

# CasePerformance

April Newsletter

Part II



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“For Sport, For Life”

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Hello,

Glad to see that you're tuning into Part II of our newsletter! I hope you enjoyed [Part I](#) which featured an interview with resistance training enthusiast, Jude Howe, who shared with us his training background, kettlebell techniques, as well as how he integrates KB's into a standard barbell based program. Following the interview, ultramarathon extraordinaire Zach Bitter shared with us, *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.

In Part II of our newsletter, we take a quick peek at some article news here at CasePerformance. We then shift gears and towards the SuppVersity Corner Report before closing with our CP Performance Discussion, *Machetes & Ultramarathons*. I'm confident you'll enjoy it!

Respectfully,

Sean Casey

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## II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we **DO NOT** litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

### Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

### The Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[\*\*CLICK HERE\*\*](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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## III. Article News at CasePerformance

One new article was added to CasePerformance during the month of March...

[Supplement Trolling with Anthony Roberts](#)



In this interview with the expert, we have the privilege of talking with Anthony Roberts. After briefly touching on his background we zero in on the topic of the day, patent trolling in the supplement industry. Anthony discusses what it is, the main trolls – Ron Kramer (Thermolife) & Newport Trial Group, how it affects the industry & the consumer as well as what YOU can do to help get rid of the act.

Top Read Article in April here at CasePerformance...

[24 and 30 Day Challenges ... What to Make of Them?](#)



Originally written in 2013 as part of our “New Year Resolution Series” ...

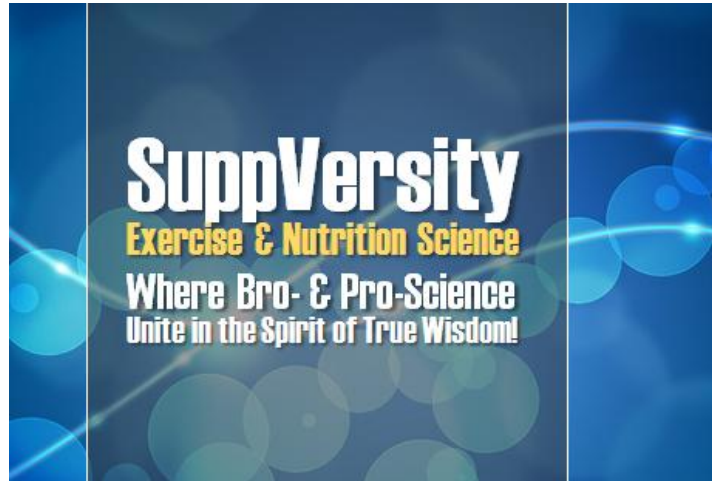
As of late, dietary supplement challenges, such as the Advocare's 24 Day Challenge™ and Isagenix's 30 Day Cleanse, are quite the rage during the first quarter of the New Year as individuals look to follow through on their New Year's resolution or prepare for the spring break/summer beach season. Although I like the idea of challenges, which in my mind is simply a fancy way of saying "goal setting", there are certain things that rub me the wrong way about them. The most prevalent issues worth considering include short duration (24-30 days), in most cases the inability to truly evaluate results (challenge vs. simply not eating garbage), the unexpected and cost that it takes to follow some of them. These ideas and more are discussed in the final part of our New Year Resolution Series.

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## IV. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. In case you missed any of them...

(Unrelated note - Nice job Adel on finally getting a new logo. Looks waayyyy better than the old one!)

### Week of March 30th – April 6<sup>th</sup>

[When Whey & Casein Unite in the Spirit of True Physique Improvements, BCAAs & Glutamine Better Shut the F\\*\\*\\* Up](#)

#### CP Quick Thoughts

Ah yes - the great supplement claim of “*Our powder is now supercharged with added BCAA’s and Glutamine to fuel recovery and growth...*” I’m sure I’m not the only one who has seen this slapped on the label of some random post workout/meal replacement. This article does a nice job summing up why you should stick with your ‘wimpy’ non BCAA spiked whey shake.

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Week of April 7-13<sup>th</sup>

We had a three way tie this week ...

1. [Resistance Training Cause Fat Accumulation in the Muscle - A Reason to Stay Away From Weights? Quite The Contrary!](#)

## CP Quick Thoughts

Nice article discussing the benefit of having greater fat accumulation within a muscle next to the mitochondria. Adel also discusses what he'd like to refer to as the "proximity hypothesis"...

*"The basic idea behind is eventually similar to the notion of "localized fat loss", yet on the micro- not the macro-scale. In other words, instead of "do sit-ups to burn abdominal fat" the no-bro-science-variety of the "proximity hypothesis" says: "Train your legs to empty the huge intra-muscular fat stores and have them refilled from the abdominal fat."*

2. [Wake-Up Light as Natural Ergogenic: Dawn Simulation Increases Early Morning Physical & Cognitive Performance](#)

## CP Quick Thoughts

Sleep, as it relates to following our "ancestral clock", is something I often abuse. I usually have no problem getting enough sleep, However, rather than crashing between 7-10pm (or whenever the sun goes down), I have a tendency to burn the candle into the wee hours of the morning (12- 1am or later). I'm not for sure to/if what degree "shifting" the natural sleep hours affects me as I usually don't notice an acute effect. That said, after each one of Adel's articles on topics or prodding from others, I'll make attempts to correct this pattern. I tend to get tripped up here/there though.... I guess I'm what you'd call a "yo-yo sleeper"; which I guess is better than a yo-yo dieter ;-). Anyhow...

On an "ancestral sleep note" this was a rather interesting article, examining how waking up with the assistance of light improved cognitive function, reaction time and tended to increase 4k time trial running performance. As a side note, there are some excellent articles related on sleep and the circadian rhythm also embedded within this article.

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## 3. [Alternate Day Fasting: Well-Researched, Proven to Be Effective. So Why Don't You Use It? Plus: Simple Alternate Day Fasting Blueprints to Get You Beach Ready in 2014](#)

### CP Quick (or rather long!) Thoughts

The 3rd and final "SV Article of the Week" dealt with the topic of alternate day fasting.

Shortly after this article was posted I got in a conversation with someone about using it with an obese individual. Here was my response...

Based off personal experience when you have someone who hasn't been eating properly since who knows when, the key thing is to simply get them to eat a whole food based healthy diet in a somewhat structured pattern and assist them in establishing an exercise routine. This alone will have significant effects.... Add in your typical 12 hour daily fast and then, if so desired, 1-2 days/week stretch it out to a 16 hour fast.

Generally speaking, I feel that putting an obese individual who has been eating crappy prior to on an intense fasting protocol is like having a newbie start training and right away using chains, drop sets and other advanced lifting techniques. Can it work? Yes. Is it necessarily needed? No. I've just found that many people who are used to eating absolutely horrid have a lot have trouble switching to a fasting protocol. They initially see results but have trouble adhering, fall off and continue on their yo-yo diet journey.

I feel that many individuals forget that what has worked in the past (when properly implemented) can be just as effective in the present.... Healthy eating + exercise. It's kind of like when HIIT became the rage and all of a sudden people forgot about how simple steady state cardio can be beneficial for weight loss.

I fully admit, I don't work with a 100's of inactive obese individuals; of the ones I have though, just implementing these basic changes, in the absence of intense fasting protocols has done very well... i.e. - Exercise + healthy eating.



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**Week of April 14-20<sup>th</sup>**

[Study Says: Wheat Belly is All in Australians' Head. And in Fact, the Peer-Reviewed Scientific Evidence for Non-Celiac Gluten-Sensitivity is Scarce, But Probably Not Non-Existent](#)

CP Quick Thoughts

It's been a while since I highlighted anything paleo related so figured this would be a nice one to shine the spotlight on. Regardless of what your thoughts are with respect to paleo or other elimination based diets goes back to what I mentioned in a previous CP article...

*"A final point that I'd like to make is that it is false to assume that the results you experience when removing/introducing foods into your diet will be identical with that of someone else. Just as everyone responds differently to a training program, individuals will respond differently to the same dietary program."*

- [Don't Demonize but Analyze to Find the Perfect Diet for YOU!](#)

**Week of April 21<sup>st</sup> - 27<sup>th</sup>**

[True or False: High Volume + Nutrient + Low Energy Foods Keep You Lean. Bonus-Question: Will a High Volume Make Your Stomach Go Baggy & Mess Up Your Satiety Response?](#)

CP Quick Thoughts

Fascinating look at our current knowledge with respect to how high volume, low kcal foods (think non starchy vegetables, etc.) affect hunger.

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## VI. CP Performance Discussion

This month's Performance Discussion comes to us from [CasePerformance running coach](#), Justin Andrews, who shares with us his prep and performance Translantau 50-km which took place on the rugged terrain of Lantau Island, Hong Kong.

## Machetes & Ultramarathons

By Justin Andrews



*Justin Andrews – coming through the finish line following a 50k jaunt on Lantau Island, Hong Kong*

A 5km, half-marathon full marathon, 50km, 50 miles, 100 miles, 24 hours... Regardless of the type of race, there are always some competitors on the starting line who are running it for the first time. I can clearly remember my first 10-mile road race, half marathon, and marathon. Those debuts stand out because with each increasingly longer distance, a greater level of training was required.

For events that last more than a couple hours, there's always a sense of trepidation and a healthy dose of fear not knowing how the miles will unfold. We runners face injuries,

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dehydration, muscle cramps, GI issues, unpredictable weather, and the mental challenges of questioning one’s level of preparedness. These and several other factors all play into how a race unfolds and even more so for an ultra marathon, which is anything longer than the standard marathon distance of 42.195 km.

My current ambition is yet to be competitive on a regional scale. With that being said, I want to share with you my training cycle leading up to my 50-km race debut where I placed 8<sup>th</sup> at the this year’s Translantau 50-km on Lantau Island, Hong Kong...

My desire to race a 50-km was borne six years ago while living in Kansas City. This goal was temporarily put on hold, though, due to life and other racing pursuits. However, this past December my interest was rekindled when a friend told me about the Hong Kong race. I decided to scrap my spring road marathon plans and signed up; it was finally time to see what an ultra marathon race was all about. Furthermore, I figured that there was no better place to do it than the thickly vegetated mountains that rise above even the towering skyscrapers of Hong Kong, beckoning trail runners to leave the concrete jungle and explore the natural one on feet and hands.

By the time I’d registered for the race in mid-December, 2013, it had been 8 months since my last big race, the 2013 Boston Marathon, where I finished with a time of 2:40:13 (I discussed this race in [Part I of the 2013 April CP Newsletter](#)). Since then, my running consisted of easy 2-3 mile runs. However, the 12-week lead-up to this 50-km coincided well with my winter break off school (I’m currently studying Chinese in SW China), which afforded me the free time to quickly ramp up my training volume, albeit wisely. 45-50 mile weeks gave way to a two-week vacation full of trail and mountain running at 7000-9000’. With 8 weeks still to go before the race, I was hitting 60 miles/week and alternating long runs of 15-17 miles with 40-50 mile bike rides.



I am no stranger to moderately high volume, as I’ve consistently hit 70-85 miles/week in college (albeit 2005/2006!) and up to 95 miles/week in previous marathon training cycles. As I couldn’t quite attain that mileage given my near non-existent base prior to race registration, I made up for it by including urban stair climbing and trail running sessions on China’s paved park trails. In one session I ascended and descended a 19-floor apartment building 7 times over 30 minutes and another session had me ascend and descend a 34-story building 6 times in 45 minutes. I knew the 50-km race

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had stairs aplenty, so the more the better I reasoned. The weekend long sessions included a few 2-3 hour runs on variable terrain, but mostly on paved mountain trails.

The big barrier in my training occurred 6 weeks before the race as I was trail running in Hong Kong. I was there to scope out the racecourse and visit friends over Chinese New Year. An unseen sawed-off tree stump was in the middle of trail, and I kicked it extremely hard with my forefoot/toes right before my foot was to hit the ground. It stopped me mid-stride and I knew some damage was done. The pain was excruciating, but I didn't think it was broken as I managed to hobble 2 miles back to the parking lot.



The next week consisted of NO exercise, lots of ice and NSAID's, and a podiatrist visit. She didn't see any reason to X-Ray it, and said I could resume exercise as pain allowed. Thus, I ended up taking a week off and biked the first day back. Then, you could say I didn't waste any time getting back into training. The first week back I hit 65 and then 71 miles the subsequent week. However, it was also after that aforementioned second stair session 3 days after an 18-mile long run that pain revisited my second toe at the metatarsophalangeal (MTP) joint. I had just gotten in two solid weeks of training, and now it appeared my effort was for naught. It didn't hurt so bad as to prevent my training, but even now, six weeks after the actual race, it still is sore. (I've finally begun to rehab and strength in earnest while not running at all. Thankfully I have my trusty bike to help maintain my fitness!)

Two and half weeks before the race the pain in my toe started up again; this coincided with the start of my taper, though admittedly my mileage was never so high that a big taper was warranted. Then again, I didn't want to come into the race tired! Looking back at my log, I ran only 25 and 43 miles the two full weeks before the race and 20 miles the week of the race. As soon as my toe started hurting again, I biked, hiked and took a day off, so that 25-mile week coming off the 71-mile week was quite a change, but I believe was the right choice to not further aggravate my toe. I preserved my fitness even with this minimal training and came into the race feeling confident that I made the best decisions with what happened.

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Race day unfolded like I thought it might—the front pack was whittled thin just 400m into the race. I assessed who was up front (though I knew no one), asked who’s run the course before (no one up front), and then I ran with the leader as we ascended the first big climb.

*“Cramps hit far too early at about 10 miles in, right before the biggest climb of 2500’ vertical over 4 miles.”*

I can say that in the end I started out too fast because that same guy who I followed up the first ascent went on to win by 35 minutes and beat me by 68 minutes. He’s an accomplished (vegan) ultra-runner who’s won about 2/3’s of the ultras that he’s entered. So when he left me in his dust a mile into the first climb long before I knew of his credentials, I did what I could to keep my energy expenditures in check and get fluids and carbs into my body. Cramps hit far too early at about 10 miles in, right before the biggest climb of 2500’ vertical over 4 miles. I backed off the pace and was able to minimize the carnage that the trail was inflicting on my legs such that even at miles 28-31, I was able to run sub-6:30/mile pace, pass several runners in the last 5 km, and secure 8<sup>th</sup> place overall in my debut.

Throughout the race I consumed about 5 GU-gels, a banana, a can of Coke and a gallon of water with electrolytes. I’ll be back for more races at this distance, but that course was extremely challenging, quite technical and full of stairs. It’s like Dorothy says in the movie, “We’re not in Kansas anymore!” Though, having lived in Kansas City for 6 years, I can say that the trails there offer some great challenges as well.



Now after reading the title of this article, “Machetes & Ultra-marathons”, I’m sure you’re probably wondering what the heck machetes has to do with this running excursion of mine. Well, the machetes part is a bit of an inside joke between Sean and I. While Hong Kong is in a peaceful state, a simple race report passed from my brother to Sean’s

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brother turned into a war-survival tale where I was running through bamboo thickets on single-track trail (which I did), and needed a machete to clear any brush in the path as well as protect myself from any wild animals on the mountainside. The 50-km race wasn't enough in itself; the race director wanted to test our mental fortitude as well, so we were all required to carry machetes and do some orienteering and trail finding along the way! This type of embellishment is only natural, I feel, to really get the emotional and physical challenge of an off-road ultra across to the average person!

*“For the essence of distance running is simply putting one foot in front of the other and pressing on toward the finish line.”*

In closing, there's a large amount of people who have the marathon or an ultra marathon on their bucket list, and once they reach that finish line, they are as happy as a child in a candy store. Post-race, they may return to shorter, more manageable race distances or even hang up the shoes altogether. However, I'm not one of these individuals. The more miles I've put on my legs, the more years I've run through summer's heat and winter's blizzards, and the more races that I've participated in, there's a constant beckoning to *go further*. For the essence of distance running is simply putting one foot in front of the other and pressing on toward the finish line (or whatever destination you have)! So whether you race in your home state, Kansas, or Hong Kong, I encourage you to put that next-longest race on the calendar and make your debut!

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)