

CasePerformance

November Newsletter

Part I



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Hello,

I hope that the month of November 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

In Part I of the November newsletter, we kick things off with our CP Community Member of the Month interview with Ole Stougaard, physical preparation coach and former Danish national team triathlon member. Topics touched upon include his background, training/nutrition strategies, and highs/lows of representing Denmark on the World Stage.

Following our interview, we get to our CP Community Member Discussion where personal trainer, sports nutritionist & fitness model Orit Tsaitlin shares with us *IIFM-ood... To Achieve Your Weight Loss Goals*. In it, Orit discusses the mental outlook needed to achieve one's weight loss goals.

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...

This month's CasePerformance Community member of the month is Ole Stougaard, physical preparation coach & former Danish nation triathlon team member. His name may ring a bell for some individuals. In CP's 2014 Aug-Sept Newsletter, Ole wrote an excellent article, [Resistance Training for Endurance Athletes](#), where he shared with us his approach to helping this group of athletes reach their maximal potential. Luckily for us, Ole has agreed to share a little more of his time with us at CasePerformance...



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

First off, I want to thank you for taking the time out of your schedule to join us here today. We are honored with your presence. Curious, what first stoked your interest in endurance training? How did it progress to the point where it is today, competing in ultra-marathons?

Originally I competed in sailing. However, when I was 13 years old, during the winter offseason (from sailing) I started up with circuit training as well as took part in some small local running races. I won my age group in all these races and when spring came around I was more motivated to run than sail.

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As a runner I was in the top 10 among runners at my age but then I got injured. At that point I was 15 years old. Doing this time I took up cycling and since I had been swimming earlier I got into triathlon. Again, I won my first triathlon race and was then contacted by two triathlon clubs who wanted me to join their club.

A few weeks after that I took part in the national duathlon championships where I raced with the best seniors and ended up winning the junior title. The day after this race the national team coach called me on the phone and selected me for the national triathlon team and from this date forward I was an elite level triathlete for almost 15 years

After ending my triathlon career I did one 6h race running 80.5 km. Again I was selected to the national ultra-team, but mentally I was not ready to continue with elite endurance training and racing so I decided to stop here

As an endurance athlete, what achievement/experience are you most proud of to date?



The achievement I am most proud of is winning the world's hardest Ironman distance race – Norseman (<http://www.nxtri.com/>) in 2006.

I am also very proud of having representing the Danish long distance national triathlon team from 2002 until 2006 where I ended my triathlon career.

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Can you share with us the "highs" and "lows" of representing Denmark on the World Stage as a member of the Danish National Team?

There are several highs being part of the team that won European gold in 2004 and WC silver in 2005. Triathlon is a very individual sport where you focus on your own race and result. However when racing a European or World Championship there has always been a team competition as well where the three best athletes from each country was counted as a team.

I was never the best Danish triathlete – Denmark has had very good international level triathletes winning several European and World championships. Normally I was the third best athlete from Denmark so for me racing the best I could to improve the team results was always a very motivation factor

I don't have specific lows other than a few times I did bonk and had to walk the final part of the run to the finish line 😊

Are there any short and/or long term goals that you personally have with respect to endurance sports?

No, not anymore. Actually I switched to strength training 3 years ago and today I can hardly run 5k 😊 On the other hand lately I reached a few big strength goals. I did a 230 kg deadlift and a 200 kg back squat with a bodyweight around 76-78 kg.

My new goal is not to have any goals for a while!

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From triathlons & ultra-events to hardcore strength training -That’s almost 180° change! What led you to the barbell and what was this transition like?

Well I have been either swimming, cycling or running almost every day since I was 13 years old so I guess I just got enough of endurance training and I needed a change to keep my motivation.

As a coach, I have always thought that endurance athletes could benefit from the right kind of strength training (as mentioned in my [article](#) I did a lot of classic mistakes myself as an athlete).

So in order to gather knowledge and experience I started reading as much as I could about strength training. I also wanted to apply what I read so I took up strength training myself so that I could be my own case study.



My goal were from day one: 1) to see how strong I could be in the classic lifts like deadlift, squat, press and bench and 2) to define a concept/method that would work for endurance athletes to become as strong as possible without gaining weight

And I think I nailed both quite good. With a body weight around 78 kg I recently managed a 230 kg deadlift and a 200 kg squat which I think is OK

lift knowing I have always been an endurance athletes with mostly slow twitch muscle fibers.

I also have success with my athletes gaining both a lot of strength and decreasing shoulder problems using [my method](#) which, in the end, had led to improved athletic performance.

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Zeroing in a little bit more specifically to your training and nutrition strategies...

[**Editor’s Note** – Since Ole already described how he incorporates resistance training into his physical preparation plan, we will not be discussing it any further. If you’re curious on this, I strongly encourage you to read his article, [Resistance Training for Endurance Athletes](#)]

What does training look like in anticipation of your ultra-races?

My general philosophy is that for endurance sport you have to do a lot of aerobic training. But since there is a wide zone from low to high I plan both long moderate intensity sessions as well as short high (aerobic) intensity sessions each week.

Instead of periodization I use training cycles of around 3-5 weeks followed by an easy week and typically some sort of field test (ex 20 minute test on the bike or 3k run test) to see if my athletes are progressing. Then I add some more training load and repeat more or less the same cycle.

For ultra-running I either add a very long run from time to time or a training block of 3-5 days where the athlete run a lot of kilometers during these few days.

For triathlon I add specific half ironman or ironman specific sessions during the final 8-12 weeks prior to a race. Here are some generalized examples...

Ultra

Mon: off

Tue: Intervals, like 5x1000m at 5k to 10k race pace

Wed: easy run + strength

Thu: Long tempo intervals or tempo sessions around 10k to half marathon race pace

Fri: easy run + strength

Sat either a long endurance run or very short intervals of 200m to 400m

Sun: long endurance run

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Triathlon

Mon: swim

Tue: am: hard bike session, pm: hard run session

Wed: swim + strength

Thu: Brick session and maybe a swim session

Fri: off

Sat long bike session

Sun: long endurance run + strength or swim

With your training load, how do you go about fueling yourself for success?

As a starting point (on off days) I am advocating a higher fat, moderate carb diet. I recommend an intake of protein of around 2.0 g per kg BW and a fat intake around 0.6-1.2 g per kg BW. From here I add carbs and/or fat to reach both the need of carbs and calories of the day.

I do carb cycling during a normal training week according to the intensity of the sessions... on high intensity days athletes eat more carbs and on off-day they eat less carbs.

"... In short, I basically adjust the diet according to the training and the specific goals."

During training days, where there are still calories left after adding the needed carbs, my athletes add more fat. If the athletes has specific workouts or periods where the goal is to increase fat oxidation during exercise we aim for a lower carb higher fat diet. In short, I basically adjust the diet according to the training and the specific goals.

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Are there any particular supplements that you recommend for yourself or the athletes you train?

For endurance athletes I recommend isomaltulose as a carb fuel since the type of carb is released slowly. I only add fast acting carbs for high intensity workouts

I also recommend some kind of recovery product with protein and carbs after training sessions

Any particular pre-, intra-, post workout nutrition/hydration strategies that you’ve found to be effective?

Besides isomaltulose I have very good experience with either supplementing with BCAAs or even better yet casein hydrolysate. It seems to speed up the recovery process after workouts

Other than that I always recommend fish oil.

On a “fueling note”, do you have any easy to prepare meals/recipes that you can share with the CasePerformance Community?

Well not really. It is up to my athletes to decide what to eat based on what they like.

The meal-template I recommend is always to have some high quality protein, “good” fats and lot of greens with every main meal.

Carbs like oatmeal, rice, potatoes, bread, etc. will be added according to the specific carbs needs and what the athlete can tolerate. I do not define carbs as either good or bad. My athletes can choose the carbs they want as long as not all their carbs comes from soft drinks and candy!

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Outside of nutrition, is there anything else you do to help your body recover from the training you put in?

Not really. Always be sure to get around 8h of sleep. Eat a lot of greens and get a good massage from time to time.

Any final thoughts and/or advice that you want to share with the CasePerformance community?

As an endurance athlete be careful not to train too much. I see a lot of over trained endurance athletes. It take at least 5-8 years to reach a training week of 20 hours of triathlon training or 180 km of running and still I see athletes training that much during their first year.

On behalf of the CasePerformance community, I would like to thank you for joining us here today. I realize it takes time to answer these questions and we appreciate your presence. Keep up the great work! And for those looking to contact you, where can you be found?

I can be contacted either through my website, [Multitesta](#), or on the [Multitesta Facebook page](#).

[Editor’s Note – These sights are in Danish. That said I still encourage you to check them out. I regularly jump on them and use Google Chrome as my web browser ... It allows one to instantly translate any content to his/her language of choice.]

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III. Community Member Performance Discussion

Looking to get a jump start on your New Year resolution goals and start your weight loss plan sooner vs. later? If so, you better make sure you're in the right frame of mind. Just as with any other physical goal, the mental aspect is as important if not more important than any other variable in the equation. With that being said, let's turn our focus to Orit Tsaitlin's article on the topic...

IIFYM-ood To Achieve Your Weight Loss Goals

By: Orit Tsaitlin



“You have this look in your eyes when you want something, but only when you want something meaningful. Not clothes or makeup but rather something that is bigger than you. When I see that fire in your eyes, I step aside making room for your flame.”

- My husband, Sergei

What do most of us want in life? For many, the answer to this question involves living in peace, falling in love, acquiring an education, establishing a business, improving body composition and having great health. All over the world individuals have goals such as

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these, and although each one is different from the other, the way to reach them is very similar.

Like many individuals, no matter what the goal is that I seek, achieving it starts with the phrase: “*I want...*”. Right after that my husband sees the fire and steps aside because he knows what is coming next.

My starting point isn't better than anyone else's. I'm not “richer”, better, fitter or more successful than any other person on this planet. However, where I may differ from others is that I'm very determined and take responsibility for my failures and achievements. That is my secret to reach the second point – *Determination*.

From Wishing to Action

Words such as “*Be kind*”, “*Read affirmations every morning*”, “*love yourself*” are great life coaching tools; Yet, there is a time when you need actions, not words; not sympathy from others, but rather the motivation to take your future in your own hands. Yes, if you want to lose weight, you need to just do it and give it your all.

“But Nothing Happened”



So you did it once or twice and, surprise (!), nothing happened: You ate healthy and the scale didn't move. You went to the gym daily for 2 weeks, 1-2 hours per day and the belly is still there and the beautiful glutes you desired are nowhere to be found. You say, *I wanted and I did it, didn't I?* No!! The ones who are truly doing, are doing it from the depth of their soul, every day and the next day. They are not getting depressed from the numbers; rather, they are too busy moving forward and figuring out how to get better. Failure is not an option.

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How do I do it? Which approach is better?

It is funny to think how many nutritional methods there are if the goal is to lose fat. It almost seems as if every day someone wakes up and decides: ‘*I’m going to sell a shortcut for the one thing that people struggle the most with...*’. Sadly enough, there are always new candidates to shop for the newest gimmick.....

Most of you already heard the approach to dieting ‘*IIFYM*’, meaning that you can include every food in your diet as long as it fits your macros (i.e. – protein, fat and carbs). By including ice cream or a candy in your nutrition you won’t feel deprived from your craving and eating on a caloric deficit will be much easier. This often leads to one asking “*What macros should I follow to lose weight?*” However, is the reason people fail their diets a result of which macros they’re following?

No, the macros are not the problem. Eating in calorie deficit is. In my personal and professional experience our eating habits are mostly in line with our mood; when we are happy we stick to the diet; when we’re sad we don’t, and it’s in this latter instance (i.e. - sad) when one usually eats beyond their calorie needs. For this reason, we need to focus on our mood, habits and lifestyle. Our body is not the enemy but our partner; whatever situation life throws at you, it’s important that you do not treat yourself as a victim and food as your solution. This more holistic approach to weight loss involves making improvements in ourselves, to reach our best in life.

So IF you...



If you want to be the victim and blame your genetics - go ahead. But the other 50% to blame is on you.

If you lack patience, persistence and want to quit every second because it is hard, you don’t know what hard is.

If your motivation to truly go after your goals is only once a week, my advice is don’t even start.

If you ask yourself when will it becomes easier, the answer is... Never. When you reach something you will get addicted and will want something greater.

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Am I always determined? Motivated? Without cravings to something good? Maybe only until 20:00 pm. After that you can find me lying like a dormant on my little black sofa with one hand throwing a ball to my German shepherd, the other hand working on computer and with my eyes looking at my partner. The flame is tired - because she gave it all to reach her goals, but she will rise again tomorrow no matter what as we are the ones who hold the matches.



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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...

2015 Strength Guild Qualifier Powerlifting, Weightlifting & Super Total Meet

What: A one day event for weightlifters and powerlifters

Where: Topeka, KS, USA

When: Feb 7th, 2015

Prize money: A cash prize dependent on total number of lifters.

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, *Prebiotics, Probiotics & My Approach to Optimizing the Gut Microbiome*. Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)