

CrossFit

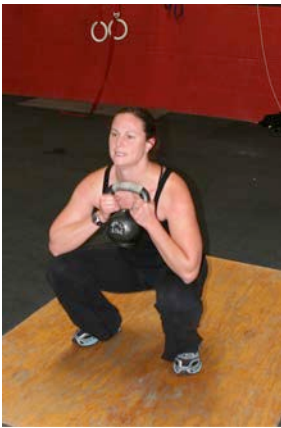
Flagstaff

Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

This month we bring you the first ever Couple of the Month! Greg and Ingrid Caporaso have made some big gains lately. Through their hard work and dedication to workouts and nutrition, they have been setting PR's and making breakthroughs. That hard work, dedication and their almost constant smiles caught the attention of the trainers and got them a unanimous vote for Couple of the Month. They took time out of their busy schedules to answer some questions for us.



How long have you been doing CrossFit?

We started with a few free Saturdays in the Spring and Summer of 2012, and joined in August of 2012, so it's been about eight months now.

Why did you start CrossFit and how did you come to find CrossFit Flagstaff?

Ingrid: I started CrossFit to improve my life and seek out a community I could be part of. Greg and I decided that joining would afford us the benefits of starting something new together, meet a community of cool people and of course FITNESS!

Greg: I was interested for the same reasons as Ingrid, but additionally because I was getting bored with running and needed something new. I was having a hard time getting myself out the door for my runs, and decided I wanted something a little more social.

We were introduced to CrossFit Flagstaff by Molly and Ben Jaffe. Ingrid and Molly worked together at the time, and they convinced us to come to a few free Saturdays. We got hooked from there.



ISSUE 13, MARCH 2013

Upcoming Events

March 6th - April 7th
The CrossFit Open

Sat. April 13th
Business of Excellence
CrossFit Flagstaff

Fri-Sun, May 31-June 2nd
South West Regional
Utah Olympic Oval
Salt Lake City, Utah

Sat.-Sun. June 29-30th
CrossFit Olympic Lifting Trainer Course
CrossFit Flagstaff

Who introduced you to CrossFit?

We were first introduced to CrossFit by Greg's brother Kevin, who has been a member at CrossFit the Rock on Long Island for about six years. Ingrid went as guest with Kevin once a few years ago and the thought of joining stuck with her. Kevin had been pushing us to join for a long time.

What did you do to for fitness activity before you came to CrossFit?

Greg: Before starting CrossFit I was mostly trail running, including a bunch of marathons and a couple of ultra-marathons, and bike commuting.

Ingrid: Before CrossFit I was distance running, doing yoga, and hiking.

You joined together, went through intro sessions together and for the first few months seemed inseparable at the gym.

[AOTM cont.](#)**What do you see as the benefits/downsides of working out with your significant other?**

A big benefit is that we know what each other are going through. We can encourage each other when we have a hard workout or a hard week at the gym, and give each other tips on stuff that one of us is better than the other at. It was also less intimidating when we started to go with someone else, because we were both at the same stage in our physical abilities.

We don't really see any downsides. CrossFit has been a great thing to do together. We like working out at the same time and when we don't it's usually because our schedules don't allow it.

What do you enjoy most about CrossFit?

Ingrid: The feeling of community. I love it when I get a "hello, how are you?" from trainers and other members. It makes me feel connected and welcome. I also like that whether you are brand new or have been a member forever, everyone suffers together! Forget about times, weights, whatever, the mutual feeling of helping others succeed and finish is powerful.

Greg: It's hard to say what I enjoy the most. The variety, the community, and the constant learning have been the big things for me. Training for races was a mostly solo operation. I'd read books and blogs, and occasionally get tips from other runners in clubs that I would run with, but at CrossFit I get new input everyday from the trainers and other members. I feel like I'm getting better faster than I did as a runner because of that.

What is your favorite workout?

Greg: I like the body weight exercises a lot. Cindy RX'ed was a big accomplishment for me recently, so I think that's my current favorite. I'm also excited to try Murph again sometime soon, but I'm sure I'll regret putting that in writing!

Ingrid: The 10K team row. I secretly like the pain of rowing and lifting heavy things!

**What are your fitness goals, and what are you doing to achieve them?**

Ingrid: I have a couple. I am working on functional movements that are covered in the Nuts & Bolts sessions.

Understanding the movements and constantly working on learning cues, patterning the correct position and executing the movement are fundamental for success. For example, the squat is my nemesis but incredibly vital to what we do in the gym. I am also working on my form with Olympic lifting. I think it is way cool and something I just started to do. Eileen and I have started to meet and work together on our lifts and I think we will have huge gains with each other's support.

Greg: In the gym I really want to get kipping pull-ups, as pull-ups are currently slowing me down in a lot of workouts, and to be able to connect my double-unders better. I also have an ancient shoulder injury that still gives me some problems, so I want to work on shoulder strength to kick that. Longer term, I think I'd like to try running some of the distances that I used to have a hard time with again, now that I'm focusing on all-around fitness rather than just running.

Who do you admire as an athlete?

Greg: Scott Jurek is someone I've looked up to for years. He comes across as an incredible athlete, who is also humble and down-to-Earth.

Ingrid: Natalia Zabolotnaya is an athlete that I admire. She's really an amazing weightlifter, and I found her performance in the summer olympics to be really impressive. Even though she took the silver metal, I thought she was a more solid lifter than the gold metal winner. She was also able to push jerk all of her weight rather than split jerk. That's amazing!

We also really look up to all of the trainers at CrossFit for their dedication to their own fitness and to helping others improve their fitness.

What advice do you have for new members or other CrossFitters?

We hardly feel like we're in a place to give advice yet, but the key things for us have been patience and persistence.

[AOTM cont. pg 4](#)





(Sweet) Potato Skins

by [TGIPaleo](#)

Prep time: 20 mins Cook time: 1 hour Total time: 1 hour 20 mins

Serves: 4

Ingredients

- 2 Large Sweet Potatoes or Yams
- Olive Oil, for brushing
- ½ Onion, diced
- 3 cloves Garlic, minced
- 1 Bell Pepper, diced
- ½ pound Ground Beef
- Salt and Pepper to taste
- 4 oz Chevre (optional)

Instructions

- Slice the potatoes in half lengthwise and brush with oil.
- Arrange on a baking sheet and bake at 400 degrees for 30 minutes, until tender.
- Meanwhile, heat a pan over medium-high.
- Add a little oil and brown the meat. Add the veggies and seasoning and sautee everything until the veggies are tender. Remove from heat.
- When the potatoes are done, let cool slightly, then spoon out the insides, leaving a thin layer of potato flesh on the skin.
- Fill with meat mixture and top with cheese if desired.
- Return to the oven for an additional 10 minutes, until heated through and crisp.



Color Vibe 5K

May 4th 2013

Coconino County Fairgrounds

[Register Now!](#)

Join the CFF Team

Pword Fran21159

AOTM cont.

We're starting to understand that learning all of the different movements we do at CrossFit requires practice and time, and it's OK to not get something at first. Getting frustrated with yourself doesn't help, but keeping positive does.

You have both been participating in the nutrition challenge. I imagine it is easier when you have each other's support. Have you had any cheat days? If so, what was your cheat food? Has one of you slipped and been "caught" by the other?

The nutritional challenge has been extremely educational, and a great experience. Doing the challenge as a couple has been awesome and we think fundamental for staying on track. Our cheats have been mutual for the most part, and usually planned. They've involved social situations where we go out for drinks with friends, so our cheat "food" is usually beer. We both think the social aspects of the challenge, like choosing restaurants to go to with friends or not having a drink at happy hour, are the hardest. Neither of us has been caught by the other, so we're either staying on track or really good at hiding it!



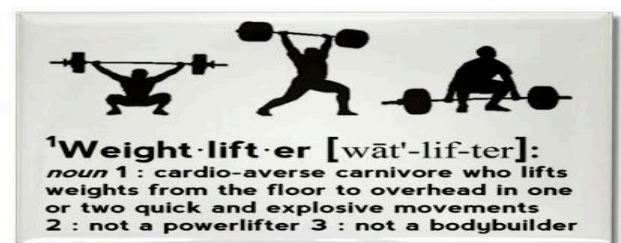
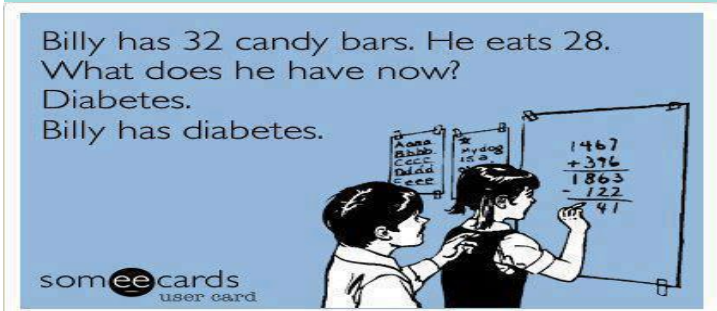
Did you know we get discounted prices on coffee?

Late For the Train sells us coffee for \$12.00/lb

AND

We can now get Macy's House blend for \$14.00/lb

There are sign up sheets on the Whiteboard!



CrossFit Olympic Lifting Trainers Course

Spend two days learning from Coach Burgener and his staff. Sign up now for the CrossFit Olympic Lifting Trainers Course @ CrossFit Flagstaff June 29th and 30th. You do not need to be a trainer to take this course, but you do need to want to improve your Olympic Lifting.

[Register here!](#)