



*Fred Nicklaus'*

# Combat Endurance Training

Health and Fitness Newsletter

## This Month's Experts

“The Major” – Creator of CET

Fred Nicklaus

Tim Kauppinen

Jill Fleming, MS, RD

Ed Baran

Dr. Ray Martinez

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- Story from **The Major**
- Hill Sprint Interval Training
- New Year's Resolution or Results?
- Better Flexibility & Core Strength at the same time.

## Welcome to the World of Combat Endurance Training

Congratulations! You've made a wonderful decision to incorporate **Combat Endurance Training** into your health and fitness life style. Whether you're a person who already exercises or you're a person who has just made a decision to get healthy and fit, **Combat Endurance Training** will provide you with a physical, mental, and emotional base that will give you strength and energy to accomplish your goals and dreams.

Many of you already know my story of finding Combat Endurance Training after my total hip replacement surgery. I was moving slow and feeling a bit sorry for myself. Combat Endurance Training brought back an energy and realization that even though I might not be able to do some of the things I had done in the past, I would still be able to continue with a challenging exercise routine that would allow me to do my best and stay healthy and full of energy.

All of you have your own reasons for beginning your training. Those reasons may vary from wanting more energy, wanting to sleep better, wanting to slow the aging process, wanting to feel stronger, wanting to lose weight, or any other reason that's important to you. What you will find is that **Combat Endurance Training** can fill all of your needs and even give you some other results that you never imagined. Here's some

very important reasons for beginning your Combat Endurance Training

- The center of your body (the core), the power source, the area from your upper thighs to your lower back, will gain in strength and endurance. This will allow your entire body to function more efficiently and can even reduce pain and fatigue in other areas of your body.
- **Your overall strength will improve especially in your upper body due to the many push-ups and planking exercises that you will do. This is a very important benefit for all adults but even more so specifically for women. Being stronger is a good thing!**
- You'll see a marked difference in your endurance and energy levels. You'll have more “juice” to do your everyday activities in addition your new found energy will allow you to do other things that you may have been putting off.
- **Your body will become more flexible and pliable helping you to move with greater ease and fluidity and reducing your risk of injury.**

You've found something that can make you feel great!

(cont'd next page)

Here's another reason for you to pat yourself on the back for taking the leap into Combat Endurance Training.

### ***You took a chance***

Something about the **Combat Endurance Training** program sparked your interest. You thought that you'd like to try it but maybe you were still wondering if:

- You wanted to commit the time to improve your health
- **You didn't think that you could do it. It sounded good but it looked too hard**
- You could keep up with the rest of the people in class



You did well to overcome your doubts and found that anyone can give this program a try as long as they give themselves a chance to do it at their own pace. You gave it a try and you're feeling results. Stick with it and you'll find even more great things as a result of your effort.

### ***Additional things for you to know about what you'll find in the Combat Endurance Training monthly newsletter***

It's my job to give you a Combat class that allows you to reap benefits that you find remarkable. Those benefits include much more than the physical exercise part of the program. You will also find many helpful hints that will help you achieve your goals. Those tips will include ideas on attitude, energy, commitment, and many other pertinent topics.

In my quest to give you the very best in learning in this newsletter and class I will expose you to other experts in the health and fitness arena. These experts will also talk to you about products that they have created or endorse that can help you achieve your health and fitness goals and needs.

Over the past 30 plus years in the martial arts, health, and fitness business I've learned many things to help people realize their health and fitness needs. At the same time I also realize that there is much that I can still learn. In my quest to continue with my own learning I've found people who can speed up my learning process. Rest assured that I will only promote other people and their products if I know them, have tried their products myself, and believe that they can help you grow.

Take time to read what these people have to say and consider the fact that investing in your further fitness education can lead to a better understanding of the most efficient exercises and nutritional ideas to help you achieve the goals that you have set for yourself. Consider spending the little bit of extra time and even in some cases the extra money to educate yourself and improve your health and fitness knowledge and performance.

**To your best health,**

A handwritten signature in blue ink that reads "Fred Nicklaus".

**Fred Nicklaus**

**Combat Endurance Coach**

#### **COMBAT ENDURANCE WARRIOR**

*My neck feels better. My back feels better. I sleep better. My clothes fit better. The best improvement for me is my increased energy level. -Jane Kruse, WI*

#### **Take it from Eleanor...**



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face...The danger lies in refusing to face the fear, in not daring to come to grips with it... You must make yourself succeed every time. You must do the thing you think you cannot do.” -**Eleanor Roosevelt**

# COMBAT ENDURANCE TRAINING

## Panel of Experts



### **Tim Kauppinen**

Madison, WI  
[www.MakesYouFast.com](http://www.MakesYouFast.com)

Tim Kauppinen, better known as Coach K to his athletes, has spent the better part of 24 years working in speed training, strength and conditioning. Graduate of Wisconsin in 1992 with a BS in Secondary Education and a coaching emphasis. Coached a State Champion in 300 m hurdles and other State qualifying football teams. Coach K is the author of fitness and training books.



### **Jill Fleming**

Wisconsin  
[www.ThinChoice.com](http://www.ThinChoice.com)

Jill Fleming is a Registered Dietitian with her Masters Degree in Nutritional Sciences. She is a dynamic speaker who is passionate about sharing her life-improving, simple lifestyle choices message with the world. On stage and through her book, she has the natural ability to help individuals take charge of their health and weight. She has been energizing audiences to stop dieting and start listening to their bodies since 1993.



### **Ed Baran**

Portland, Oregon  
[www.EddieBaran.com](http://www.EddieBaran.com)

Eddie Baran has been involved in fitness for over twenty years. Growing up in San Diego, California, he was your classic skinny weakling, but always had an interest in strength. His fitness journey went through different stages from cycling, body building, Olympic weightlifting, body weight based functional strength training, and gymnastics. He is the author or co-author of numerous fitness and training books.



### **Dr. Ray Martinez**

La Crosse, WI

Dr. Ray Martinez is a fitness consultant, certified strength and conditioning specialist, fitness book author, fitness speaker, and associate professor in exercise and sport science. He loves to help individuals develop their physical, mental, emotional, social, and spiritual wellness using fitness education.



## From the Desk of the Major

A special note from the creator of  
Combat Endurance Training.

Dateline: 0600 at home base of a forward deployed battalion overseas

The time is P.T. time and it's my turn to lead P.T. as everyone on the team took turns conducting physical training. I choose to conduct the Combat Endurance Training workout followed by another beautiful event.

The pride and esprit de corps generated by this workout is intense. It's hard work and when finished you really feel like you have accomplished something. I'm leading and calling cadence, keeping everything together and in sync. When the entire C.E.T. program is finished I'm about shot. Calling cadence puts an additional oxygen debt on you. There's another training event to go but the team says

"Please Dai-uy (Vietnamese for captain, part of our legacy from that conflict) more C.E.T.!"

I thought o.k. "smarties" here's more for you- I give them 30 more 8 count body builders. That's 60 total for this workout and they're loving it. We knock em out and everyone just smiled when we got done with the extra set as my guys and I knew that my glutes were about kicked from calling all that cadence.

Well now we're completely warmed up and fatigued. This is where I wanted us to be for the following event even though I could have done without the extra 8 count body builders.

Our next event was 220 meter surges and accelerations which call for running up a hill and trying to stay very relaxed. We did 8 of them and had to stop or the team wouldn't have made it to morning hygiene and chow. Besides, the day had just begun.

It's important for you to know that Combat Endurance Training is so comprehensive that it improves virtually all of your other physical activities as well as giving you a feeling that you can accomplish anything.

*Well folks, drive on and be happy in your P.T.,*

*The Major*

# This Month's Featured Articles

## Why Hill Sprints Are the Best Way to Interval Train

by Tim Kauppinen



If you've been paying any sort of attention lately, you've heard a lot about interval training. You've probably heard that, by alternating short bursts of high intensity exercise with periods of low intensity recovery, you can achieve some pretty incredible health and fitness goals. You've probably also heard that this kind of training blows the doors off of traditional long, slow cardio workouts.

### *The Benefits of Interval Training*

And, if you're like me, you've seen the laundry list of these benefits. Benefits you can't get from traditional long, slow cardio. To recap:

- Interval training can decrease the risk of heart attack, stroke, high blood pressure and the onset of diabetes
- **Interval training can burn more fat than traditional cardio – even burning fat up to 24 hours after the end of your exercise session**
- Interval training has been shown to be the best type of exercise to *reduce belly fat* – a leading indicator in the development of metabolic syndrome
- **Interval training can teach your body to burn fat first during activity**
- Interval training can add lean muscle to your frame – muscle that boosts your metabolism, helping you burn more calories
- **Interval training can help increase the release of Human Growth Hormone – the essential substance in building and repairing muscle, keeping bones healthy and burning fat naturally**

### *Why Doesn't Everyone Interval Train?*

"With all of these benefits", you might ask, "Why hasn't everyone jumped on interval training as their main method of exercise?"

The main reason for most people is this – they're afraid of getting hurt. It is true that you must be a little bit cautious in switching to high intensity training. You must build up gradually so that you don't risk getting hurt. It's difficult to just jump right into high intensity training.

I ran into this issue myself when I tried to get back into interval training in my mid-30's. I tried to go back to the workouts I had done 10 or 15 years earlier – and I paid a price.

The method I tried to use involved running sprints at the local high school track. And it worked in that I felt better, had more energy and dropped some serious fat. But, trying to be a little too gung ho, I forgot that my body hadn't moved this way in a long time. As a result, I started to run into problems like pulled hamstrings, strained calf muscles and sore Achilles tendons...

### *The Safest Interval Training Method*

That's when I started to look around for a better way to run my intervals. And what I found worked wonders.

I decided to go back to basics. To go back to a workout that I had used in high school (and seen plenty of elite athletes incorporate into their training). The answer that I found to making interval training safer was: **the hill sprint.**

The only change I made to my interval training was to take it to a hill instead of sprinting on a flat. The difference was dramatic.

### *Less Chance of Injury*

First of all, running intervals on an incline made all of my little nagging muscle pulls and tweaks disappear. I was able to train at a high intensity without having to worry about injury.

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One reason for this is that sprinting on an incline decreases the impact that running has on your body. Flat surface sprinting can place a lot of pounding on your shins, knees and back. Hill sprints alleviate most of this high impact punishment. Studies have shown that adding even a slight incline to your running decreased the impact on your lower legs by as much as 26%.

Interval training on hills is also safer for your hamstrings – one of the most commonly seen sites of injury when increasing the intensity of your workouts. Because your stride is shortened slightly when going up hill, you tend not to over-stride and pull with your hamstrings. Instead, you plant closer under your center of gravity, changing the focus to your "pushing" leg muscles. This means you can run fast, and have less of a chance of pulling the old hammies.

#### *Get Results Faster*

The second reason that hill sprinting is a great way to interval train is that it's an easy way to increase the intensity of your workout, no matter what your current level of fitness is. Just by going up a hill (or stairs, or bleachers), the intensity of your workout is automatically increased. If you currently walk, walking uphill will be "high" intensity. If you can sprint, sprinting uphill will raise the intensity even further. And if you are somewhere in between, the hill will provide the same benefits.

All of this means that you can instantly do interval training. You don't have to work up as gradually as you would doing flat sprints. Your progression from walking to sprinting can be done in a shorter period of time.

#### *Get More Done in Less Time*

Finally, using hills for interval training can decrease the length of your workouts. Again, because the incline raises the intensity, it is not necessary to go as far or as long as you would with flat surface intervals. Give them a try and you'll be surprised how fast you are "huffing and puffing" as recommended for maximum health benefits.

If you've been putting off the start of your interval training because you don't want to get hurt, I've just given

you a solution to your problem. Taking your intervals to the hills, stairs or bleachers will allow you to start RIGHT NOW. This training can be safer than flat intervals and just as effective. In fact, potentially even more effective in a given period of time.

No more excuses. Time for you to get results.

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#### **NOTE FROM FRED**

Coach K also publishes a free daily fitness email with current tips on getting stronger, faster and in the best shape of your life. To sign up for this no cost service, get Coach K's link at my website at [www.CombatEnduranceTraining.com/experts.html](http://www.CombatEnduranceTraining.com/experts.html)

As you can see Tim is a true expert in the field of speed and explosion. I've worked with him and had my son work with him to improve his athletic performance on his high school football and basketball teams. Tim will be a monthly contributor to the Combat Endurance Training newsletter.



"If you think you can or you think you can't, you're right."  
-Henry Ford

#### **COMBAT ENDURANCE WARRIOR**

*When I came to this class I was 3 months recovering from a knee replacement. I'm a 64 year old Grandma, and also have MS, so painful muscle spasms were making it very difficult to get around. I hoped some strength and endurance training would help me be ambulatory again, after 3 years in a wheelchair...By 4 weeks, I was walking most of the time, and completely off pain and spasticity medication. The classes were fun and Mr Nicklaus had an easy-going way of truly challenging us. I left the class each evening invigorated and smiling.*

**-Karen Alexander**

## Resolution or Results by Jill Fleming, MS, RD

On January 1st, many well-meaning individuals made their declaration to lose 20 pounds or to "get thin", but they are setting themselves up for failure. Losing weight is not a resolution, it is a result. It is the result of making positive changes in the way you eat, move and live. This year, instead of setting an arbitrary number of pounds or clothing sizes to lose, resolve to think differently about how you are fueling, moving and taking care of your body.



Many people who have attempted weight loss in the past have the "all-or-nothing" diet mentality. They think they need to drastically restrict their calories or omit entire food groups to see results. While this method may produce quick weight loss, the weight loss will be mostly water and only temporary. To lose weight permanently, you need to make lifestyle changes that become new habits.

I wrote the book *Thin People Don't Clean Their Plates: Simple Lifestyle Choices for Permanent Weight Loss* to teach overweight individuals what their thin friends already know. I spent over 10,000 hours researching the lifestyle choices of 'thin people' for this book. It was amazing to me to discover that most individuals who have never had a weight problem, all have similar habits.

One of these habits was that they didn't feel they needed to eat everything on their plates. To help my overweight clients break this habit, I encourage them to practice leaving some food on their plate at one of their meals each day. This simple act teaches them that they are in control of the food & that the food is not in control of them.

Another secret your thin friends know is that eating breakfast is important. Eating something within the first hour of waking up is the easiest and best wake to increase your metabolism to begin burning more calories all day long. this 'something' can be as little as a couple of crackers or a handful of cereal. Even people who are too

busy to sit down for breakfast in the morning can grab a banana or a snack bar on their way out the door.

A third secret to making new lifestyle choices that will become permanent is to write down everything you are eating and drinking. You will be able to instantly discover where your extra calories are coming from. You can use a notebook or a lifestyle diary. The lifestyle diary tends to make your record keeping more fun. to download your free copy of the THIN CHOICES lifestyle diary, go to [www.ThinChoices.com](http://www.ThinChoices.com). Every Thin People Don't Clean Their Plates book ordered from this site will also come with a free THIN CHOICES lifestyle diary book.

Keep in mind that you only need to decrease your total calories by 500 per day in order to lose 1 pound per week. If you burn ~300 during your session of combat training, you will only need to decrease your food intake by 200 calories that day.

This can be as simple as removing the skin from your chicken and skipping the butter on your baked potato tonight. Small changes can produce big, and lasting results. Don't expect perfection, but just aim to be a little bit healthier in your daily choices. Weight loss will be the result of these little changes

[www.SimpleLifestyleChoices.com](http://www.SimpleLifestyleChoices.com)

### **NOTE FROM FRED**

How's that for some great ideas on how to be successful with maintaining your weight and a healthy you for 2008 and beyond? Jill knows her material and you'll be able to read her ideas every month in the Combat newsletter.

### **COMBAT ENDURANCE WARRIOR**

*I was amazed at the increased power it generated for me. The combat endurance workout actually gave me more explosive power in my abdominal and leg muscles which actually allowed me to dunk a basketball for the first time in over 2 years.*

**-Dave Donarski, WI**



“The battle of life is, in most cases, fought uphill; and to win it without a struggle were perhaps to win it without honour. If there were no difficulties there would be no success; if there were nothing to struggle for, there would be nothing to be achieved.” -**Samuel Smiles**

## How to Increase Flexibility and Core Strength At The Same Time

**BY Ed Baran**

What do flexibility and ab strength have to do with each other? Can you do both at once in your training?

Yes, absolutely. For example, when a gymnast trains to get his powerfully ripped abs, he's also training his flexibility - at the same time. By doing this, not only is he saving time but he's also making sure he's strong when he needs to be flexible and flexible when he needs to be strong.



Many of the abdominal exercises that gymnasts do increase flexibility in one or more areas - hips, hamstrings, lower back, shoulders. What's so effective about these exercises is that they tie the ab strength with the flexibility, so you've got real functional working strength in these positions.

So, if your body is stretched to its max, it will still be strong in this position, be it your legs or shoulders. And your abdominal strength and awareness connects the body together as one unit.

These gymnastic ab exercises are truly multitasking exercises in that they will build core strength and flexibility at the same time. Why? Well, first off, they prepare the gymnast's body for the powerful positions he'll be in; second, a gymnast doesn't have time to segment his training. Which leads me to this very important point:

**Segment or separate your training and you have a segmented body that's not acting as one unit with all**

**the muscles working in unison. Your flexibility and strength need to communicate together as a team.**

It's not only gymnasts but all athletes, be they martial artists, dancers, football players, need the same speedy, multi-tasking exercises. If you can get flexibility and core strength in one shot, then that's what you need to do.

In fact, for my hamstring flexibility, I mostly do certain ab exercises. That way I get two birds with one stone. You'll know exactly what I mean if you experience it for yourself.

Wishing you the best,  
Eddie Baran

### ***NOTE FROM FRED***

Ed will be joining us in the newsletter every month. His gymnastics background and understanding of the psyche of personal achievement will add much to your understanding of how to get the best out of your health and fitness program. Check out his link at my website:

[www.CombatEnduranceTraining.com/expert.html](http://www.CombatEnduranceTraining.com/expert.html)

“I made a resolve then that I was going to amount to something if I could. And no hours, nor amount of labor, nor amount of money would deter me from giving the best that there was in me. And I have done that ever since, and I win by it. I know.” -**Colonel Harland Sanders**



### **COMBAT ENDURANCE WARRIOR**

*I've noticed the following things: Changes in my sleeping habits. I sleep much more soundly. Energy levels- I feel a tremendous amount of energy both physically and mentally. My back feels stronger. I've had problems with my back every year but I can honestly say that I don't feel it anymore.*

**-Dennis Hendricks**

## **Work the Inside, THEN You'll See the Outside**

**By Ray Martinez**

Exercise works! All you have to do is get up, do 20 jumping jacks and 20 pushups, and your heart rate soars and your muscles become taut. The next day you may feel a little tight in the muscles that you worked. Again, exercise works. The problem is that most people don't give their exercise program enough time to work to allow for outside changes. Work the inside enough and you will see outside rewards.

If you take a house, the foundation is poured, the plumbing is connected, and the wiring is run throughout the house BEFORE the outside is completed. This is to insure that everything will run optimally once the house is completed. Your body is the same. You have to allow the work you perform – exercise- to make changes on the inside at the cellular level first before you will see changes on the outside.

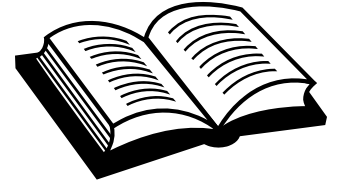
This cellular transformation process takes about 4-6 weeks. What is great is that most of the changes you want to see on the outside are due to the work that you have performed in those first 4-6 weeks. The next 4-6 weeks is when you will start to reap the rewards from your program. Unfortunately, just when your body is ready to show you massive changes on the outside, people quit their exercise program within that first 4-6 weeks. It's a shame. If you stick to your plan and give it at least 90 days, you will see great changes. And it all started by just moving.

“No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown.” William Penn

### ***Fred's Final Thought***

#### **Add to Your Library**

Maxwell Maltz was trained as a plastic surgeon.



After changing the outward appearances of many of his patients, he began to realize that often times changing the outward appearance of a person did not change their perception of themselves.

Often times a scar remained internally imbedded. Maltz became a leading expert in the field of changing people's images and beliefs in their abilities. His classic book, **Psycho-cybernetics**, has sold over 30 million copies and is an essential read for anyone interested in understanding the power of the mind and it's ability to change lives and thoughts.

We welcome your quotes from history and also your testimonials for upcoming newsletters. We want to hear about your progress and so would others. Your testimonials will be used for this newsletter and also on the Combat website.

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#### **Combat Endurance Training**

Should you need to communicate with Fred Nicklaus.

FAX: 608.787.1087 Phone: 608.788.4410

2436 State Rd, La Crosse WI 54601

[www.CombatEnduranceTraining.com](http://www.CombatEnduranceTraining.com)

[www.ConfidentKidsCoach.com](http://www.ConfidentKidsCoach.com)

[www.RockSolidKids.info](http://www.RockSolidKids.info)