Roos House Fitness Challenge — Eric Cook

If you have seen our previous newsletters, you have read the article Director Bryan Parker wrote about Crossfit and what it entails. If you haven’t, Crossfit is a high-intensity workout system consisting of numerous movements that fire up all the muscle groups in your body. You can find Crossfit gyms all over the world, but one particular facility started a challenge that has taken the fitness world by storm.

Crossfit L.A. created the Whole Life Challenge, which enables individuals, families, and groups of friends to exercise, eat right, and basically challenge yourself to live a better, healthier life.

Here at SUNY Canton, the fitness center directors are always trying to find new ways to keep our members happy and active, so we have decided to borrow the idea of Crossfit’s challenge and make our own school/facility competition.

The 1st Annual Roo’s Fitness Challenge will begin February 18th, and continue for a 90 day period. Our challenge to you is simple: be active at the fitness center for over 60 percent of the competition. If you make it in to the fitness center 60 out of the 90 days we have a prize for you.

Students and faculty, if you can complete the challenge, you win a Roo’s Fitness T-shirt

See Challenge Pg. 3

Hybrid or SUV... You Pick — Bryan Parker

If you’re thinking that this month’s article is going to be about car choices and my personal opinion on reducing carbon footprint versus “drill baby drill”, you may want to stop reading when you get to the period. Still with me? Good, let’s talk about training and how some of us can do too much of a good thing. Back when I was competitive-ly racing triathlon and vying for my elite license, I had the opportunity to work with some tremendous coaches and practitioners of exercise science. As a relatively “green” athlete at the time, I was under the assumption that to get fast I had to run fast. Seems logical, right? Work in equals work out, such a simple but deceptive ideology and I would be happy to explain why.

One of the great minds in exercise science and endurance training is Matt Fitzgerald. He is a widely published author in magazines such as Triathlete, Runner’s World, Competitor Magazine and is author of the now infamous Iron War

See Hybrid Pg. 2

“The vast majority of running should be done at the low intensity or easy level for optimal running results and training”
book (check this book out, a seriously good read). Here is what Mr. Fitzgerald has to say in one of his recent publications about those who run too fast during training:

"Why do age-group runners do so much less easy running than elite runners? I think it’s mainly because age-groupers run a lot less, so they naturally push the pace a bit in most of their runs to make them “count” more. The problem with this approach is that running at a moderately high intensity (near the lactate threshold) is exponentially more taxing on the sympathetic nervous system than running slower. Therefore runners who run at this intensity day after day develop a burden of fatigue that they carry throughout the training process and that prevents them from getting as much out of their running as they would if they ran the same amount but slowed down most of the time."

If the quote from Matt Fitzgerald confused you even more, no fear, I am going to explain in laymen’s terms what he is talking about. If you recall the title of this article, it has something to do with cars, but we’re talking about running so how does this all correlate? In short, what Matt is talking about is energy consumption and its direct relationship with heart rate.

Our bodies are made to burn mainly two types of fuel: fat and glucose (sugar). The heart rate in the human body influences our cells in how and what to metabolize (break down) for fueling the muscles during exercise. The body can switch over during bouts of intensity or easy/recovery exercise from glucose to fat respectively. This is where that smart, but not so “cool” hybrid comes into play. Like a hybrid car switches from battery to fossil fuel during alternating demands in energy consumption, so does our bodies. This is normal and necessary to maintain a stable energy level for prolonged exercise. We want the hybrid to vary its fuel sources to stay stable and efficient, just like we would want our body to do so during the marathon we are attempting to run. However, the big, bad, and fast SUV is what everyone really wants to be. We all want to be that Escalade rolling down the street, with shiny rims (insert new running shoes here) and going really fast and showing off. However, that takes lots of gas (glucose) and we all know SUV’s do one thing really well, burn gas (glucose). Soon, we are left with an empty tank and walking the marathon instead of rolling in style to the finish line. The Moral is, be like the hybrid and slow down and burn more fat to prolong your workout and running improvement.

Simply put, running hard all the time or in a heart rate zone of 150-190 BPM (beats per minute) is not sustainable. You begin to seriously deplete the muscles of glycogen (stored fuel) and recovery time is almost non-existent to be able to repeat successful workouts. In order to maximize your results Matt Fitzgerald recommends the following ratio of running efforts based on a Spanish study of runners. "The training intensity distribution of the more successful runners in this study—80 percent low, 10 percent moderate, and 10 percent high—is believed to be optimal for most runners. Call it the 80/10/10 rule..." As you can see, the vast majority of running should be done at the low intensity or easy level for optimal running results and training.

I will leave you with some parting advice on how to better monitor your heart rate and workout efforts. All the...
February Events

2/1: 7pm
Women’s Hockey vs. St. Lawrence

2/2: 1pm & 3pm
Women’s Basketball vs. St. Joseph (1pm)
Men’s Basketball vs. St. Joseph (3pm)

2/8: 7pm
Men’s Hockey vs. Franklin Pierce

2/9: 3pm
Men’s Hockey vs. Franklin Pierce

2/14: 5pm
Women’s Basketball vs. SUNY Cobleskill

2/15: 7pm
Men’s Hockey vs. Mercyhurst University

2/16: 3pm
Men’s Hockey vs. Mercyhurst University

Challenge... Continued from Pg. 1

shirt that says, “I conquered the challenge,” on the back. Community members, if you can make it in and exercise for the requested amount of days, we will give you a free 3 month membership, courtesy of the SUNY Canton Fitness Center.

To sign up for the Roo’s Fitness Challenge stop in during normal business hours at the Fitness Center, Monday – Friday 6am to 11pm or Saturday and Sunday 10am to 11pm to pick up a registration form at the front desk. Once you have filled out the registration form remember to check-in at the front desk before each workout. So whether you want to shed some unwanted pounds, or get your beach body ready for summer we are here to help you! The challenge is simple, the idea is powerful, and the prize is our congratulations to you!

So give it a shot, it’s free to everyone and it will help you get in shape and live a healthier life!

Hybrid... Continued from pg. 3

cardio equipment in the fitness center is equipped with heart rate monitoring nodes. These are the “silver” plates on the handles of the machines. Grab hold of it sometime and just see what you’re working at it might surprise you. Another method is to test your target heart rate for workouts. There are various levels you can work at to target specific fitness but that is for another article or time. In the meantime, visit this website, http://www.active.com/fitness/calculators/heartrate# to get a calculation of where in theory you should be operating at during your workouts. Also, for those working outside of the fitness center check into heart rate monitors. They come in various forms, but most common are a watch with a chest strap. These are very accurate when calibrated and can give live feedback to the user during workouts with little interruption and great clarity.

Next time you’re out running with a friend, colleague or the poor schlep who you talked into that long run on a cold January morning, remember, be the hybrid.
Dear Roo Troop,

So, month 1 is over with our New Year’s resolutions, and the winter doldrums are upon us. We are all struggling to get moving because it is so cold outside. All we want to do is stay in by the fire, be warm and watch TV or read a book. We are all faced with these decisions now as the thermometer drops to below zero temperatures. We can’t stop, we won’t stop trying to make ourselves better, and for that I have a few quotes I would like to give to you to help motivate you to become the person you want to be.

“*We can change our lives. We can do, have, and be exactly what we wish.*”
- Tony Robbins

“It always seems impossible until it’s done.”
- Nelson Mandela

“*Winning is not a sometime thing; it’s an all the time thing. You don’t win once in a while; you don’t do things right once in a while; you do them right all of the time. Winning is a habit. Unfortunately, so is losing.*”
- Vince Lombardi

“There are 86,400 seconds in a day. It's up to you to decide what to do with them.”
- Jim Valvano

“*Strength does not come from physical capacity. It comes from an indomitable will.*”
- Mahatma Gandhi

“*Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.*”
- Lou Holtz

“The difference between a goal and a dream is a deadline.”
- Steve Smith

“It’s the Difference PRIDE Makes.”
- Dr. Gene Carpenter

And, my all-time favorite...

“*Don’t give up, don’t ever give up.*”
- Jim Valvano

- John Vandevere