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CROSSFIT MONCTON



Monthly
Newsletter

HOW CROSSFIT DOESN'T TOTALLY PREPARES YOU FOR TOUGH MUDDER

BY MARIO ARSENEAU

Reflecting back on the weekend of July 14-15 in Mt. Snow, Vermont, it seems like I will never be able to shake off the memories of our group tackling (probably) the toughest event on the planet, Tough Mudder. After coming back home, at first one might think that Crossfit doesn't really prepare you for most of the event. But if one is to delve deeper into the matter, you realize how great this Crossfit thing is.

Sure, it's nice to reach the monkey bars obstacle knowing that you've had pull-ups in your warm-up since God knows when and you've been through some grip-killing WODs. Piece of cake (writer's note: piece of fruit, for those who are paleo-inclined). Same

goes for the Berlin Walls that you have to climb over. We train in functional fitness, so jumping and pulling yourself up is part of our training curriculum.

But we never do long uphill walks, or train specifically for long distance running, either which are 90% of the actual event, depending on your geographical location. Our workouts last 2, 5, 10, 15 sometimes 45 minutes at most. Not three to five hours. Any outsider looking at these facts would say: "Well geez, I think I should just hit the trails and the woods, not go to the box to tackle "Annie".

Oh, how wrong would they be! Here are the secret reasons why:



1. Crossfit trains you for the unknown and the unknowable.

Ok, the obstacles are mostly listed on the event's website weeks before the event. But you never truly know how something is going to turn out, you might know what a rope net looks like, but have you ever climbed one. Recently? How about running up a huge quarter pipe? Plus, there are usually a few new, unlisted obstacles. We don't know what our workouts are going to be like until the day they are posted, and we don't know how they are going to feel until we go to the box and just throw down with our WOD mates.

2. Facing your fears. As I am writing this article, the posted WOD on CrossfitMoncton.com is "Karen". I despise this WOD, it destroys me. I am unashamed to say that I fear it a little. Same goes with pull-ups/thrusters combos. But I still signed up for "Karen". Some people do not enjoy the prospect of certain movements in WODs. But we show up, prepare ourselves, look at the 10-seconds clock countdown and get it done anyways. I also (REALLY) do not enjoy ice water baths, or jumping in a lake from a very high point. Would I do it again? Of course, I would. Others did not like the prospect of electricity. But everyone did it, got past their fears and overcame every obstacle. (Unless you do not know how to swim. The organizers are a little nuts, but they do care deeply about your safety.)

3. The will to continue. We've been there, in the middle of a loooooong, grueling chipper-style WOD, with a list of reps and movements that can only fit on the whiteboard if written in ridiculously minuscule letters. When is this workout going to end and I can just die in peace in a pool of sweat. We keep chipping and hacking at it. One more rep, one more set. Eventually you get to yell "TIME!!" and feel like you conquered Everest. The same type of situation occurs during a Tough Mudder event. One more hill, 2 more miles, one more obstacle. The hiking and climbing we had to go through seems crazy. Every time we turned a corner while coming out of a wooded area and look at ANOTHER hill, there'd be a collective "Ahhh man, again?... Oh well, let's just get this one done." The mental toughness forged by our Crossfit training really showed, even with the fatigue, tiredness, soreness, and leg cramps.

4. **Community mentality.** We do not physically help each other during WODs, except maybe the odd team workout that allows you to take a few more reps from your partner(s) to help them recuperate a bit. But we do care about each and everyone getting through a workout. Loud cheering is common, if not expected during and near the end of a workout. The workouts always win, but we are in this together. The very same community mentality is not only implied but specifically stated during the pre-event pep talk. Phrases like “No one left behind” and “I will help my fellow mudders finish” are staples of the Tough Mudder lexicon. All of this sounds great on paper, but it’s when you see it happen throughout the day it’s marvelous. People sitting up on top of a wall, pulling others over. An entire army of mudders on their back, taking turns holding down and tightening the before-mentioned rope net to make it easier for the others to climb. Two guys each holding sleeves of a coat so this tiny girl can grab on said coat and get pulled up the quarter pipe. This definitely mirrors our own Crossfit community mentality.

So as you can see, Patrick, Marcel, Darsey, Blake, Heidi, myself and our friends old and new from other affiliates were well armed to conquer Tough Mudder. It definitely goes to show that even if we don’t do tons of hiking or long distance running WODs, we have the tools to tackle this type of event or any physical challenge thrown at us. I hope this will entice many other members of our Crossfit Moncton family to join us next time we attend Tough Mudder, sign up for a race, or any other “crazy” endeavor.

WOD up!

***Most of the Crossfit Moncton members who tackled Tough Mudder in 2012 will be doing it again on the week-end of July 6-7, 2013 in Montreal, Qc. A lot of people have already joined the team, and we would like you all to come along for all the fun! Add your name to the list on the board at the gym and/or ask Mario A. or Blake R. if you have any questions.



What a great looking team!



CHRISTMAS STUFFING

Ingredients:

- 1 lb mild Italian pork or chicken sausage, casing removed (I used chicken sausages from my local butcher)
- 4 ½ cups mushrooms, diced
- 1 medium yellow onion, diced
- 6 celery stalks, diced
- 4 carrots, diced
- 1/2 cup chicken broth
- 1 tablespoon diced fresh sage
- ½ tsp minced fresh thyme leaves
- ½ cup dried cherries, finely chopped
- ½ cup slivered almonds
- ½ tablespoon garlic powder
- 4 tablespoons olive oil
- Sea salt and black pepper to taste



Directions:

1. Preheat oven to 350. In a large soup pot, sauté onions in olive oil until translucent. Add the sausage and brown. Add the carrots, celery, mushrooms, chicken broth, cherries, almonds, sage, thyme, garlic powder, salt and pepper. Mix well, bring to a simmer, and cook for 5-10 minutes or until the veggies begin to absorb the chicken broth. Transfer to a large glass baking dish, cover tightly with aluminum foil and bake at 350 for 45 minutes.



From <http://everydaypaleo.com/>

Nurse Bachmann

When did you start CrossFit?

I did my first free workout on the same day as the U2 concert last year (July 2011). The workout was an AMRAP of 5 push ups on my knees, 10 sit-ups, and 15 squats. I can't remember how long the AMRAP was for but I think it was for 10 minutes. I felt sick to my stomach for 3 hours after...somehow this feeling made me join the week after and I have been addicted to Crossfit ever since.

Do you have an athletic background?

I have always been involved in sports since I was young (skating, gymnastics, soccer, tae kwon do, etc). By the age of 20, I wasn't involved in sports but I was working out at a regular boring gym everyday. This is where I met my husband 17 years ago.

What made you decide to join?

My husband got involved in Crossfit about 6 years ago. He was following the main site and doing it on his own. He pretty much talked about it non stop (it was very painful to hear about it everyday!) and he tried to convince me

to try it. I kept finding excuses and I was scared to try it because I have a bad back. Terry was participating in the 2011 Hopper Event so I decided to come and watch. Then I saw Kevin's mom and Sonia (who was 6 months pregnant at the time) working out. I knew that day that I had no more excuses. The next week I sent Kevin an email!

Were you a member of another gym before? How does this compare?

I was a member of the YMCA. Basically I paid the membership and went for about 6 weeks at a time and then I wouldn't go back for 2 months (and kept paying). This pattern would repeat itself over and over again. I get bored very easily so doing the same workouts week after week got old fast. It's hard to compare Crossfit Moncton to the YMCA but I will try: Results versus no results; fun versus boring; challenging and rewarding versus routine and unstimulating.

Continued...

CHRISTINE BACHMANN



Stats

- CrossFitting since July/11
- Press: 70#
- Back Squat: 125#
- Deadlift: 135#
- 500m Row: 2:06
- Double Unders: 34

What are your goals? Have you reached any yet?

The first six months of doing Crossfit, I was just trying to adjust to the gym and the workouts. So goal setting wasn't a priority. Just when I was starting to get comfortable, I had surgery on my knee last January. I had to take 3 months off completely. So then when I returned, I was starting all over again. It was difficult to adjust and it was very painful physically and mentally. But eventually (after 2-3 months), it came around and I started to set goals. When I first joined, I just didn't want to vomit and embarrass myself in front of everyone! Those were my main goals. About a month ago I decided to set some specific goals: pullups with no bands, Rx handstand pushups, 50 DU's, and to try to do as many workouts as possible Rx. I have been working hard at my goals and slowly I am getting closer to reaching them. Pullups are on a small band (I started on the black band), handstand pushups are done with a 25# plate and an abmat, and I am extremely excited to report that I am up to 34 on the DU's!!! I have a lot more to work on and I will reassess and set more goals after Christmas.

Do you have an accomplishment that you're very proud of?

I don't have any specific accomplishments. However, I must say, my recent PR for DU's feels pretty amazing!! I worked on them everyday and it finally clicked! Another thing that I am proud of is the fact that I did the paleo challenge and lost 3% body fat in 6 weeks!!

Describe the atmosphere at CrossFit Moncton.

It's like a family. Everyone is so supportive and encouraging!! You will not get that at a

"regular" gym ever! I can't wait to go workout and I hate taking days off (I force myself to when I can barely walk). How many people can say that about their gym and about working out...unless of course you do Crossfit!

What do you tell someone that is hesitant to try CrossFit?

Just try it! Some people get hooked on the first class but for others it takes time! Give it a couple of weeks and I guarantee you will be addicted! It will take you out of your comfort zone for sure but it's awesome!

Favorite lift?

Cleans

Favorite workout?

I don't think I have a favorite one per se. As long as it's a challenging and hard WOD, I will like it!



REFLECTIONS FROM THE OLY COURSE

BY JOANNA WOOD

Do you feel confident before going for a big lift? Feel pretty sure that you're going to hit that next PR, have faith in yourself that you can do it? What if I told you that it's not enough to get you there? What if I told you that in order to make that lift you have to BELIEVE one hundred percent that you can do it? There is a difference.

According to Merriam-Webster the definition of confident is 'full of conviction (strong persuasion or belief): certain'. Not bad but leaves some room for doubt.

To believe is 'to have a firm conviction (strong persuasion or belief) as to the goodness, efficacy (power to produce an effect), or ability of something'. Now that's where I want to be, having firm belief that I can and will successfully make that next lift.

After a failed snatch attempt one of the coaches from the Olympic Lifting course this past weekend came up to me and said, 'you have to commit to the lift, go chalk your hands and do that again'. He fully believed that I could successfully make that lift and less than a minute later, I did. Later that day we were chatting and I said I need to be more confident. He smiled and said 'No, weightlifting is more than confidence, you have to believe'. That stuck with me.

"If you are not able to get into a proper start position, if you are not able to lock out your arms overhead, if your hips are so tight you're not able to squat down to below parallel without losing the arch in your back – you have issues."



Technique is key!



How many of you get you have to do a particular bummed out when you mobility drill for 6 months happen to fail a lift, let it get before you see permanent to your head and beat change? So, here's your yourself up about it challenge. Determine your afterward? I'm guessing issues pick one or two in every one of us has let it get particular then find mobility to us at one point. Here's drills that will help fix your some advice I also picked up issues. Ask a coach for from the coaches we had last suggestions, we will help you weekend, don't be an figure it out. Now, do that emotional weightlifter. You EVERYDAY or twice a day if either make the lift or you you can for the next 6 don't, period. If you don't, months. It won't take long, you go back, figure out what maybe 10 minutes of your happened, spend time time or less. Take note of refining your technique and your range of motion today try it again. It's as easy as and in 6 months retest it. that.

Most importantly what is the Answer the next question number 1 rule of honestly. Do you practice weightlifting? Technique. some type of mobility That is the only correct everyday? How about answer. You cannot expect to multiple times a day? 99% of add weight and magically your answers are no. This is make your technique better. the most overlooked aspect If a coach tells you to drop of weightlifting. It seems the weight and focus on your simple you just pick it up and technique it is not an insult, put it down. However, it's it is not negative, we simply how you pick it up and put it want you to be better so that down that matters. If you are in the end you progress not able to get into a proper further. A couple steps back start position, if you are not will translate into a few steps able to lock out your arms forward. A great quote from overhead, if your hips are so the weekend was 'advanced tight you're not able to squat = mastering the basics'. down to below parallel Don't be impressed with the without losing the arch in amount of weight you can your back – you have issues. lift, be impressed with the We all have issues. We all form and technique you do it need to work on them, with. everyday. Did you know that





Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at info@crossfitmoncton.com to confirm your **FREE** session, or call (506) 962-0710.

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