FOCUS

Recently you have made some significant gains in your strength through following an Olympic lifting specific program. Why did you decide to focus so specifically and what results do you see from it?

A few months ago, I was feeling I was at a plateau in my training. I hadn't seen any real gains in a while and I was trying to decide what new goals I wanted to work toward. I decided to compete in the East Valley Open 2012 weightlifting meet in Chandler and I had a blast! Although I didn't PR on either of my lifts, I went six for six (successfully completing three snatches and three clean & jerks), and felt really good about the competition. I knew then what goals I wanted to work toward and I saw this program as a means to that end. Since I have started the program, I have PR'd on my overhead squat, front squat, split jerk, clean and jerk, and have repeatedly tied my old snatch PR. I'm still trying to set a new snatch PR, but those stars have not yet aligned.

How do you see the impact on other areas of your fitness (endurance, power, overall general fitness, etc)?

My endurance has dropped. I don't know that I would call it a significant decrease. I do get winded faster during metabolic conditioning workouts and my run times have slowed, but my overall power seems to have increased. I have noticed gains in strength also. We recently did a workout with muscle-ups, pistols, and box jumps. I had not done a muscle up in over a month, and during the workout strung a record number of non-false grip muscle ups together. The pistols didn't hurt nearly as bad as they used to, and the box jumps didn't seem as tall because I was able to powerfully open my hips in the jump. I think my overall fitness level has continued to increase because the multi-joint focus needed in the Olympic lifts translates to

other things, namely the use of the posterior chain and rapid opening and closing of the hips.

What are your goals and how is this focus helping you reaching them?

My current goals are to snatch 70 kg (155 pounds), Clean and Jerk 91 kg (200 lbs), and get bar muscle ups. (I just can't seem to figure out the different kip.) The OLIifting focus will obviously help with the first two, but should also help with the third by developing upper body strength, speed, and power through the hips needed in the kip.

Would you recommend this focus to other athletes in CrossFit?

Yes...no...well... maybe? How's that for a great answer? It truly all depends on what your goals are. If you wish to compete in OLIifting then that is what you should focus on. If your goal is to compete in CrossFit competitions or to become better at gymnastics, this is definitely the wrong direction for you.

Before I decided to take this path, I had a couple of long conversations about goal setting with someone I really respect and admire. I thought about my goals for weeks before I set them. The East Valley Open pushed me in the direction I chose, but I had given it a lot of thought prior to the meet and was

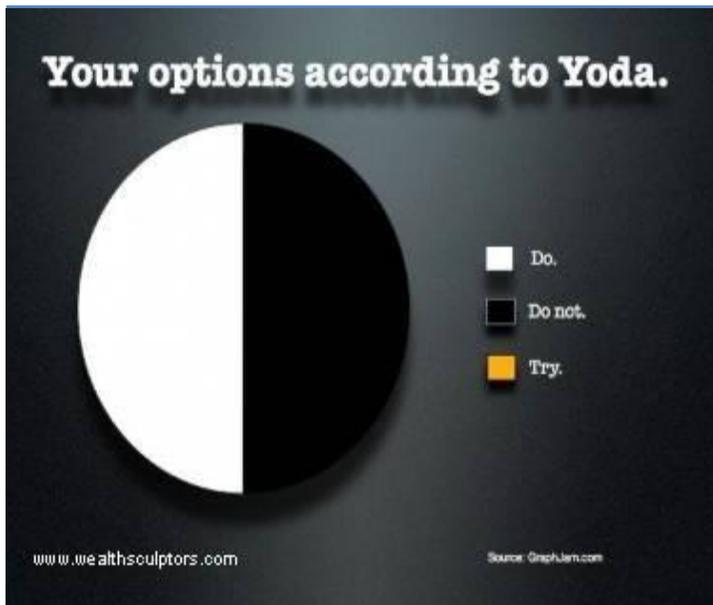
leaning this way. My advice to other athletes is to think long and hard about what you want to get out of your training, talk to the coaching staff and athletes who have been at the gym longer than you, then set goals and work with the coaching staff to create the best way to accomplish those goals.



What are some thoughts about this specific focus that you would share with others in the gym who are curious about your training?

The program I am doing has taken an amazing amount of dedication. This is an 18-week program that runs through 3 distinct phases: the first emphasizes squatting and pushing strength; the second emphasizes pulling strength; and the final emphasizes classic lift performance, finishing with a peak for max snatch and clean & jerk attempts. The workouts average 1.5 hours, five days a week. For the most part I have been coming in during constructive freeform gym times or making special arrangements to do my workouts. On days where I pair my workout with the CFF WOD, I'm in the gym working out for 2.5 to 3 hours. I have to schedule time to get all the work done and some other things in my life have been put on hold. I feel I have made the gains I have because I have followed the program so closely and have had great feedback and tips from phenomenal coaches and fellow athletes. There have been days that I can barely hold my coffee cup because my hands hurt so bad and the knurling on the bar has worn bloody spots on my thumbs from the hook grip, but at the end of pain is success and I can feel prouder of my accomplishments because I have worked so hard to achieve them.

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Furious 5

CrossFit Fury's Furious 5 fundraiser was held November 17th in Goodyear Arizona. CrossFit Flagstaff sent 9 teams into battle and had several members go down to cheer them on. All of our teams did a great job and several individuals achieved new PR's while competing. [Click here](#) to see the Fliker album.

ATOM cont.

ON COACHING

This past year you became a trainer for CrossFit Flagstaff and have been making a lot of improvements in that realm, as well as an athlete. What do you feel has been your strongest improvement as a coach and how did you work for that improvement?

I feel my strongest improvement as a coach has been my ability to see movements, catch faults, and then correct those faults. Almost everyone familiar with the movements we use in CrossFit can see that something isn't quite right but it takes a lot of practice to see what is wrong and then know how to fix it. I struggled a great deal with this when I first started coaching, and I still miss things today. It is an area I'm constantly trying to improve. The best way to train your eye is to watch movement; thousands of movements. I spend no less than one hour a day outside the gym watching videos online and reading articles and blog posts by other coaches. I shadow other coaches at CFF to see if I am seeing what they are and then I watch to see how they fix things. If I see something but don't know how to fix it I consult with other coaches to get their opinions. I have traveled to other gyms and watched their coaches to see what cues they use for their athletes and how they fix faults.



We have an amazing coaching staff at CFF and I am honored to be a part of it. When I start to question why I spend so much time on gym stuff outside of the gym, I remind myself that I'm not just doing it for me, I'm doing it for the all the athletes I have the pleasure to help and when they accomplish something I get to share in that accomplishment.



RAGNAR Las Vegas 2012

We took a strong team and ran through some of the most beautiful areas of the Southwest - high mountains and pine trees of Mt. Charleston (who knew Las Vegas has such beautiful high country??). Rugged Red Rocks. Scenic Lake Mead. Is this really Las Vegas? We ran from 8500 feet and snowy conditions into the dry, windy, valley below, taking in the views and conquering the challenging terrain. We decorated ourselves, decorated our vans, and laughed and shared crazy stories with each other for 28 straight hours. At the finish line we celebrated the pure accomplishment of finishing, later we celebrated the fact that we came in 38th overall out of 518 teams and 18th in the co-ed division where there were 318 teams! **STRONG WORK TEAM CROSSFIT FLAGSTAFF!** Thanks for another fabulous team race! [See the Fliker album here!](#)