

CasePerformance

Aug-Sept Newsletter Part I



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Hello,

I hope that the month of August and the first part of September has treated everyone well. I'm confident that you're 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

Due to a crazy busy August here at CasePerformance, we're rolling out a combined August-September newsletter. We'll be back to our monthly newsletter come October. With apologies out of the way; Let's get to the action

In Part I of the Aug-Sept Newsletter, we kick things off with our CP Community Member of the Month interview with sports nutritionist, personal trainer and fitness model Orit Tsaitlin; Orit shares with us her background, approach to nutrition (including a favorite recipe!) and supplementation, as well as common mistakes she sees people making when first starting a training program.

Following our interview, we get to our CP Community Member Discussion where physical preparation coach & former Danish national team triathlon team member Ole Stougaard shares with us his article, *Resistance Training for the Endurance Athlete*. In it, Ole discusses his past pitfalls with resistance training and how that helped shape the way he trains endurance athletes (runners, triathletes, and cyclist) today!

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

Respectfully,

Sean Casey

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II. Community Member of the Month...



Orit Tsaitlin - Personal Trainer, Sport Nutritionist and Fitness Model

This month's CasePerformance Community member of the month is Orit Tsaitlin who comes to us from Richon Le Zion, Israel. As with all in the CP community, Orit pursues a life of training, nutrition and healthy living. In addition to being a personal trainer (Tel Aviv University – Strength and Conditioning Certificate, ISSA – Fitness & nutrition certificate) and sport nutritionist (CISSN), she has a B.Sc in chemistry and her MBA. Orit's brawns and brains are matched by her beauty, as she is also [sports model for Wathletics](#).

Orit is passionate about helping others reach their personal physique goals and sharing her experiences with others at 4elements4life.com (**NOTE** – This [website](#) is available in English/Hebrew/Russian. The [blog](#) portion of the website is only available in Hebrew so depending on your language skills you may need to use google chrome/translate to read the content within it.) Fortunately for us, she has agreed to share her personal

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experiences in this area with us here today. Thus, without further ado, let's turn it over to the CasePerformance Member of the Month, Orit Tsaitlin!

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.

It is an honor for me, thank you.

Tell us a little about your background... What forms of exercise do you all like to participate in? How did you first get interested in these areas? Were you active as a youth?

I was always active as a kid. My family has a history of metabolic diseases so in order to keep us in great health, my parents always emphasized the importance of physical activity. From the young age of 3 until 7 I was into gymnastics. I found it so amazingly beautiful that I had to start immediately (-: ... I loved the thrill of exercising and the fun that came with it. Gymnastics was actually the most popular sport for Russian children to participate in during the 90's.

At the age of 7 my family immigrated to Israel and I continued with gymnastics, but it wasn't at a high competition level. At the age of 12 I realized that there are other sports that interested me. As a part of "Sports Class" I began to run medium - long distances (800, 1500, 2000 meter) and continued doing that until the age of 18. I worked hard to be the best - I wanted to win!

Since the age of 20 years old my new love is the gym. I'm now 32 so it is my longest sports related relationship to date!

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After training in the gym for 12 years, I know you’ve tried a fair amount of exercises. What would you say are your favorites from a pure enjoyment standpoint? Why are they your favorites?



From a pure enjoyment standpoint I love 2 exercises. The deadlift - I can Deadlift in my sleep, it is a measurement for me regarding my strength levels and my improvement from session to session. Another one is The Lateral shoulder raise with Dumbbells or Cables. I have a very high definition on my shoulders which I worked very hard for and this exercise is one of the best

for the development of the lateral shoulder part/ head. As I love to say - Every strong woman should have great shoulders.

Just to give others an idea of the hard work you put in yourself, speaking in terms of generalities, what does your typical training week look like?

Regarding training - my rule is to be active 45 min - 1 h per day and always listen to your body. When I don't have any specific goal in mind my "maintenance" training week includes 3-4 weight training sessions , 1-2 aerobic sessions like cycling or a nice walk outside.

Nutrition – the golden sport nutrition rule - 90% of the time I know how much I eat in order to keep the body fat levels in a range that makes me happy. I always try to make the best food choices in terms of the quality of the food and the fiber content.

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**What is the current state of exercise (resistance, aerobic, yoga, etc) like in Israel?
Do many people partake in it?**

The Strength Sports (powerlifting, weightlifting, etc) greatly developed with the large Russian Immigration to Israel in the 1990's. Bust most of the people here like to run, cycle , do Pilates and Yoga....the strength sports types are still undeveloped and I wish that more people would find about it and be passionate about it as I am.

What are some common mistakes you find people making when starting an exercise program?

There are 3 huge mistakes that people make when they start an exercise program:

"They expect to see results today. Yes I mean immediately..."

1. They expect to see results today. Yes I mean immediately. For example, a person who hasn't trained a day in his/her life, or someone training for the first time in a few years, expects to wake up the morning after their first session with the body of his dreams. It doesn't work that way....you need time and to the ability to make the most of that time in order to get what you want.

2. If you want to see what is hiding beneath eat accordingly. Training is an aid and CANNOT make up for poor food choices. One's energy intake has to be appropriate for his/her lifestyle.

3. Nothing excellent happens in life sitting on the couch or continuously doing training sessions that are light and fun. In order to see a change, a body transformation, one must get out of his comfort zone and show his body who is the Boss!

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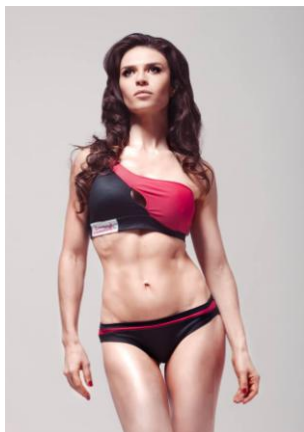
I know you’ve had a fair amount of success helping others lose weight. Do you use much steady state cardio and/or high intensity interval training to do this? Or is it mostly through just diet and resistance training?

Most of the individuals I work with have limited time to exercise, maybe 3-4 a week. Initially, most can lose weight with his diet and resistance training alone so I prefer to start people off with that combination first. When my clients reach the low end of average body fat (for example 25% for woman) or want to take their goals higher, I will consider using steady state cardio and/or HIT as part of their weekly training program.

Do you have any non-nutritive strategies to help with recovery between workouts?

Yes. My non-nutritive strategies are simple; Get plenty of rest - physical and mental between the workouts. I ask my clients to be disciplined but still enjoy the process and be patient!

Switching gears here, a topic I always get questions about is nutrition and supplements. What are your thoughts on these topics? Are there any guiding principles you use in this area to optimize gains in performance and health?



First of all I emphasize the importance of a good solid whole food based diet that’s high in fiber, vitamins and minerals as well as the appropriate macronutrients. The nutrition plan should be one that you can follow and love to eat.

Supp’s have their place and I evaluate every client’s goal and commitment before I tell them to add something to their nutritional plan. My opinion is that until you’re fully committed to

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training and food based nutrition, there isn't any point to take supplements in order to optimize gains in performance.

In answering a previous question, you mentioned “*One’s energy intake has to be appropriate for his/her lifestyle*” ... How do you help one determine what the “right” energy intake is to help them achieve this?

I determine the right energy intake according to their activity level at their job and the sports that they are participating. The most important thing for me as a sport nutritionist is that the individuals I work with perform well in their sports, feel energetic during the day and have the power to conquer the world.

Do you have any general recommendations on how to increase/decrease kcal intake if their goal is to either A) Gain Weight or B) Lose Weight?

If one wants to lose weight the first thing that he/she needs to do is start tracking his/her food intake. If you won't see the numbers on paper or in app you never know how much you really eat. The next step will be estimating the right energy intake for his/her lifestyle and then eating accordingly for 2 weeks -1 month before adjusting as need be. You must give this period some time to see results rather than continuously lowering kcal intake further and further without giving the new levels a chance. If one wants to gain weight it is simple - don't write your food intake and eat what you want (-:.

Although I realize it varies from person to person depending on their goals, do you have any general macronutrient recommendations?

"If the clients cannot eat like that in the future..."

I don't have generality in my work. Every training program or nutrition plan is custom made in order for the individual could get the results that he/she want and than to make it a lifestyle. My point is that it can be 35/35/30, 40/40/20, etc ratio of Carbs/Protein/Fat. However, if the clients cannot eat like that in the future the numbers don't mean anything.

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I know I've seen many of your fine food recipes appear on your blog. Can you share one of your favorites with us today?

As you know chicken breast is a wonderful source of lean protein for our muscles but sometimes it might be tasteless and a bit boring. My favorite version of it is [Chicken Breast in Olives](#) recipe created by Chef John from Food Wishes (Click on hyperlink to see video of it being prepared.)

Ingredients

4 boneless, skin-on chicken breasts

salt, pepper, and cayenne to taste

2 tsp Herbs De Provence (the brand I used contained dried chervil, basil, rosemary, tarragon, garlic, lavender, marjoram, savory, thyme, and parsley)

2 tbsp olive oil

1/4 cup sliced shallots

1 cup sliced olives

1 cup chicken broth

1 lemon, juiced

2 tbsp reserved Kalamata olive brine

1/2 tsp cumin

zest from one lemon

2 tbsp Italian parsley

2 tbsp cold butter, cut in 4 pieces

And you have on his blog a video recipe

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

The most powerful tool that a man/woman owns is his/her will power. Use it wisely and you will succeed in anything that your heart desires. Be patient, determined and let nothing distract your eyes from the goal.

I'd like to add that thoroughly answering these questions takes a lot of time and effort on your part. Thus, on behalf of our readers here at CasePerformance, thanks again. Keep up the great work! And for those interested in following you a little closer, besides your website, 4elements4life.com, where can you be reached?

My personal Facebook page – [Orit Tsaitlin](#) (click on hyperlink)

Business facebook page (in Hebrew only) – [4elements4life](#) (click on hyperlink)

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III. Community Member Performance Discussion

Endurance athletes and resistance training... an interesting combination indeed! While one generally only lasts < 45-60 seconds (i.e. - a "set" of a given exercise) the other can last for hour on end. Relatively speaking, with each being at different ends of the aerobic-anaerobic, how do you effectively integrate the two such that 'race day' performance is enhanced? To answer this question, I turn it over to Ole Stougaard, physical preparation coach & former Danish nation triathlon team member, who discusses how his past pitfalls with resistance training shaped the way he trains endurance athletes (runners, triathletes, cyclist) today.

Resistance Training for the Endurance Athlete

by: Ole Stougaard



Ole Stougaard - Physical preparation coach & former Danish nation triathlon Team member

I love the physical preparation of athletes, especially endurance sport competitors (triathletes, cyclists, runners). My passion for this group stems from being a former elite level triathlete and ultrarunner myself, having competed on the Danish national triathlon team from 2003-2006. One of the tools I used in preparing myself to compete at this level was resistance training. However, I didn't have much luck implementing it into my training plan. Why? Easy - I had the wrong approach to strength training back then.

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"Sure I gained strength each time but ... it did not improve my performance."

I did a typical bodybuilding protocol that included 4-6 different exercises for my legs in the rep range of 8-15 reps each session. I was never serious about squats or deadlifts; my typical program included leg extension, leg press, leg curls and calf raises. Sure I gained strength each time but I also gained weight so even though I got stronger it did not improve my performance. In addition to these exercises, I also did band work 3-4 times each week to prevent shoulder injuries ... Yet I still I got my share of shoulder injuries from my swimming.

My resistance training strategies at the time were influenced by common recommendations made for endurance athletes at the time. Fast forward to the present time and, at least here in Denmark, not much has changed. Leg presses, leg extensions and leg curls are still the staples of most endurance athlete's strength training routine. If you are a swimmer or triathlete you *still* do a lot of band exercises. End result, similar to myself (during my competitive career), one *still* sees endurance athletes who are very weak and shoulder injuries are still very common among swimmers and triathletes.

I have been working as an endurance coach for the last 10 years. Around 2 years ago I moved my office into a fitness center and I started to focus more on one sole task; improving the way endurance athletes approach strength training.

After trial & error, I have developed a method that delivers very good results for my endurance athletes. This system is focused around three main goals including:

1. Build maximum strength without hypertrophy
2. To build shoulder mobility / strength
3. GPP for better mobility and general movement, better body-awareness and body weight application

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Let's look at these goals a bit more in-depth...

Goal 1: Build maximum strength without hypertrophy



Pia Joan Sørensen – One of the athletes I work with; Strong in the Gym, Strong in the Race.

My experience so far has taught me that deadlift and back squat are the most effective exercises for gaining strength that transfers over to endurance sport performance. In general, endurance athletes are very weak in these lifts; At least compared to their endurance capacity. For example, I may see a high level male triathlete for the first time that has a VO2max above 60 but he is not able to do deadlift more than half his bodyweight and even less when we test his squat capacity. This scenario occurs all the time.

Don't get me wrong, I'm not saying that endurance athletes need to be super strong athletes but in my opinion they have to be able to deadlift at least 1.5 x BW and squat 1.0 BW. They can benefit from being even stronger than that but still there is an upper limit where gains in non specific training (ie – squats/deadlifts) will not gain not necessarily translate to race performance.

I normally use a simple protocol like 5x5, adding weight each session. Additionally, I'll sometimes use Wendler's 5/3/1 protocol and more recently I have used the squat nemesis method from weightliftingacademy on both squat and deadlift. I prefer a protocol where it is easy to track progress and you can set several different PR's. For my athletes (and I think for all competitive athletes) it is very motivating to set new PR's and this helps me to motivate them to stick to their strength training program - even though they prefer to swim, bike and/or run.

Usually my athletes strength train 2x per week and sometimes they manage to train 3x per week. On day one they do squat and maybe pull-ups and on day two they do deadlift and usually standing barbell shoulder press as their main strength exercises.

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Goal two: To build shoulder mobility / strength



You gotta have healthy flexible shoulders to raise them victorious!

This is mostly for triathletes and swimmers but runners also benefit from this by getting much better body alignment when they run.

Because of my personal negative experience with classic band exercises I decided to look at alternative exercises that would build shoulder strength and mobility. The solution to this was exercises like get-ups, waiters walk, bottom-up presses, and kettlebell press. These exercises have really made a

difference for all of my triathletes. Nagging shoulder injuries are now very seldom.

I normally plan one or two of these exercises in each session as either part of the warm-up or after the heavy stuff.

Goal Three: GPP for better mobility and general movement, better body-awareness and body weight application

If the time allows it I usually finish a session with some kind of GPP for 5-15 min.

This part is can include one or more of the following exercises: kettlebell swing, KB clean+jerk, KB snatch, goblet squats, farmer walks, body weight exercises.

When my athletes train GPP often it has a great positive effect on how they move in general, their body alignment plus it gives them a much better body-awareness. Besides this it is also a great way to challenge my athletes with different finishers.

Some of my favorite challenges are from Dan John like swing + pull-ups, goblet squats+ push-ups or farmerwalk + double kettbell squat

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Practical implications

In the perfect world I would like to have all endurance athletes to strength train 3-4 times per week for around 60 min. However this is very seldom possible because they also have to swim, bike and run a lot. Thus, on average my athletes train with me 2x per week for around 45 min which is still enough to get very good results. If you are consistent and train 2x per week for 48-50 weeks each year you will see great improvements.

In 6-8 months I usually take my athletes from 50 kg deadlift to 100+ kg and from 40 kg squat to 80-90 kg. And when they gain this amount of strength for sure they run and bike faster.

I like to have my athlete's strength train every week all year. 2x60 min is not much work and after the first weeks (4-12 weeks) they recover from the sessions very fast. In the last week or two before a major race they back off to give them some extra recovery but other than that my experience is that they get the best results from strength training year round.

On the next page are two example sessions. Basically here you have my rather minimalistic approach to strength training for endurance athletes. My method is based on my own experience and my work with endurance athletes for the last two years. And I'm pleased with the results. Almost everyone gain a lot of strength and none of them have any shoulder related problems and the most important part is that by adding strength training to their training schedule they become better, faster and healthier athletes

NOTE - The sessions I have outlined pertain ONLY to the resistance training portions of an endurance athlete's training. It's important to also work on physical qualities such as flexibility as well based off one's physical needs to lengthen tight muscles. Additionally, from a mental perspective, stretching is quite relaxing.

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Session 1

Warmup:

Rope jump, Get-up, Push-up, Goblet squat

Strength

Deadlift, 5x5

Standing barbell press: 5x5

*Finisher

KB swing + pull-ups or double kettlebell squat + farmer walk

Session 2

Warmup

Box jump, Hip-dibs, Waiter walk / bottom-up presses, KB swing

Strength

Squat, 5x5

Pull-up, often ladders, with added weight for a few strong athletes

*Finisher

KB Clean + press or KB Snatch

*NOTES:

I often mix things up and more random with the finisher. If leave out the finisher if the athlete only have 30-45 min for the session

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Wrapping it up



In practice, I have a rather minimalistic approach to strength training for endurance athletes based on my own experience as well as my work with endurance athletes for the last two years. I am very happy about what I see. Most importantly, by adding strength training to their schedule they become better, faster and healthier athletes.

Plus, as shown in the photo (of me) to the left, it gives you an uncanny ability to look great in photos!

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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

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

When: Nov 15-16th, 2014

For more information [CLICK HERE](#)

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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, *Intermittent Fasting – Hype, Hope or Something In-between?*

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

Respectfully,

[The CasePerformance Team](#)