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April Newsletter Part I



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Hello,

I hope that the month of April has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. A Look at This Month's Newsletter

In Part I of the April Newsletter, we kick things off with our CP Community Member of the Month interview with resistance training enthusiast, Jude Howe. I've known Jude since ~2011. Three years later I still like him so that tells you something about his character! In this interview Jude shares with us his background, types of kettlebell techniques, and how he integrates kettlebells into traditional barbell training,

Following our interview, we get to our CP Community Member Discussion where Zach Bitter shares with us his article, *Time Management – Ultramarathon Style*. In it, Zach discusses how he plans and manages to stay sane despite a schedule which includes a full time teaching job, 20+ hour training weeks, and staying in touch with friends, family, and a girlfriend.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

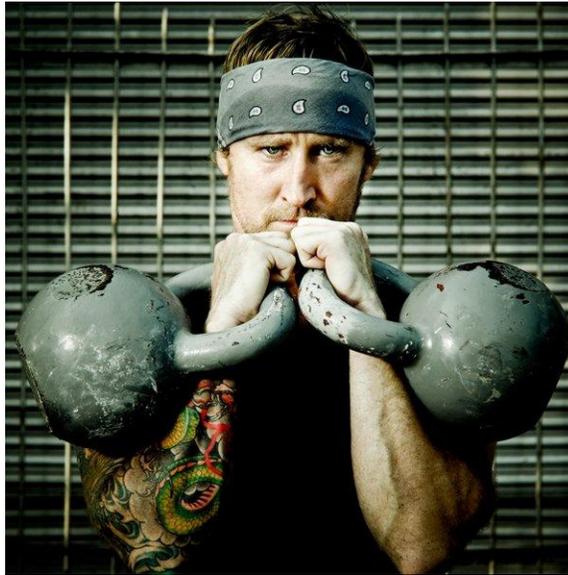
Sean Casey

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III. Community Member of the Month...



This month's CP Community Member of the Month is Jude Howe, a barbell and kettlebell enthusiast who comes to us from Austin, Texas, USA. I first met Jude a few years back while we were both contributing to the [Strength Guild](#). At the time his main passion was kettlebell training. Since then he's effectively reintegrated into standard barbell training; a feat that many A) aren't willing to do or B) have trouble successfully accomplishing. Fortunately for us, Jude was willing to sit down and through the magic of the keyboard and internet, share with his background and approach to training. Without further ado, let's get straight to the interview!

First off, I want to thank you for taking the time out of your training, work and social commitment schedule to join us today. We are honored with your presence.

Thanks Sean, I'm flattered that you reached out and asked me to do this interview.

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Tell us a little about your background... How did you get involved with the 'iron game'? Were you active as a kid growing up or did this passion develop later in life?

Growing up I was very active and participated in sports all through high school. My dad was a big inspiration. As far back as I can remember he had a gym membership and as I recall, he went no less than 3 day per week along with rec league sports. I didn't get serious into weight training until I left bootcamp (**Editor's Note** - Jude served in the US Air Force). Years later my formal education, from a training perspective, came through John Black, Barry Herman and Dave Morgan. These men deserve a lot of credit for my professional advancements.

Are there any particular short and/or long term goals that your training is currently directed at?

Short term - Preparing for my first powerlifting meet at the end of July, here in Austin.

Long term - Most of my goals are long term. Life is a marathon, so I'm training accordingly.

Wait. What? Life is a marathon? Whatever happened to YOLO (You Only Live Once) balls to the wall type approach to life and training ;-)?

To put it bluntly, they're not training or living. You don't make progress in life or in the gym with that approach. They're interested only in winning battles and end up losing the war.

What initially led you to you getting involved with kettlebell training?



Dave Morgan first introduced me to kettle bell training back in '06. Like everyone else, I'd heard of them, but never used one. He put me through a routine and I knew right away that this was going to encompass a large part of my practice. I received some formal instruction through Ken Blackburn and Steve Cotter of the IKFF in '07, then added KBC's course to my resume in '08, then in 2010 I became an educator for KBC.

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There are a couple of different styles of kettlebell training, hardstyle and Girevoy Sport (GS) style. What exactly are the differences here? Do you prefer one over the other?

The "Hard Style" is usually done more explosively and with greater tension. The "GS Style" is a more fluid power/ strength endurance endeavor, where sets can last from 5-10 mins. In GS competitions the sets are always set to 10 minutes.

The different techniques serve different needs. Football players and sprinters would likely get more benefit from the hard style, whereas martial artists and endurance based athletes would probably do better with the GS method. As far as my personal preference, I favor the GS style because the technique suits my body.

10 minutes long... That's definitely a bit of time! How about for Hard Style? What type of set/rep schemes are used when training in this style?

When training hard style it's not uncommon to just use traditional reps/sets schemes. 5x5, 3-4 sets of 10's and 12's. With the swings it's a bit different; you might see someone perform something on the order of 20 - 60 reps per set.

Within the past couple of years you've gotten back into traditional barbell training. What motivated this decision on your end?

I wanted to get improve my max strength. Where the KB is a great conditioning tool, it's not the best for developing your highest strength gains.

You have a fair amount of experience with both barbells and kettlebells. What advantages can the kettlebell offer one who is accustomed to barbell (BB) training? Ditto for vice-versa?



As alluded to in my answer for the different KB styles, for the barbell guy, adding KB training into the mix can really help with conditioning, if there are some issues with mobility, it's going to give you some options the BB can't offer. Additionally it works well if you're pressed for time or space; you can get a gnarly workout done in about 20 or 30 mins. Finally, I've found that it's also a good recovery tool for taking some time off from heavy training.

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For the KB enthusiast, hitting the barbell will improve your maxes. As you get stronger with the big 3 (bench, deadlift, squat), your KB lifts will go up too.

Now you mention that KB's offer an individual with mobility issues options that can't be obtained through traditional barbell training. Can you share an example with us?



Sure, let's say you have someone who struggles with the traditional Olympic lifts or any overhead lifts because they just don't have the shoulder or thoracic mobility necessary to do it safely or comfortably, they can still snatch, press or do overhead squats with one bell and then progress to 2 bells. Yes, you could use dumbbells for this, but because of the unique shape of the bell, you're also going to get some great stabilizer activation as well. If anyone doubts me, try it with both and let me know what you think is giving you a greater challenge.

As far as great exercises to help with mobility, give the "Turkish Get Up" a try. Again, try both tools and see which one gives you a bigger response. I'm not saying KB's will help you get better at snatching with a BB, they'll just allow you to do a snatch variation, when you might otherwise not be doing them at all.

When attempting to integrate both barbell and kettlebell training, how do you approach program design?

The same way I would anything else. The KB is a power/strength endurance tool, so program it accordingly. I do things a bit differently whereas I'll do my strength lifts first and my power stuff 2nd. Reason is, I use KB's for all of my power work. Since most KB lifts aren't nearly as heavy or complicated as the Olympic lifts, I'm comfortable programming it that way.

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With your exposure to a variety of lifting If you had to pick a single lift that would be your "favorite" for pure enjoyment purposes, (not to be confused with what you think is "best" lift for performance), what lift would it be?

I can't answer with just one, but it'd have to be these: BB deadlift and KB clean and jerk.

Any other final thoughts/advice you're willing to share with us at CasePerformance?

As I've stressed repeatedly here, train for the long haul. If you're about to start a program or you're on one right now, finish it. Give it no less than 6 months before you jump to something else.

Great advice there! Once again I want to thank you for joining us here today. Keep up the great work and for those looking for you, where can you be found?

I'm on Facebook at [Jude Howe Athletic Development](#), email judehowe1969@yahoo.com, judehowe.com (coming soon) you can catch me with Phil Stevens and Jerell Barber on our podcast "Lifters Corner" which can be found on the [Strength Guild](#).

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III. Community Member Performance Discussion

This month's community member performance discussion comes to us from ultra-marathon extraordinaire Zach Bitter, an athlete whose accomplishments include a national championship and a world record. Previously here at CasePerformance we [interviewed Zach](#) about the nutrition, supplement and training regimes that fuel his impressive performance. However, one thing we never touched on in depth was how he managed both stress and time in pursuing his passion. Luckily for us, he stopped by to share with us...

Time Management...On an Ultramarathoner's Schedule

By Zach Bitter



4AM... Time to get out of bed for a nice 10-17 mile jaunt through the mean streets of Madison WI

Beep! Beep! Beep! Ahhh yes ... nothing like the sound of my 4 AM alarm coupled with knowledge that a cold, dark, and uninviting outside awaits my repetitive foot strikes. Wait. What? Going for a run 1-2 hours *before* dawn even breaks?! Why would I subject myself to this type of insanity? Easy - Getting up at 4am is the only way I can squeeze

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everything I want out of a life which includes a full time teaching job, 20+ hour training weeks, and staying in touch with friends, family, and a girlfriend. Although this type of chaos may cause one to falter, employing both time *AND* stress management has kept me upright. Here’s my approach...

Most weekdays start out early with a long but refreshing run through the streets of Madison, WI. The distance and intensity of these sessions can vary quite a bit, but typically it’s between 10-17 miles. As a teacher, I am fortunate to have flexibility over my schedule on weekends, holidays, and a couple months in the summer.

“Learning to remain calm and peaceful in loud and chaotic settings is key.”

When school is in session the days can be packed! Managing stress on all fronts (physical, mental, emotional) is something I am very conscious about. Although stress can be detrimental, your approach towards managing it can be the differences between it breaking you, both literally and figuratively, or making you stronger. Learning to remain calm and peaceful in loud and chaotic settings is key. This is something I remind myself regularly. I’ve found that taking a few minutes each day to breathe deeply and focusing on the big picture can help mitigate a lot of perceived problems. It’s amazing what a positive outlook can do with respect to the amount of mental and emotional stress you are subjected to in daily life.

After my morning run, I head off to work at Clark Street Community School; a high school in Madison which takes a bit of an alternative approach to education (some have characterized it as a “democratic” education). Here, students are encouraged to bring their passions and interests to school where they can frame their educational experience around them. It is a great environment which makes it easy to go to work every day.

My schedule varies considerably after work. In the spring, I assist the local track and field team, which often means both coaching and heading out for second run. It’s great to see the excitement and enthusiasm in younger runners, because there is often so much potential for growth. Aiming to instill a love for running, and fitness in general, is something I love to do, because I understand how much joy and excitement I have received from it.

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“Again, recognizing physical stress as both an ally that can make you stronger as well as a stimulus that can push you beyond the breaking point.”

When not coaching, I will often times still head out for a second workout, but with my former college teammate, roommate, and friend Brian Finnel (Brian is a speedster with a 2:23:45 marathon PR to his name). I am very conscious of how my body is feeling and I have gotten quite good at knowing when to push things and when to take a break. Again, recognizing physical stress as both an ally that can make you stronger as well as a stimulus that can push you beyond the breaking point.

I usually squeeze in some form of strength training after either my morning run or afternoon run. Sometimes I will break it into two smaller chunks after each of my two runs, or if it's an off day for strength not at all. I find this important to my training as I believe it prevents nagging running injuries. It also keeps muscles that many endurance athletes neglect strong.

One of the joys of my high fat diet is it makes for quick and easy meals. I can easily grab some veggies, and a high quality fat source for a quick breakfast or lunch. This saves me a lot of time in the morning and over lunch. At night, I usually try to do a bit of cooking. Often times this can provide a leftover dish as well. I love making stir fries at night. Cooking up a range of veggies with high quality fats like coconut oil, organic butter, etc. is a regular occurrence.

I usually use the evening hours before bed to catch up with friends and family, and on most nights my girlfriend Krista. It's a great way to end the day on a good note. Socializing is really important in maintaining a happy and fulfilling lifestyle.

Weekends can be a bit less structured, but are rarely less intense. Traveling to races, banking long runs, working with online coaching clients, and visiting Krista are usually common place. I get a decent amount of time in the car or plane for these activities, which allow me to slow down a bit and relax in the traditional sense of the word.

Busy doesn't necessarily have to be stressful or overwhelming. I think it is important to find work, hobbies,



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and people you love to surround yourself with. On the outside, people might see my routine as stressful, unmanageable, or overwhelming but I can honestly say I enjoy all of it. I believe this is the difference between loving a busy life.

Editor’s Note – Besides the interview I linked to above, to learn more about Zach and his training, be sure to check out his blog, [Zach Bitter – Running!](#)

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IV. Meets/Events

I have been notified of a couple upcoming events that those in the CP community may enjoy participating in...

Strength Sport Events

2014 USSF Nebraska State Powerlifting Championship

What: A one day powerlifting event.

Where: Omaha, Nebraska, USA

When: June 7th, 2014

Prize money: A cash prize will be given out dependent upon number of participants

For more information [CLICK HERE](#)

2014 Cowboy State Strongman Classic CSSC

What: A one day strongman/woman competition. Events include Zercher log squat (for reps), truck pull, heads up KEG relay, Circus dumbbell (1 rep max)

Where: Laramie, Wyoming, USA

When: June 28th, 2014

For more information [CLICK HERE](#)

2014 USSF Missouri State Powerlifting Championship

What: A two day strength sport event.

Where: Peters, Missouri, USA

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When: Powerlifting - July 12, 2014; Weightlifting – July 13th, 2014

For more information [CLICK HERE](#)

2014 UPA Iron Battle on the Mississippi

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: July 19th-20th, 2014

For more information [CLICK HERE](#)

2nd Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day chosen randomly each year by rolling dice. The events are compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports. The team with the most points at the end of the competition wins!

Where: Topeka, Kansas, USA

When: Oct 4-5th, 2014

Prize money: A cash prize as well as other prizes will be given out

For more information [CLICK HERE](#)

2014 UPA Power Weekend

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

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When: Nov 15-16th, 2014

For more information [CLICK HERE](#)

Endurance Sport Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE!](#)

*** Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsletter where we share news of note at the CasePerformance Website before touching on the CP Performance Discussion, *Machetes & Ultramarathons* by Justin Andrews.

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)