

# CasePerformance

## November Newsletter Part I



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**Here is the news that we'll cover in Part I of this month's newsletter....**

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Hello,

I hope that the month of November 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**

As we enter the homestretch of the 2013, CasePerformance rolls out another great newsletter! This month, in our CP Community Member of the Month interview, Korey Van Wyk shares with us his training background which includes training for ball/speed sports, powerlifting/strongman and his current focus on muscle hypertrophy. Additionally he shares with us some great nutrition and training tips.

Following our interview, we get to our CP Community Member Discussion. This month, Arnav Sarkar shares with us, *Core Training – Before or After Workout?* In it, Arnav explains why he feels core training (abdominals, obliques, back extensors) should be placed at the start of each training session rather than the end!

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

Respectfully,

Sean Casey

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## II. CP Community Member Appreciation "Top 5+1" Contest- \$50 Amazon Gift Card Prize & Nutrition Consults

### The Prize



All finalists will receive nutrition consults. The winner will also receive a \$50 amazon gift card!

### The Contest

Everyone who follows CasePerformance knows that we appreciate our community members. Now we are literally putting our money where our mouths are by giving a \$50 Amazon Gift Card to the individual who wins our sponsored "Top 5+1" Community Member Appreciation Contest.

### **What am I supposed to do?**

Compile a list of your top 5 favorite CP [posts](#) (which can include interviews too) + single favorite [newsletter](#), including a brief description that explains why these selections make your "Top 5 + 1" list.\*

\*Brief Description = A couple of sentences is fine; unless you want to write more.

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## **How do I enter?**

All you need to do to enter the contest is to submit your entry on the [CP Facebook](#) page by December 10th. If you do not have/use facebook, they can be submitted via [email](#) to CP and we'll post it on our Facebook page for you.

## **Who will select the winners?**

On December 15th, CasePerformance will select the 5 entries which we feel have the best combination of insight, impact and wit (yes we like to laugh!). The contributions of the five finalists will be re-posted in poll format on the CP Facebook page on Dec 15th. The individual who receives the most votes for his or her entry by December 25th will win the \$50 Amazon gift card. All finalists will receive a free nutrition consult with me as well.

## **Who is eligible?**

Every Facebook Friend and/or Newsletter Subscriber; in other words, the whole CP Community can participate in the "Top 5 +1" contest!\*

\*NOTE – Only one submission per member

## **Exclusion Criterion**

If you rank Kanye West, Justin Beiber or Miley Cyrus among the top musicians of the past 50 years.

## **Other Notes**

The amount of the Amazon gift card will be the equivalent of \$50 US dollars. It will be converted to the currency of choice (Euros, Rupee, etc.) based off exchange rates on Dec 25th, 2013.

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## **Other Notes (cont.)**

The Amazon gift card will not be purchased till after a winner is announced; it will be done through the Amazon website specific to the winner's respective country to ensure he or she can access it.

Last but certainly not least, this is a true sign of our appreciation. [Read More](#)

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## III. Community Member of the Month...



***Korey Van Wyk – Strutting his stuff with a little strongman training!***

This month's CasePerformance Community member of the month is Korey Van Wyk, a friend of the iron who comes to us from Johnston, Iowa, USA. Like many of us, Korey's interest in this area was born the day he watched Sylvester Stallone, Dolph Lundgren in Rocky IV as well as various Arnold Schwarzenegger films. Besides training for sports during his high school/collegiate days, Korey also has experience in strongman and powerlifting. Additionally he earned a Bachelor degree in Strength and Conditioning, Masters degree in Nutrition and is currently pursuing a PhD. With that being said, let's get to the interview...

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**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 for asking me to do this! It's an honor; hopefully I can provide readers with some interesting and useful thoughts!

**Tell us a little about your background... How did you get involved with resistance training and/or exercise in general? Did you participate in any sports while growing up?**

My desire to get involved with weight lifting developed while I was pretty young in large part due to movies such as Rocky IV and Twins (a much underrated Arnold movie IMO); I knew that someday I wanted to be like Stallone, Lundgren, and Arnold. However, I didn't actually start lifting until high school where I competed in soccer, basketball, track, and baseball. We didn't have an established training program, but I knew that getting stronger was going to help my athletic career. My first training program was set up by my high school track coach. I stayed with this program till my sophomore year, at which point my high school started a football team and our head coach introduced us to the famous “Bigger, Faster, Stronger” program designed by Dr. Greg Shepard. After high school, I played football and rugby in college. I was fortunate as I entered in to a very good strength and conditioning program where I continued to progress.

**When first starting off, what were the biggest mistakes you found yourself making? In other words, what would you advise people NOT to do when first starting a training program?**

To be totally honest, I had a pretty good start to my training career. Luckily, a graduate of my high school was running track at Baylor and I was able to meet with him at the local college several times during the summer after my freshman year [of high school]. He took me through all the lifts until I was mostly able to perform them on my own. Looking back, it was a pretty good program. It was mostly focused on ground based, three dimensional, multi-joint movements and I was routinely doing cleans, jerks, snatches, back squat, military press, etc. I was also lucky enough to have some of the college guys take me under their wing and help me out. I remember the first time I tried to back squat on my own I fell straight on my butt haha. But then some guys came over



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and helped me sit back on my heels without falling over. So again, I really had a great start with training.

As for something I would do differently, I would take more advantage of being a novice trainee with regards to continually adding weight. While I got a good start as far as learning the movements, I really didn't understand progressive overload. I did get stronger and added weight to the bar, but it certainly wasn't at the pace it could have been. I was a year into my training before I really started to focus on adding weight to the bar. This being said, my first piece of advice to those starting off would be to start focusing on adding weight to the bar whenever possible and get stronger ONCE you have good form.

Another thing I learned as a young trainee was the importance of backing off every once in a while. From the time I started training for football late in my sophomore year, I didn't take a single break from training until the spring of my senior year. I lifted hard straight through my sport seasons (which was all but 3 months of the year) and I failed to take any breaks during the transition from sport to sport. This might not have been a huge deal, but we were instructed to essentially max out on two or three big lifts for each training session. So that's what I did for basically 2 years while trying to balance practice and competition. In fact, at one point I was lifting for 1.5 hours in the morning, going to track practice in the afternoon, and lifting again after practice for about an hour! Of course, I just thought I was working hard but I started to see some serious detriment to my performance (especially speed) and motivation. As I said earlier, it's important to focus on getting stronger when starting out. But if you have been training hard for a long time and you start to see decreases in performance, back off for a week or two, recover, and get back after it when you are healed.

**Korey – I think you honestly summed up my high school training career in describing your own. Thankfully we've both wised up since then (at least a little bit!) with more intelligent approaches to achieving our training goals! Are there any particular short and/or long term goals that your training is currently directed at?**

My goals have changed over the years. While participating in athletics, my main training goal was on preparing for those sports. After college, while dabbling in strongman and powerlifting strength was my main goal. Now that I'm not currently competing in anything my training has migrated more towards bodybuilding. In the past year and a

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half or so, I went to using a body-part split for the first time ever and saw some pretty good results in some areas with regards to hypertrophy. I have considered competing in bodybuilding down the road, but for now I'm just focusing on getting bigger and stronger and enjoying my training.

## **What does your typical training week look like?**

Right now I'm training four days per week, each day focuses on a specific movement and any associated muscle groups. Each session usually starts out with a strength focus for the major movement and transitions into a hypertrophy focus for all accessory work. Here's how it lays out:

Day 1- Bench press (or variation), chest accessory, triceps

Day 2- Back squat (or variation), quad accessory

Day 3- Military press, shoulder accessory

Day 4- Deadlift (or variation), posterior chain accessory, back, biceps

**Between lifting for sport play, powerlifting and strongman in the past as well as having more of a bodybuilding focus in the present, I'm sure you have played around with a lot of different lifts. 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?**

That is a good question. I'm a big fan of barbell military press. It's probably the one lift that I don't like having out of my routine for an extended amount of time. Not only because I can tell a difference in have my physique and strength, but I always enjoyed doing it.

**A topic I always get questions about is nutrition and supplements. Have you found any particular nutrition strategies to be particularly effective for you? Ditto for supplements?**

Like many who are interested in nutrition, I've experimented with a lot of different methods of eating and I can't really say any of them have made a drastic difference in my performance, physique, or strength. Things I've tried range from ketogenic, various

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intermittent fasting protocols, strict paleo, and carb cycling to name a few. Honestly, for me it usually comes down to making sure I'm eating adequate amounts of high quality food. Pretty much every meal will contain one or two sources of high quality protein, at least one (usually green) vegetable, and some type of healthy fat. Then depending on the day I will also add fruit and a starchy carb source; typically this will be on training days. Basically it comes down to eating more on training days and a little less on non-training days. This works well for me with regards to recovering from training and staying pretty lean.

As for performance enhancing supplements, there just aren't very many that I've tried and said, "Wow, that definitely made a difference." I'm not a traditional responder to creatine, am not really affected by caffeine or other stimulants, and I've never taken anything that affects what kind of "pump" I get. It's all a bit disappointing haha. I do like to have a protein supplement on hand. Not necessarily because I struggle to get enough protein but sometimes it can be a while before I'm able to get food after training so I like to have something to consume in the meantime, especially if it's been a few hours since my pre-training meal. Protein supplements are also just a convenient and quick source of high quality protein and can be used to make some pretty tasty snacks/meals if you are creative. One supplement that I use off and on that seems to work pretty well is curcumin. If I start to get general aches and pains from training, I will usually take curcumin; it helps get me through a certain phase without as much pain. For general health, I usually take fish oil and vitamin D on a daily basis.

**As mentioned in the intro, you fall in the "Warrior Nerd" category of CP community members. Can you share with us your academic background and areas of research that you find most fascinating?**

I graduated from Central College (Pella, IA) in 2010 with a degree in strength and conditioning. During my time there I was a student intern for the strength staff starting my sophomore year. By the time I was a senior, the college had created a strength and conditioning major, and the internship became a required part of the major in addition to coursework. When I started, we had about 5 interns, a volunteer assistant, and one full time paid coach. By the time I left there were over 30 student interns and two full-time paid coaches. So needless to say, the program grew quite a bit. As an intern, there were academic requirements for each of your three years consisting of book reviews, article reviews, video reviews, papers, as well as movement demonstration and

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teaching. Each week, we were required to meet with a mentor (head coach, assistant coach, or older intern) to go over assignments and eventually program design. All of this culminated in your senior year where you were in charge of your own team. As an intern I had the opportunity to work with wrestling, softball, track, baseball, football, and my own team was men's soccer.

As my knowledge of strength and conditioning grew, my specific interest in nutrition also grew. This led me to pursue a master's degree; I graduated from the University of Nebraska-Lincoln with a degree in nutrition and exercise in 2012. During my time there I served as an intern on the Husker sports nutrition staff as well as a teaching assistant for the nutrition department. Currently, I'm a second year PhD student in nutrition science at Iowa State University. My main research area is the impact of whole egg consumption on type 2 diabetes.

With regards to sports nutrition research I've always been fascinated with nutrient timing, specifically before and during training. Are there specific nutrients that we can consume before or during our sessions that can not only enhance recovery, but also increase performance in the current session? While there are tons of pre-workout products and increasing numbers of intra-workout products, the actual research in this area with regard to actual training outcomes is pretty limited and it would be fun to explore it more in the future.

**Interesting background there Korey... You mentioned that you're currently examining the impact of whole egg consumption on type II diabetes as part of your PhD research. Could you briefly elaborate on this a bit more?**

Sure. There are a couple main angles to our egg project, but they both center around the nutrients that can be found in the yolk. One aspect actually focuses on a secondary complication of type 2 diabetes which is cardiovascular disease. Those who suffer from type 2 diabetes have elevated risk factors for heart disease such as elevated homocysteine levels. Egg yolks are a very rich source of choline which can lower homocysteine levels (along with its oxidation product, betaine) by converting it to methionine. Yolks are also good sources of vitamins B12 and B6 that are important parts of other pathways that work to lower homocysteine.

The other angle stems from the fact that egg yolks are one of the few whole-food sources of vitamin D. Type 2 diabetics exhibit hyper-secretion of vitamin D via the urine because of problems with vitamin D binding protein and struggle to retain it due to

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malfunctions in the vitamin D transporter in the kidney. If we can attenuate the vitamin D loss, then we can potentially prevent any complications as a result of low blood vitamin D (i.e. bone health, immunity, cancer prevention, etc.).

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

I would just say that on your journey of training and nutrition, consistency is extremely important. Most of us will go through times when motivation is lacking or life just catches up to us and it can be hard to focus on training and nutrition. I think at those times it's important to kind of “grab your lunch pail” and get your work in. You don't have to go in there and have the session of your life every time, but making sure you go in and get some basic movements in for the day. I feel this can make a big difference over the long haul with regards to strength and physique.

Nutrition is a bit harder, but I would say the same thing. We all have times where we don't feel like going through food prep or eating the highest quality food all the time. Unless you have a very specific goal, it's OK not to be completely and totally dialed in ALL the time. But managing to stick with even the simplest of dietary principles during these less focused times will help to make sure you don't slide too far off the track, putting you in better position for reaching your long term physique/performance goals.

**Great advice there! Once again I want to thank you for joining us here today. Keep up the great work!**

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## III. Community Member Performance Discussion

In this month's Community Member Performance Discussion, I have the pleasure of sharing with you the thoughts of community member, Arnav Sarkar, who comes to us from Calcutta, India. For those who aren't new to CasePerformance, Arnav's name should be well recognized as he's contributed a few [excellent pieces](#). In this particular community discussion, Arnav shares with us his thoughts on how he likes to incorporate core training into his workouts ....

### Core Training – When Should You Do It?

**By Arnav Sarkar**

Does the thought of training your core after an hour of lifting excite you? Do you really look forward to all the rotations, hanging leg raises, birddogs, etc, after you have lifted tons and tons of weight? For most people, the likely answer to this question is NO! Although you know that training your core is important, after completing a hard session of squats, deadlifts, etc. as well as challenging assistance work, getting excited for the rotational and other core work can be tough. What should one do? The answer to this question is rather obvious - do it at the beginning of your workout!

I know what you're thinking, and NO you should not worry that the core work will cause such great fatigue that you will be unable to hit your target weights for the main lifts of your workouts. Another benefit I've found, along with having greater motivation at the start of the workout, is that incorporating 5-7 minutes of core work into my warm-up improves my physical readiness for the main exercises of the session. Additionally it allows me to mentally prepare myself; this is the time to start removing all the thoughts about the things that you cannot control and start looking forward to the things that you can control, i.e. the workout to follow.

Of course, in stating my opinion that the core work should be done at the start of the workout, I am assuming that it does not equate to doing the famed “500 crunches” workout!!! Hopefully, you are doing more serious core strengthening work in the moderate to low reps range. If you can do 500 reps, then you are not going hard. The core muscles also need some challenging weights to get stronger. And if you're doing

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500 crunches just to be able to see your abs, let's get real, seeing your abs depends more on your diet than the number of crunches you do during the day. In other words, spending 30 minutes training your core before a 400 lb (181 kg) squat is a silly idea. 5-10 minutes of core work should be good enough to get the job done. To give you an idea, here are two sample programs that you can follow:

## Core workout 1:

Kettlebell windmill- 2-3 sets of 5 reps each side  
Mountain climbers- 2x 30-60 seconds

## Core workout 2:

Hanging leg raises- 2-3 sets of 10-15 reps  
Kettlebell/medicine ball Russian twists- 2-3 sets of 10-15 reps each side

As you can see that I have included exercises that work a lot more than just the abs. Exercises like the kettlebell windmill develop great flexibility, mobility, and shoulder stability besides working the core. And exercises like the hanging leg raises, get your forearms, shoulders and back ready for the heavier work to follow. As you can see, your core workout does not need to be boring and a pure formality at the end of your workout. You can make it far more interesting and use it your advantage by doing it first!

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Thanks for taking the time to share your thoughts there Arnav. I agree with you on the importance of core training at the start of your work. Up through my 2<sup>nd</sup> year of college (~ 20 years old), I always did my core training at the end of my workout simply because I was paranoid that it would create excessive fatigue, limiting my performance on the lifts that followed. However, I then came across some articles that Ian King wrote in regards to the benefits of training one's core at the start vs. end of the workout. Although I was hesitant at first, I found that I greatly benefited by making this change. The core routine I use personally as well as with those I work with varies, but shown on page 15 is the general setup I use (using a 4 day training split):

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## Day 1 – Lateral Emphasis

- Side Pillar Variation
- Russian Twist Variation
- Side Crunches

## Day 2 – Integrated Emphasis

- Cable Chop Variation
- Cable Lift Variation

## Day 3 – Linear Emphasis

- Toes to Sky Variation
- Draw in crunch/curl-up
- Quadriped Birddog Variation

## Day 4 – Integrated emphasis

- Cable Lift Variation
- Cable Chop Variation

In terms of reps/sets, I usually don't exceed > 2 sets and reps usually fall in the 8-15 rep range or 45-65 seconds range (depending on exercise). Referring to Ian King's tempo designations, I usually go with a 313 +/- 1-2 second tempo on the exercises (313 = First "3" = seconds eccentric, "1" = pause, Second "3" = 3 seconds concentric).



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## IV. Meets/Events

Here are a couple events that have been shared to me by members of the CasePerformance community.

### **Strength Sport Events**

#### **Kolkata Kettlebell Meet 2014**

What: This one day event will include one arm short cycle (press/push press/jerk), one arm long cycle (clean and press/push press/jerk) and one arm snatch competitions for both men and women.

Where: Endorphins Studio at the Kolkata Rowing Club, Kolkata, India

When: Jan 11, 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.

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That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsetter where we share news of note at the CasePerformance Website and in the CP Performance Discussion, Phil Stevens examine the sumo squat!

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

Respectfully,

[The CasePerformance Team](#)