

THE ELEMENTS OF FITNESS

THE NEWSLETTER OF ELEMENTAL TRAINING CENTER

Believe



If you've ever tried to achieve a goal, you know it's not easy. The things we really want are usually not that simple to attain. Very rarely do we set a goal of "making 25 cents" or "putting on my pants." Goals, as most of us define them, are hard to attain and require some intense effort. It's more than natural to hit some rough patches along the way, and when this happens, it's also natural to get discouraged. It's what we do when we're discouraged that really determines our chance of suc-

cess. The primary psychological factor in being successful is self-perceived competence. If you see yourself as competent, you'll keep trying new things, working hard on projects, and "bearing down" when things get tough. On the flip side, if you see yourself as incompetent, you'll constantly shy away from challenges, sure that you'll fail. One of the greatest joys a human can experience is the feeling that he has a hand in

what happens to him. It follows, then, that the most depressing and discouraging thing most of us could ever experience is the feeling that we don't matter, that fate has a plan for us and we're just along for the ride.

A person who experiences much success in life tends to continue to do so because of the feeling of competence. Randall Strossen, a clinical psychologist says that the best way to realize how this works is to turn it around. "That way," he states, "you'll know what behaviors to avoid." It's the psychological counterpart to being told that snakes are dangerous before you hike through the jungle.

Strossen says to see yourself as incompetent,

THE STAT:

61%

Likelihood that after missing one workout you will also skip a session the following week.

follow these four rules:

1. Surround yourself with authority figures who regularly correct you or put you down. Make sure you pick pompous, insecure people to spend time with, and make sure that they give you plenty of unsolicited advice. Lots of people get this chance straight from birth, others have to wait until they are in school. If you really want to be ridiculed, find someone that

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Get Some Free Stuff!

Are you interested in setting a summer goal? Do you need an extra boost? Set a goal, sign up for an event, TRAIN and CONQUER! Elemental wants to encourage and tempt you to set a goal and work toward

completing it. If you sign up for an event, big or small, and complete it, Elemental will reward you with a sponsorship tech tee. Push yourself beyond your beliefs.

All you have to do is

share your goal. Sign up on the poster near the scale on the weight floor. When you've completed your event, get in touch with Ellen to pick your shirt.

We value being part of your success.

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Prepping For the Long Run

This is the year. You're going to run your fastest marathon / half-marathon / 10k. The problem is that you live in Lander, and it's still winter here for three more months. Forget running outside regularly and you're some kind of freak if you can run on a treadmill for more than about 45 minutes without going batty. So what to do? Here are two great running workouts that can help you get the speed you need for summer and will help you stay within the "sane" zone on the treadmill.

Step-Down Fartleket

Start running at a pace

that's about 75% of your full effort and go about 5 minutes. Slow down to about 40% and run easy for 5 minutes. Continue this pattern, but shorten the hard-running segment by 1 minute each time while increasing the speed. By the last 1 minute burst, you should be almost sprinting. Each week, add 1 minute to the first segment, but keep doing the same step-down sequence.

200M High-Medium Intervals

Warm up well, then run 200M (.125 miles) at your fastest mile pace. Slow down

enough that it takes you 10 minutes longer to run the next 200. Continue this pattern of alternating until you've run 2 miles.

Throw these workouts in once a week or so to keep you psyched, to keep moving forward on the speed, and to keep from going postal this month.



February 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 core 830a	2	3 program 6a 12p 6p / lab 11a	4 burly girls 1p	5 core 12p	6 bouldering comp 4p-9p
7	8 core 830a	9 climb strong 12p	10 lab 11a	11 climb strong 12p / burly girls 1p	12 core 12p	13 kids' climb 10a 11a
14	15 core 830a	16 climb strong 12p	17 program 6a 12p 6p / lab 11a	18 climb strong 12p / burly girls 1p	19 core 12p	20 kids' climb 10a 11a
21	22 core 830a / hour of power 1p	23 climb strong 12p	24 program 6a 12p 6p / lab 11a	25 climb strong 12p / burly girls 1p	26 core 12p	27 kids' climb 10a 11a
28						

So You're Strong...Now What?

Let's pretend you got last month's newsletter, and started the 101 workouts immediately. Let's say you did them three days a week all the way through January, and have now completed the workouts 12-15 times. Imagine how good your base strength would be. Now, we both know that didn't happen, but it's pretty to think so, isn't it?

You probably remember the classic model of doing a strength day three times a week and alternating "cardio" days in for an hour three other times a week. It's not a bad plan, except that people don't do it.

Between the new season of "Lost" and all the friending you've got to get done, it's hard to find six extra hours a week to train. This isn't an article to tell

you that people much busier than you can get it done. This is an article to tell you how to get all the training you've



ever wanted in just 15 minutes a day. Once you're good and solid on your Foundation workouts, it's time to get fit. We've found the fastest way to get in

top shape is not via alternating cardio with strength, but rather by squishing them together. And instead of taking an hour to do a workout, we squish the same amount of work into sessions of 30 minutes or less. Remember the four minute workout from a few months back?

Unlike most fitness infomercials, this is not easy, it's not fun, it's not cheap, and you'll probably spend a lot of time on the floor. Also unlike most fitness infomercials, results ARE typical.

Try one of these "cardio-strength" workouts. Do them on your off days from lifting. It won't take long before you understand just how hard you can work. And it won't take long before you see that work really pay off.

Sample Cardio-Strength Workouts

WORKOUT A

Countdowns

Do each of the following exercises in sequence for ten reps. At the end of the circuit, start again, but do only 9 of each. Continue in this fashion until you do only one of each exercise. Complete circuit A, rest 5 minutes, then do circuit B. On bilateral exercises (i.e. step-ups) complete the prescribed number of exercises on EACH SIDE.

A1: Push-Ups

A2: Jumping Squats

A3: Mountain Climbers

B1: Assisted Pull-Ups

B2: Jump Lunges

B3: Step-Ups

WORKOUT B

Complexes

Complexes are groups of exercises done in sequence using the same piece of equipment and load. Exercises are completed back-to-back without putting the weight down. Do complex A with a barbell, Complex B requires only a pair of dumbbells. For both complexes, do 5 rounds of 8 reps per exercise with 60 seconds between rounds.

A1: Push-Press

A2: Front Squat

A3: Hang Clean

A4: Deadlift

A5: Rows

A6: Barbell Roll-Out

B1: Lunges

B2: Curl and Press

B3: Push-Up / Row Combo

B4: Side Lunge

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February Classes

This February, our class offerings are the most diverse we've ever offered.

Climb Strong will be held each Tuesday and Thursday at 12pm.

The Program will be offered on Wednesdays at 6am, 12pm, and 6pm. The next phase of the Program begins on February 17th.

Burly Girls will be held at 1pm on Thursdays, with a limit of ten athletes per session.

CORE will be held at 8:30am on Mondays and 12pm on Fridays. Pre-registration is required as this class is very full.

Kids' Climbing starts again February 13th, and will be offered each Saturday at either 10am or 11am. Pre-registration is required.

Lab will continue to be held at 11am on Wednesdays. If you want to know what's new in hard training, this is the class. Drop-ins only, \$5 per workout.

Hour of Power returns on February 22nd. This is the hardest hour of training you'll ever do. Jagoe says, "It's like childbirth except you don't get a baby at the end."

Believe (continued from p.1)

has different priorities, and tell them your goal. They won't miss any opportunity to say, "I told you so," when you're having troubles.

2. Always set yourself up for failure. If you're trying to lose weight, make sure to plan on losing at least 20 pounds. If it's your half-marathon you're wanting to improve, don't be satisfied with anything less than a ten minute improvement. And my favorite, take a few weeks off of training, then come back and flat-out expect to be just as fit as when you stopped doing the workouts.

3. Rehearse your failures and keep the bad feelings fresh. Our imaginations are virtually unlimited; we can come up with all kinds of reasons to think we suck. Remember how poorly you did last time you rode your bike up Sinks Canyon, or how you fell off the warm-up climb at Wild Iris.

4. Establish unrealistic goals. Similar to setting up for failure, you need to put big plans out there so you're al-

ways worrying about them. Not that goal setting is bad, but planning on winning the Boston Marathon after barely qualifying is probably a bad plan. This is the best way to set yourself up for repeated failure.

The path to engineering competence then becomes clear. You just reverse all the rules above and you're on the right track.

Start by surrounding yourself with people that will support your efforts and who believe in your ability to achieve your goals. Make sure that these people know that their support role may even require (gasp!) a sacrifice on their part.

Next, be sure to set yourself up for success. Pick activities where you succeed often, and work at stretching yourself from there. Can't do a full rage squat with 200 pounds on your back? Work your way toward it by perfecting all facets of the movement. There's nothing wrong

with air squats. Make sure you give yourself time to reach the big goals.

Rehearse your successes. Don't focus on the crappy workout you just had and how weak you feel. Remember how you ran your intervals faster than ever last week? Scale didn't budge today? Remember how much you've lost so far on this plan. You get the idea...

And finally, establish some good, ambitious, and achievable goals. If you reach these goals easily, set the bar higher and attack again. One thing to beware: don't use "realistic goals" as an excuse to lower your standards.

Belief in yourself is critical if you're ever going to really get anywhere. Whether you get to the gym or out on the road is really up to you. Whether you'll make that leap depends on how much you believe in yourself.