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OF THEIR DAY**

ORIGINS

2001

AN ADVENTURE IN PROGRAMMING

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Day-1: Feb 10 2001

THE KNOWLEDGE

Workout

For time: Fast and heavy

Dumbbell "Thruster" 21 reps

Run 1/4 mile (400m)

Dumbbell "Thruster" 18 reps

Run 1/4 mile (400 m)

Dumbbell "Thruster" 15 reps

Run 1/4 mile (400 m)

Workout Note

"Thruster" is a deep front squat to a push press all in one explosive movement.

Time routine from start to finish.

Ranking is a composite of load used in "Thruster" and total time.

Submit body weight because load value is based on percentage of body weight.

Day-13: Feb 22 2001



Workout

You deserve a break today!! IT'S AEROBIC DAY!

Today's workout is a long (1/2 hour +), slow (low intensity), recreational (keep it fun) effort. Bike, Run, Swim, or Row.

Workout Note

This is an active rest for any accomplished athlete. If you'd itch for some additional work, do some ab work. Otherwise, take it easy.

Other Thoughts

"Bodily exercise, when compulsory, does no harm to the body; but knowledge which is acquired under compulsion obtains no hold on the mind. "

Plato, The Republic

Mid-distance running is anaerobic work. Anaerobic work comprises the bulk of athletic training and yet it is tragically neglected by gyms, trainers, popular magazines, and the general public. This ignorance can be demonstrated quantitatively, to wit: We did a search for "anaerobic training" on Alta Vista and came up with 17 hits for the term, when we repeated this for "aerobic training" I found 14,598 hits. Interestingly, the popular (gyms, magazines, internet, etc.) ignorance of anaerobic training is not shared by professional sports, or NCAA Div 1 University Programs and of course CF®.

Day-14: Feb 23 2001

Workout

Hollow Rock for 1 Minute

(Lie on your back, place your arms overhead, and rock smoothly back and forth like a rocking chair.)

Arch Rock for 1 Minute

(Lie on your stomach, place your arms overhead, lift your heels with straight legs, and rock smoothly back and forth like a rocking chair.)

Ten one legged squats, left leg

(Hold your jump rope strung over your pull-up bar for balance and assistance if you've not developed the fitness for this yet.)

Ten one legged squats, right leg

(Same assistance if needed.)

Repeat the above twice for a total of three circuits.

Other Thoughts

"To exercise at or near capacity is the best way I know of reaching a true introspective state. If you do it right, it can open all kinds of inner doors."

Al Oerter - 4 time Olympic Gold Medalist in Discus

No gym is complete without paralettes. The exercises done on paralettes contribute immeasurably to being CF@.

Here is a simple plan for building your own pair.

Parallette Construction - A very useful piece of exercise equipment that can be made quickly and cheaply. What you need: About 6-9 feet of PVC or ABS pipe (decide how much you need based on the measurements below). Four T connections. Four elbow joints. Eight end caps. (the diameter can be 3/4-1 1/2 in. depending on the size of the person to use the parallettes) Your local hardware store should have this great stuff.

1. Cut two 10-14 in. pieces of pipe. (These will be the portions you hold onto) Stick an elbow on both ends of both of these pieces.
 2. Cut four 3-8 in. pieces depending on the height you want, keep in mind the elbows and T joints will add to the total height. The most important part of this step is to keep all these pieces the same length. Place these in the other end of the elbows, and attach the T joints to the free ends.
 3. Cut eight 4-6 in. pieces depending on the base width you desire. Wider is more stable, but takes up more space. Place these pieces in the available slots in the T joints and cap the other ends. You now have parallettes.
 4. You will want to score the surface of the grip portion of the parallettes with a wire brush or scouring pad so that chalk will stick to it for a better grip.
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Day-15: Feb 24 2001



Workout

Rope Climb X 3

Box Jump 2mins (50 jumps @ 20" box)

21 Dips

Box Jump 90secs (40 jumps @ 20" box)

15 Dips

Box Jump 60 secs (30 jumps @ 20" box)

12 Dips

Box Jump 30 secs (20 jumps @ 20" box)

9 Dips

Rope Climb X 3

Workout Note

Submit time for completion of entire workout. Ranking requires completion of jumps on time and at height. CF® rope is 13ft.

Though the "Workout of the Day" is designed to meet the needs of elite athletes readying for the highest levels of competition, they can be toned down to provide an acceptable challenge for even the novice exerciser. Choose lighter loads, reduce reps, slow the pace, and substitute one pulling, pushing, or leg exercise for tamer versions of the same function.

The "Workout of the Day" is engineered to elicit an adaptive response consistent with the CF® philosophy (see CF® Foundations).

Following the workout daily provides a substantial volume of exercise at HIGH intensity while minimizing the likelihood of burnout and overtraining or orthopedic over-stress. Considerable thought and energy has been given to the precise order and nature of the workouts. Alterations of this pattern potentially risks burnout, injury, or gaps in your fitness.

Other Thoughts

"He's soft and he's fat and he's wearing my clothes and he's getting too old and he was born on my birthday and I'm afraid if I stop running, he'll catch up with me."

The Nike poster definition of masters athlete motivation

Day-17: Feb 26 2001

Workout

If nobody minds, we'll give the legs a little break today-

How many pull-ups can you do in an hour?

Success comes here by pacing and not going to failure on any set.

Rankings will be by weight class.

Workout Note

Don't be foolish and fill in with any met-con (cardio) or other work. You don't know what looms! Also, if you're current with the path the other athletes have been following and your intensity has been worthy of your best efforts you are long overdue for a reduced metabolic load.

Our "Workout of the Day" is engineered with great dilligence to care for ALL of your fitness needs. If some days seem too easy that is because workouts either before or coming are tortuous and the backing off is warranted. We are feeding you a regimen that represents the ultimate challenge for the world's best athletes.

If you are concurrently training for sport, like most of our athletes, temper your efforts to allow for successful sport training. This is a learned skill requiring a finely honed sense of self. On the days when your sports training regimen is lighter, tear it up with our strength and conditioning workout. On days when your sports training regimen is tough, moderate your efforts. Many of our athletes are able to engage the "Workout of the Day" right up to and during competition by just "going through the motions" while still "doing" the daily workout.

Again, the "Workout of the Day" is designed to accomodate additional sport training, recreational activity, or stand alone by simply modulating the intensity of your effort. If you need help with this concept email at feedback@CF.com and one of our coaches will gladly help you come to terms with this.

Other Thoughts

"Trample the weak. Hurdle the dead."

Anonymous

Fred Hatfield has great instincts regarding fitness and performance.

He is a powerlifting champion but brings valuable insight to our concerns.

Day-18: Feb 27 2001

Workout

We are due for a little circuit work. Circuit training is an excellent test of your overall fitness. At CF® intensities it becomes debilitating.

We use it sparingly and go all out! This is "combat" or "getting out of the burning building" fitness.

Decide loads and assistance (if absolutely necessary to get ALL reps)

before starting. Be smart, shelve your ego and shoot for rapid completion with NO rest. Submit record of total time, weights for each lift, and assistance (if needed on pull-ups and dips). Set up recording sheet ahead of time. Rip!!

Bike for 3 miles

Twenty ball-squats (20 lb. Med ball)

Twenty push-ups

Twenty pull-ups

Row 500 meters

Box step up (20") with dumbbells, 25 right , 25 left

Bench-press 15 reps

Rope climb

Jump rope 200 jumps

Lunge 20 steps alternating right-left

Push-press 15 reps

Upright row 15 reps

Run 800 meters (app. ½ mile)

Deadlift 15 reps

Twenty dips

Twenty power-cleans

Box Jump (20") 50 jumps

Dumbbell "Thruster" (Deep front squat/push-press) 20 reps

Twenty push-ups

Twenty pull-ups

Other Thoughts

"Superficial goals lead to superficial results."

Attila the Hun

Day-21: March 2 2001

Workout

We are ready for a break from the neurological and orthopedic stresses of weightlifting and hard and heavy leg work.

Here is an interval that the NSCA identifies as being smack dab in the middle of the lactic acid metabolic pathway. Remember one of the advantages of interval training is that we get extended exposure to cardiovascular work without the muscle wasting consistent with extended aerobic work.

On the Concept II Rower set up for intervals and go all out for 60 seconds

Row easy for two minutes.

Repeat for a total of fifteen efforts.

This is a total of forty-five minutes, yet the work is designed to enhance anaerobic capacity. Now here's the really cool part: even though this work is predominantly anaerobic (lactic acid pathway), it carries a heavy aerobic benefit without the disadvantages of reducing speed, power, and strength known to accompany aerobic training.

This is a total of forty-five minutes, yet the work is designed to enhance anaerobic capacity. Now here's the really cool part: even though this work is predominantly anaerobic (lactic acid pathway), it carries a heavy aerobic benefit without the disadvantages of reducing speed, power, and strength known to accompany aerobic training.

On setup scroll the display to show meters in the lower window. On your first effort throw as many meters up in the minute as you can. On the subsequent fifteen efforts fight for as much of the first distance as you can.

On completion use recall to scroll through all fifteen intervals and record and submit the meters rowed for each interval.

If you need help setting up the rower email us at feedback@CF®.com.

If you don't have access to a Concept II Rower, buy one.

Other Thoughts

"Things may come to those who wait, but only the things left by those who hustle."

Abraham Lincoln

Day-22: March 3 2001

Rest Day!

Other Thoughts

"The quality of a person's life is in direct proportion to their commitment to excellence."

Vince Lombardi

Well about now you're pretty beat-up. Today is a day of active rest. We want you to stretch thoroughly and participate in some recreational activity, i.e., softball, basketball, mountain bike, surf, swim, etc.

Get ready to fire back up on Sunday.

Day-23: March 4 2001

Workout

This is an amazingly complete workout in only twenty-four minutes. Set-up the rower for intervals of twenty seconds work and ten seconds rest. Set the rower to display meters in the lower window. Go all out on the first effort.

On subsequent efforts work to capture as many meters as in the first effort.

In the same interval pattern, 20on/10off X 8,

Squat (air squat).

Same interval pull-ups.

Same interval push-ups.

Same interval sit-ups.

Workout Note

If you transition from one exercise to the next in ten seconds, this is a twenty-minute workout. For all but the best athletes this will be all but impossible.

Transition from one exercise to the next as quickly as you can. One-minute maximum transition break! No ranking will be considered for total time that exceeds twenty-four minutes.

Ranking is based on least number of meters in each of eight rowing intervals, and least reps in each of eight intervals for each of the other four exercises.

Submission includes five numbers: least number of meters in rowing, least number of squats, least number of pull-ups, least number of push-ups, and least number of sit-ups.

Other Thoughts

"One shouldn't be afraid to lose; this is sport. One day you win; another day you lose.

Of course, everyone wants to be the best. This is normal. This is what sport is about.

This is why I love it."

Olympic Gold Medallist Oksana Baiul

The 20 seconds on / 10 seconds off interval repeated 8 times is the interval first researched by Dr. Izumi Tabata. The CF® crew was early pioneers of this interval and was first to apply it to the squat. Today we are going to use this interval with five separate exercises. We will row, squat, pull-up, push-up, and sit-up. This represents the range of functional movements (met. con, hip extension, pulling, pushing, and trunk/hip flexion).

Day-24: March 5 2001

Workout

Today we are going to run and deadlift.

This was reported to be a pernicious combination last week,

so here it is again! (Just for you, Garth)

Run 200 meters, then immediately

Deadlift 10 RM load (a load you can lift ten times but not eleven)

10X

Rest as needed

Run 400 meters, then immediately

Deadlift 5 RM load 5X

Rest as needed

Run 600 meters, then immediately

Deadlift 3 RM load 3X

Rest as needed

Run 800 meters, then immediately

Deadlift 1RM load 1X

Done

Workout Note

These are max efforts at each lift. The runs are all-out, no whimpering out!

The entire workout must be completed within an hour. No exceptions.

Other Thoughts

"You have to go into the jungle, find the lion, and spit in his face...then shoot him.

You guys are not good enough to win on talent alone...you have to want it."

Herbie Brooks- coach of the 1980 U.S. Olympic hockey team

HOW NOT TO JUMP!

Here is a computer animation that simulates a vertical leap at three heights.

Though the simulation MAY accurately represent typical mechanics of an

untrained athlete, it is flawed from the perspective of optimal performance.

All of this is amusing because the animators are proud of their incorporation

of biomechanical analysis in their work. The biomechanical errors are not

glaring but very real and fairly obvious. Can you report the problem?

(Hint the problem is worse on landing than taking off.)

Day-25: March 6 2001

Workout

200 sit-ups no matter how long it takes. Make them nice!

Stretch thoroughly. Used as a rest to slow down pace and come in to the next phase relatively fresh.

Do 50 dips, with or without assistance. This is a 50RM set, i.e., ideally, 51 should be impossible.

Immediately, run for ten minutes on a "windsprint" bike or a stairclimber at max level.

Rest as needed.

Do 35 dips, with or without assistance. This is a 35RM set, i.e., ideally, 36 should be impossible.

Immediately, run for five minutes on a "windsprint" bike or a stairclimber at max level.

Rest as needed.

Do 20 dips, with or without assistance. This is a 20RM set, i.e., ideally, 20 should be impossible.

Immediately, run for five minutes on a "windsprint" bike or a stairclimber at max level.

200 sit-ups no matter how long it takes. Again, make them nice!

Workout Note

Do as many of the dips as you can without assistance on failure jump to Gravitron (or like) and complete set with minimal assistance. We are exhausting the pushing function partially with an eye to making the arm supporting contribution on the bike or stairclimber very tough

Other Thoughts

"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide."

Rolf Arands

We're going back to Dr. Seiler's site today for a look at lactate threshold. For you techies and coaches this is essential stuff. You may recall that lactate threshold is the second wave of endurance adaptation. (The first being VO2 max.) At CF® we are only interested in the first two waves of adaptive response. The third comes at great cost to your overall physical capacity.

Day-27: March 8 2001

Workout

Today we are employing a drill the CF® crew calls the “wall-ball.” The wall-ball drill is a deep front squat followed through with a push-press and overhead throw. The ball, a 20 lb Dynamax medicine ball should make contact with the wall at about two feet over your reach and rebound to your hands where you immediately bring the ball back to your chest and squat to absorb the impact. The movements up and down are mechanically identical. Stand about 18 inches away from the wall. The idea is to be in constant motion either on the way up or catching and lowering. The major faults here are either to not squat to parallel and to let the ball contact with a thud rather than gently absorbing the impact with the arms and legs.

Run 800 meters.

Stretch for ten minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Run 800 meters.

Stretch for ten minutes.

Other Thoughts

"Don't worry about upgrading your equipment. Upgrade your body."

-Anonymous cyclist

There are adaptations to endurance training that are inconsistent with the needs and aims of most athletes. Endurance work is vital, yet must be limited if you want optimal fitness and health. Here is Dr. Seiler articulating the third wave of adaptation to endurance training. The adaptation he reviews in this article is essential to elite endurance performance. Can you explain precisely what it is about this adaptation that seriously curtails elite high intensity performance?

Day-29: March 10 2001

Workout

Today we are swimming. This is a breathing exercise designed to improve anaerobic performance. We're taking a bit of a break.

Get ready for Monday!!

Swim the entire length of an Olympic Pool underwater.

When able, return surfacing once at about the middle of the pool.

Again, as soon as able cross. This time surfacing only twice, once at about 1/3 across and again at 2/3 across.

Repeat this pattern 4 times for a total of 5 times or fifteen lengths.

Record your total time to complete the exercise.

Done right, this has much of the feel of drowning. Good luck!

Workout Note

Rankings based on total time to completion. Rest after each pass only as long as needed to complete the next pass. If you should have to surface more than the pass requires, rest and repeat the effort.

Other Thoughts

"Part of the beauty and much of the moral seriousness of sport derives from the severe justice of strenuous play in a circumscribed universe of rules that protect the integrity of competition. Records are worth recording, and worth striving to surpass, because they serve as benchmarks of excellence achieved under the pressure of competition."
George F. Will

Day-35: March 16 2001

Workout

Row a 2K for a personal best.

We will continue today on our recurrent theme of core-focus.

1) Hanging from the pull-up bar SLOWLY lean back and lift your feet towards your

hands until your toes gently touch the bar. Repeat for a total of twenty times.

2) Arch rock for one minute.

3) Fifty sit-ups with substantial support (towel or abmat, etc.) under the lumbar spine.

Knees up and apart, feet together.

4) Thirty back extensions.

5) Hollow Rocks for sixty seconds.

6) 20 Stiff legged deadlifts. These are performed with an arched back! From the stand,

bow down letting the chest lag behind as far as possible. Do not surrender the arch in

your lower back. Done right you won't get anywhere near the floor with the barbell. If

your mechanics are correct you will feel an extraordinary tightness in the hamstrings.

7) Hold an L for sixty seconds. Repeat two times for a total of three efforts.

8) Twenty five times perform a "hug-a-twinky".

Workout Note

Some of you may be tempted to slough off the moves that you can't perform. You need to understand that what you can't do here clearly defines your deficiencies as an athlete.

Any reasonably conditioned athlete can do all of these without much difficulty. If you find a chink in your armor, work daily on correcting it.

Other Thoughts

"Man is not cut out for defeat. Man can be destroyed but not defeated."

E. Hemingway

Day-43: March 24 2001



Workout

You guessed it, today we are determining our total for the three Powerlifting lifts, the deadlift, bench-press, and the squat.

Take your time. Warm-up with sets of three to five reps. Rest. Increase the weight, drop the reps, and lift again. Repeat this process until you've established a max weight for each lift. Total the lifts and submit for ranking. The total is comprised of your max lift at one rep for each exercise

Other Thoughts

"We keep going back, stronger, not weaker, because we will not allow rejection to beat us down. It will only strengthen our resolve. To be successful there is no other way."

~ Earl G. Graves ~

Our weight training culminates in the sport of Weightlifting; this is the Olympic sport that includes the "Clean and Jerk" and the "Snatch." The squat, bench-press, and deadlift are used to support and develop the Olympic Lifts and themselves constitute the sport of Powerlifting. CF® employs the training techniques and lifts therefore of both Olympic Weightlifting and Powerlifting as primary weight training concerns.

Day-44: March 25 2001

Rest Day!

Other Thoughts

I am responsible. Although I may not be able to prevent the worst from happening,

I am responsible for my attitude toward the inevitable misfortunes that darken life.

Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself.

~ Walter Anderson ~

(American Trainer, Author)

Day-45: March 26 2001

Workout

Ab-bench (or other sit-up that ranges from trunk extension through to flexion) 30 reps at max weight

Back extension 25 reps

Air Squat 50 reps

For the next phase we are doing pull-ups and dips or muscle-ups if you've got one!

Six sets of pull-ups (max effort, record the total, take as much time as needed between sets)

And,

Six sets of dips (max effort, record the total, take as much time as needed between sets).

OR, if you have a muscle-up,

Ten muscle-ups (max effort, take as much time as needed, record the time to complete all ten)

One rope climb with no legs or five with legs.

Twenty handstand push-ups by any means. Have spotter pull you up by ankles if needed.

Practice lowering from handstand to planche (body parallel to floor, arms locked) Have spotter support your ankles and lower you to parallel. Hold at parallel, with spotter minimally helping, for five full seconds.

Repeat for ten attempts. Do on padded mat, crash pad, or other padded surface!!

Ab-bench (or other sit-up that ranges from trunk extension through to flexion) 30 reps at max weight

Back extension 25 reps

Air Squat 50 reps

Workout Note

This is a really tough day. Don't hold back. Tomorrow is met-con only, so you will be able to rest your arms, back, and shoulders. You are getting a small taste of the demands of a gymnast's workout.

Day-47: March 28 2001

Workout

Each of these exercises is one set at five reps. Take any rest needed between exercises.

- Deadlift
- Bench-press
- Upright row
- Back Squat
- Push-press
- Power Clean (from ground)
- Dumbbell "Thruster" (front squat/push-press)
- Clean and Jerk
- Snatch

Workout Note

Add your total lifted for all nine exercises and divide by your body weight.
Highest ratio leads ranking.

Other Thoughts

One of the rules of caution is not to be too cautious.
~ Bahya ibn Paquda ~

Picking up The Anatomy Coloring Book and following its fun prescription for learning anatomy through coloring in the anatomical charts provides a major advance to your understanding of your body and how it functions. If you think you are too sophisticated for this approach consider that the book has been used by professional schools of medicine, dentistry, and pharmacology for 25 years. Get the book and fine tip felt markers in no fewer than twenty colors, and color a couple of plates a week. Within a year you'll have seriously advanced your understanding of the human body.

Day-49: March 30 2001



Workout

Today is a hybrid effort from several training modalities and tough!!
After a warm-up:
Move through the following with a 60 second break between exercises.
Row 500 meters for a record time.
Squat 20 RM weight 20 reps (20 RM is a weight you can squat 20 reps but not 21.)
Pull-up for PR (shoot for personal best)
Deadlift 10 RM weight 10 reps
Dips for PR (shoot for personal best)
Rest 10 minutes
Move through the following with a 2-minute break between exercises.
Row 500 meters match first effort
Squat same weight for twenty reps
Pull-ups for same count as first set
Deadlift same weight for 10 reps
Dips for same count as first set
Rest 10 minutes
Move through the following with a 3-minute break between exercises.
Row 500 meters match first effort
Squat same weight for twenty reps
Pull-ups for same count as first set
Deadlift same weight for 10 reps
Dips for same count as first set
The idea today is to strive to match the performance of the first pass on the second and third.

Other Thoughts

"Egotism is the anesthetic that dulls the pain of stupidity."
- Frank Leahy, former University of Notre Dame football coach

Yesterday we had David Tate coaching bench press technique. Today we've got Mr. Tate coaching the squat. The squat is absolutely essential to your athletic development. Tate has a 900-pound squat and has coached hundreds if not thousands of others to enormous lifts. Our emphasis is broader than the powerlifter's so there are certain elements of the squatting approach where we differ, namely in the use of a belt and the use of the belly (secret #7). We want you to gloss over that advice.

Day-55: April 5 2001



Workout

Most of you are a little beat up by now. Let's work a little triathlon CF® style, short and hard.

Bike 3 miles

Swim 500 meters

Run 1000 meters

Workout Note

The challenge will be to set up the transitions to minimize the transition time.

Share with us your total time for all three legs and your transition strategy.

We're leaving the order of events to your discretion!!

If the triathlon community competed at these distances or shorter, the triathlete would be a much better athlete!

And finally, for our athletes, today represents a day of active rest. Some rest, huh?

Other Thoughts

"The test and the use of man's education is that he finds pleasure in the exercise of his mind."

Jacques Barzun, Dean of Graduate School, Columbia University

We routinely get requests for basic information on exercise science. If you own only one reference on exercise it ought to be the National Strength and Conditioning Association's Essentials of Strength Training and Conditioning. The NSCA is a non-profit agency that publishes several peer-reviewed journals of exercise science. They have no peer in the field of strength and conditioning research.

Day-61: April 11 2001

Workout

Today we are rowing some intervals that take us to the middle of the lactic acid pathway.

Set the CII Rower for intervals a minute long with a minute's rest.

We are going to row ten of the intervals. This is a twenty-minute workout.

On the efforts, set the rower to projected meters and row the first interval at 95%

On the rest, row easy, maximizing your recovery.

On subsequent intervals attempt to repeat the distance covered on the first interval.

Submit your total distance for each of the ten intervals.

Workout Note

IF YOU CAN'T ROW,

On a track run a lap, walk the next. Repeat until you've run ten and walked ten.

Time only the runs, total and submit.

Other Thoughts

"You sit at the board and suddenly your heart leaps. Your hand trembles to pick up the piece and move it. But what chess teaches you is that you must sit there calmly and think about whether it's really a good idea and whether there are other, better ideas."

-Stanley Kubrick

As athletes we endeavor to show courage and determination. Endurance: Shackleton's Incredible Voyage may be the greatest story (true!) of perseverance ever told. We encourage all out athletes to read it.

Day-68: April 18 2001

Workout

Warm-up EZ sit-up, back ext., pull-up, push-up, air squat and stretch

21 Rep push-press followed immediately by max set of pull-ups.
Rest as needed; you don't need more than three minutes
Repeat for total of five combined sets.

Run 1 mile.

Other Thoughts

"Self-pity is easily the most destructive of the nonpharmaceutical narcotics;
it is addictive, gives momentary pleasure and separates the victim from reality."
- John W. Gardner, President, Carnegie Foundation

The obstacle course has spectacular training potential yet is still seen primarily in military and police applications. CF@Y C-cubed program was an attempt to radically increase the breadth of demand in an obstacle like manner. Here is a good yet fairly typical obstacle course/program. Notice the quality of the development the women featured (yes, they run and teach their program) have acquired.

Day-88: May 8 2001

Workout

Time five muscle-ups and 50 box jumps on 20" plyo box.
Stretch/rest 20 minutes.

Time five muscle-ups and 50 box jumps on 20" plyo box.

We're interested in both times and decay rate from first to second effort.

Workout Note

If you can't do muscle-ups, substitute fifteen pull-ups and twenty dips for each muscle-up.

If you can't do pull-ups and dips use assistance device (Cybex, Gravitron, etc.)

If you mix muscle-ups and pull-ups/dips report numbers of each with time.

Other Thoughts

"Suffering, once accepted, loses its edge, for the terror of it lessens, and what remains is generally far more manageable than we had imagined."

- Lesley Hazelton

John Cissek is a reliable source of information about the Olympic lifts.

We need to expose ourselves to as many descriptions and analysis as

we can in addition to regular practice in both the clean and jerk and the snatch.

Day-98: May 18 2001

Workout

Bench press 10-8-6-4-2 reps.

Total weight for all five sets and submit with body weight.

Rest as needed before,

How many passes of this circuit can you make in 20 minutes?

Count each element (Box jump, Muscle-up, Leg raise) as a single point,

so that, for instance, four complete circuits and once more 20 box jumps and one more muscle-up would be 14 points. If you still can't do the muscle-up substitute twenty assisted pull-up and dips.

Box Jump 20" X 20 jumps

Muscle-up

Hanging leg raise, toes to bar X10

Other Thoughts

"The belief that you can develop great musculature with isolation movements and without steroids is the bodybuilders pipe dream."

Coach Glassman

For you coaches, Dr. Cornelius maintains that when analyzing athletic movement "exact or precise points of muscle attachments and the technical names for these locations are not essential; in fact, only the line of action is needed. Consequently, a mental image of the muscle location and line of action is quite useful." This is of particular interest to CF® because we've long maintained that what wasn't understood about human biomechanics could typically be explained via stick figures and vector force diagrams.

Day-135:June 24 2001

Rest Day!

THE KNOWLEDGE

Horizontal ruled lines for writing.

Day-143: July 2 2001



Workout

This is the CF® Challenge done as a circuit rather than prioritized. We refer to this as the "Vertical Tabata Challenge." Perform each of the following for only twenty seconds. Rest for ten seconds while quickly transitioning to next movement. Rest for 1 minute after each round and repeat seven times for a total of eight rounds. Total your weakest output from each exercise from all eight rounds. This time your rowing score is in calories.

- Row
- Squat
- Pull-up
- Push-up
- Sit-up

Other Thoughts

"It is not the critic who counts. Not the man who points out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause. Who, at the best, knows in the end the triumph of high achievement, and who at the worst, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat."
- Theodore Roosevelt

Workout

Run 800 meters
Deadlift 15-12-9-6-3-1 reps, max load @ each set
Run 800 meters

Workout Note

1. Rest only one minute between first 400 meters and Deadlift.
2. Rest one minute between sets.
3. Start second 400 meters one minute after last Deadlift set.
4. Max efforts on runs and lifts!
5. Submit run times, lift loads, and body weight.

Other Thoughts

"We also have the cyclers. Born out of the period when the Bulgarians were talking training 3-4 times per day, many coaches got into mini and macro cycles. Sounds impressive and scientific and appeals to academia.

Unfortunately, they completely missed the boat about how long and hard and consistently a lifter must train to warrant any sort of backing off period of training. Cycling is best left for the spandex boys with the two wheels under them, birth control, and the washing machine."

Tom Hirtz - Two Time National Weightlifting Champion, American Recorder Holder
MILO (September 1998)

Day-206: September 3 2001

Workout

Three rounds of:

20 Walking Lunges; with dumbbells totaling 1/3 your bodyweight

20 Thrusters

20 Pull-ups

Rest three minutes.

Workout Note

1. Measure your pace so that "Thrusters" begin directly under your pull-up bar.
2. Each step of the lunge should drop the trailing knee so that it "kisses" the ground.
3. "Thrusters" begin in a deep squat and end in full hip, leg, and arm extension.
4. No crappy pull-ups. Adam's apple to bar at top, arms completely extended at bottom.
5. The twenty pull-ups are consecutive pull-ups. You don't come down from the bar until they're done. Have someone assist you minimally if assistance is required.

Other Thoughts

"Experience tells you what to do, confidence allows you to do it."

- Stan Smith

This gentleman is proposing a new technique for the high jump. What he doesn't know is that the high jump rules requiring the athlete to take off on one foot and approach on a curve were designed to keep gymnasts from dominating the sport. Any high school gymnast of merit can break world high jump records by a foot and a half if allowed to approach head on and take off on two feet.

Day-232: September 29 2001

Rest Day!



A series of 20 horizontal grey lines spanning the right side of the page, providing a space for writing or notes.

Day-353: January 31 2002

Workout

- For time:
- 50 Push-ups
- 50 Pull-ups
- 75 Sit-ups
- 75 Kettlebell Swings, 1 "pood" kettlebell (16kg)
- 150 Air Squats

Perform in any order. The idea is to perform each in as few sets as possible. All of the reps from each exercise do not have to be completed before starting some from another exercise.

Keep track of the reps and tally the total sets to completion. Note time to completion. Final score is total number of sets multiplied by time in minutes to completion.

Workout Note

- 1. One possible approach is to perform a near max set of push-ups, go on to the pull-ups, do the same with the sit-ups, etc. After the squats, go back to the push-ups and run through the list again finishing as much as you can at each exercise.
- 2. Seven sets total in ten minutes for a "70" is an excellent score!

Other Thoughts

"Great works are performed not by strength but by perseverance."
- Samuel Johnson
