



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter

This Month's Experts

“The Major” – Creator of CET

Fred Nicklaus

Dr. Bill Stillwell

Tim Kauppinen

Jill Fleming, MS, RD

Ed Baran

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A Special Congratulations To All In My Local Combat Class

*It takes a little courage
And a little self-control
And some grim determination,
If you want to reach the goal.*

*It takes a deal of striving,
And a firm and stern-set chin,
No matter what the battle,
If you really want to win.*

*There's no easy path to glory,
There's no rosy road to fame.
Life, however we may view it,
Is no simple parlor game;*

*But its prizes call for fighting,
For endurance and for grit;
For a rugged disposition
And a don't-know-when-to quit.*

–Unknown

You've made a very good choice. A choice to become and stay healthy. At times your choice is difficult to stick to. At times you may fall off of the healthy wagon. Still, your choice to be healthy, and do the things that health requires, is the best choice that you can make.



Over the many years that I've worked with people and given them ideas as to how to improve their health, I've often times been confused at the things that they say and then do. It's obvious that

people realize the importance of being healthy, yet they come up with all kinds of reasons (excuses) as to why they will not do something. Here's just a few of the not so good reasons that I've heard in the past:

- **“I don't have the time to be healthy”**- Then you should consider the many challenges that you will have because you aren't healthy. Don't wait until it's broke to fix it.
- **“It's too much work”** - Challenge and work are good things. Be thankful that you have your health and that you have some choice as to whether or not you will keep it. Make the time. You owe it to yourself.
- **“It's too expensive”** - There's a pretty good chance that you're going to spend the money on something that is not nearly as beneficial to you as doing something that will make you healthier and feel better about yourself. What are some of the not so healthy (wasteful) things that you've spent money on in the past? Do something that's good for you.



These are only a few of the main reasons (excuses) that I've heard as to why people are unable to do the things necessary to give them good health. Often times it simply comes down to:

- **Being afraid to change**
- Being afraid to fail
- **Being lazy and unwilling to put forth any effort**
- Feeling that health is not important

Let's be very clear. Your health is a gift that is worth taking care of. It's important that you take the time to make time for yourself. There will always be reasons that you can come up with for not doing something that will be beneficial to you.

There are many benefits to making the effort to stay healthy. Making the proper decisions about your health can help you create a more fulfilled, more energized existence. Here are a few of the many reasons for you to make a life long decision to take care of your health

- **More energy**
- Better sleep
- **You're stronger**
- You think clearer. You're more creative
- **You have more confidence physically and in other areas of your life as well**
- You're internal plumbing works more efficiently, all of your internal plumbing

Feel free to add your own results to the list of benefits of staying fit and staying healthy.

The #1 thing to realize is that **being and staying healthy is a lifestyle and a lifetime decision**. Because it's something that you take very seriously, you realize that your health is something that must be monitored for a lifetime. It's important that you find exercises, nutrition, relaxation, and effective ways of thinking to keep you strong and healthy. After you find these effective measures it's important that you make them regular, life long habits.



You've been given a very special gift. Be sure not to take it for granted and give your health a fighting chance. You will be pleasantly surprised at how hard your health will fight for you.



Fred Nicklaus
Fred Nicklaus
Combat Endurance
Coach

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”



-Calvin Coolidge

COMBAT ENDURANCE WARRIOR

*“Unlike many of the other participants in the Combat Endurance Training Classes, I **DON'T** have substantial weight/inch loss to report. For me **the reward has been increased energy, upper body and core strength as well as peace of mind.** Going to the classes allows me to focus on me and my health. The atmosphere is always filled with positive energy and enthusiasm and working out with others is always helpful. The fact that this program allows you to work at your pace, push your limits and is easily adjusted (makes it available to all ages and fitness levels). The instruction is easy to follow and the additional information given through speakers, newsletters and instructional DVD's is extremely helpful. This is my second session of the program and I will continue to use the Combat Endurance Training in my daily workouts.”*

-Michelle Prieur



From the Desk of the Major

A special note from the creator of
Combat Endurance Training.

Dateline: Somewhere Overseas In A Former Allied Colony

We often did combined ops with Allied special ops units. One thing was for sure, you never quite knew what to expect! On day one of one of our ops with one of the Allies, I found myself and my men 50 stories up in a high rise, probably 500 feet from the ground. The place actually shook a bit from the wind and the people below looked like ants. Vehicles bore great resemblance to my son's hot wheel toys.

In the Allies vernacular, we are about to experience a "sickener." We just call it a "gut check." The mission is to rappel two stories down and assemble and affect an entry into a hostile situation in the high rise. It's really not that big a deal, but leaning over the side with your glutes in the breeze that high up does have a bit of a sobering effect on you. We silently rappelled to the lower area, one at a time, assembled and made the entry.

Earlier that day the team and I did Combat Endurance Training and a 4 mile run for P.T. After something as strenuous as Combat Endurance Training, along with a morning cup of coffee and a bite to eat, you're ready to confront the world. So it was that day. I remember hanging there, looking over my side down below, and feeling a strange sense of peace and contentment. I looked back up at the Allied rappel master and whispered, "Welcome to my world."

All went well and the Allies told us we had the desired "stones." I told the Allied captain that the next day was our turn. Guess what we did? You guessed it, a very nice, complete evolution of the Combat Endurance Training workout and a long run. Our feedback was, "Yanks, you bloody bastards!"

The Major

U.S. Army Special Forces (Ret.)

P.S. Give yourself an added edge with Combat Endurance Training. Combat GI's and regular Joes and Janes can benefit from this training.

This Month's Featured Articles

HOW TO WORK OUT WITH KNEE PAIN

By Dr. Bill Stillwell

So you're trying to do your *Combat Endurance* workout, but you're frustrated by a pain in your knee—it's keeping you from getting all the benefits you should, and besides, it *hurts*. How are you going to work around it, so you can get the most from your exercises? I'm going to teach you a few little tricks to relieve your pain, maintain your ability to exercise, and help you to heal.

First, you need to understand that we're talking about a **chronic pain**, not a sudden acute episode, which would indicate an acute injury, that signals that you first STOP what you're doing and then, rest, ice and elevate the knee. The first step is to identify **where** it hurts. This seems simplistic, but very often, when the whole knee is sore, it's actually hard to pinpoint exactly what part is causing the problem. So, first you need to try to determine in general terms if the pain is mainly in front, on either side, or in the back.

In general, if the pain is in front, the probability is the pain is from the **kneecap**. The inside or outside of the knee suggests a **meniscal** (cartilage) injury, chronic ligament **sprain**, or degeneration (**arthritis**). The back of the joint implies a **Baker's Cyst**, or **strain** of the hamstrings or calf muscles. This is too brief a forum to discuss each of these problems in detail. The interested reader is invited to visit my website linked on Fred's website for more information.

In my experience, the vast majority of painful knees involve the kneecap. When the kneecap (**patellofemoral joint**) is the source of pain, several simple measures will help to give you relief, and are equally effective for knee pain from other causes.

- First, **limit the depth of any squatting movements**. Deep squats compress the PFJ an increase pain (see Figure 1). Stop short of the painful point in any squat.

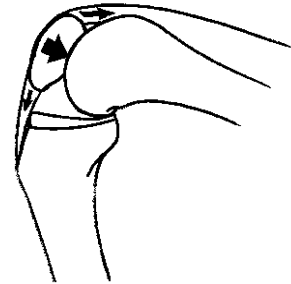


Figure 1. Deep squats increase patellofemoral compression and worsen kneecap pain.

- Second, in the short term, try to **alter the path of the kneecap** in its trochlea groove, with either a **patella brace**, or with **taping** (see Figure 2).



Figure 2. Taping is a good short term method of shifting the tracking of the patella toward the inner (medial) side, so it's not rubbing on the same painful area.

- In the longer term, do **strengthening exercises for the VMO muscle**. This will pull the kneecap inward, back into the groove, where the compression forces will be dispersed over a larger surface area. In other words, it won't keep rubbing in the same sore spot.

- **Compression** of the knee will reduce any swelling, or fluid buildup, and provide general support and comfort to the joint. An elastic or

neoprene sleeve brace, or an ACE bandage wrap, is an effective method to do this (take care to wrap from the toes to *above* the knee if using an ACE wrap, to prevent a "tourniquet effect").

- **OTC anti-inflammatory medications**, like Advil or Aleve, are effective in reducing pain

and swelling. Be sure to take them with FOOD or MILK, without fail, to protect your stomach from acid reflux, gastritis, bleeding, ulcer disease, perforation, etc. Obviously skip this step, if you already have any of these signs, stomach pain, or allergies to these medications. Also, don't take too many, too often. If in doubt, check with your doctor.

- **Moist heat** applied to the knee, for 20 minutes, 4-6X/day brings blood to the region and will help to soothe the pain and dissipate any swelling.

Follow these recommendations and you will be surprised at how well they work to relieve your knee pain, in the short and long term, and how they will help you to maneuver around that painful knee, so you can get the most from your workout for the rest of your body.

- Dr. Bill

NOTE FROM FRED

Dr. Bill is the online handle for William Stillwell. Dr. Stillwell is widely respected by his peers and patients as being an expert source in helping people eliminate knee pain. He is the author of *Dr. Bill's Little Green Book For Eliminating Knee Pain* & *Dr. Bill's Pain-Free Program: Exercise to Prevent or Eliminate Knee Pain*.

www.CombatEnduranceTraining.com/experts.html

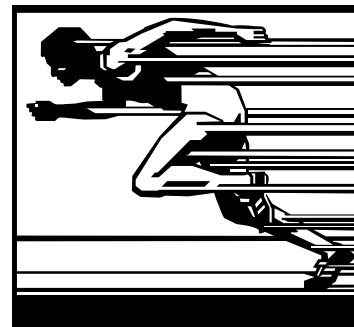


“Our greatest glory is not in never falling, but in rising every time we fall.”
-Confucius

A Runner's Secret Weapon

By Tim Kauppinen

If you are a distance runner, there is a "secret weapon" that you should include in your training...That secret - sprinting (especially hill sprinting). Here are some of the highlights of why every runner should add these techniques to their training.



First, here's why you should add sprinting to your workouts. In fact, I'm going to give you 4 great reasons that you should sprint. They are:

1. **Sprinting can raise your maximum running speed - no brainer here...**
2. Sprinting can raise your lactate threshold - the point at which your body begins to build lactic acid as a byproduct - in layman's terms - a higher threshold lets your body run longer at a faster pace before the lactic acid kicks in.
3. **Sprinting can promote aerobic - enzyme production**
4. Sprinting improves blood flow to the muscles

Which are all major benefits for a distance runner's performance...

Think these ideas is just mine? No way, I've got some science to back it up...

Recent studies at the Imperial College in London, Queensland University, Deakin University and the University of New South Wales have shown these positive results on distance runners. The studies took distance runners with no prior sprinting experience and had them do sprint training 3 days per week for 6 weeks. They ran sprints from 40 to 100 meters for a total of 14 to 30 actual sprints per session. They also were allowed steadily decreasing recovery times between sprints - although maintained a 5 minute rest period between sets.

The runners improved in all 4 aspects mentioned above - which led to improved performances in their distance races.

(And then there's the study I've written about before about marathoners who added 2 days of sprinting to their plan - result: they were able to cut their training volume in half without any negative effect on their race times)

Remember that I completely agree that if you 'race' distance or enjoy running distance then you should definitely do it. But, adding some sprint training to your program can bring you spectacular results.

Now I'll go even further and try to convince you of something even more difficult to swallow - that distance runners must run hill sprints to reach their peak performance.

What? Unbelievable. Impossible. Absurd. What can hill sprinting possibly do for a distance runner?

Here's what.

There are 3 major benefits of sprinting hills for a distance runner. They are:

- 1. Mental toughness.**
2. Stronger push off
- 3. More flexible hips**

Including hill sprints in your program will give you all three of these. And, here's how they will help you to run faster.



First, mental toughness. There is probably nothing a distance runner dreads more than a hilly course. Seeing that hill looming ahead of you in a race can make you heart sink because you know that your heart rate is going to shoot up and your pace is going to suffer as soon as you start up the hill. But, hey, if you've sprinted up hills, you will know that you can conquer one at a lesser pace. This mental shift

alone will improve your performance and make hill sprinting worthwhile.

But, that's not all. Another key factor in your distance times is your stride length. The farther each stride goes, the less strides you have to take in your run and the faster you will finish. So, what does hill sprinting have to do with this?

First, hill sprinting forces you to lift your knees high which increases the flexibility of your hips. More flexible hips equal longer stride lengths.

Second, hill sprinting strengthens your ankles (and other "push" muscles) enabling you to push off the ground with more force on each stride. This propels you forward farther on each stride. Again, longer stride length.

So, there you go. I've done all I can do. Provided you with a boatload of reasons to run sprints - even if you are a distance runner. The next step - or stride - is up to you. Hey, if you are frustrated with your times or have been stuck on a plateau, give hill sprints a shot.

You'll be pleasantly surprised with your results.

NOTE FROM FRED

Make sure you check out Coach K's free daily fitness email which will help you get into the best shape of your life. Look at Coach K's link at my website at: www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIORS

"I started the Combat Resistance Training course in January and have noticed significant improvement in my fitness level. My energy level, confidence and overall health has improved. I have always had lower back and hips problems but since joining, I have noticed significant improvement and strength in these areas. My upper body strength and endurance levels have also increased. This workout is challenging and rewarding, and I notice how I am improving on a weekly basis. I can't believe how far I have come."

-Mary Stone

“Austere perseverance, harsh and continuous... rarely fails of its purpose, for its silent power grows irresistibly greater with time.”

-Johann Wolfgang Von Goethe



The Food-Mood Connection

By Jill Fleming, MS, RD

Food intake does affect mood due to biochemical messengers in the brain called neurotransmitters. They can control mood, appetite, thoughts and behaviors. The most food sensitive neurotransmitters are serotonin, dopamine and norepinephrine.

Serotonin is responsible for the calming and relaxation states with a general sense of well being. High levels of serotonin can cause a person to feel sluggish and drowsy. Low levels of serotonin will cause intense food cravings. Serotonin is released in the brain as a result of eating carbohydrates such as fruits, breads, grains and vegetables to a lesser extent.

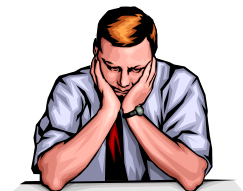
Dopamine and norepinephrine are responsible for alertness, increased energy with quicker, more accurate reaction times. Protein consumption causes these two neurotransmitters to be released in the brain. Good protein sources include meat, chicken, fish, nuts, soy products, eggs and dairy products.



If you find that you are usually tired shortly after lunch, you may need to add 3-4 oz of protein to your noontime meal. Conversely, if you have trouble

sleeping at night, you may want to limit your protein and increase your carbohydrates at your evening meal.

Overeating, regardless of the protein content of the meal will cause drowsiness. Think about how sleepy you were after eating your large Thanksgiving dinner.



This phenomenon happens because blood flow is redirected to the stomach, to handle the food overload, and away from the brain. Light meals, containing 300-500 calories, is the ideal amount of energy to maintain peak performance.

Endorphins are natural tranquilizers which are released with exercise and through the consumption of chocolate. Chocolate contains a chemical called phenylethylamine that is responsible for the endorphin response that is similar to the feelings experienced with a hug or being in love.

If you are prone to mood swings eating foods in their natural state is ideal. Good choices include fruits, vegetables, whole grains, lean protein and dairy sources. Water intake should be a minimum of 8 cups per day, as dehydration is a major factor affecting mood swings and low energy levels. Limiting caffeine and alcohol is a good idea, as they are both diuretics that tend to dehydrate the body, as well as the fact that caffeine is a stimulant and alcohol is a depressant.



Limit your intake of sugar, as it can depress your immune system and cause you to be more susceptible to colds and infections. Consuming an excess amount of sugar (greater than 200 calories per day) contributes to extra calories, which can lead to weight gain. Some individuals may also experience the “sugar-high” which is often followed by the “sugar-blues”. A better choice is to choose a serving of fruit to satisfy your sweet tooth. My favorite choice for a sweet tooth is a small bowl of frozen berries topped with a dollop of low fat yogurt.

NOTE FROM FRED

Now, I'll watch my moods more when I eat. Thanks, Jill. Check out her latest by clicking on the link on my website at:

www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIOR

"What has impressed me about Combat Endurance Training is: no gimmicks type program, no weight machines, no other special equipment, and exercises can be done most anywhere. It is a hard work out to get my body moving, my own body weight is used to gain strength, and I have a feeling of accomplishment after each session. Thanks for the motivation and encouragement to get through each exercise. My endurance has improved and I am noticing major improvement in my upper body strength. My goal by the end of this 3 month session is to do regular push-ups. (I am still doing push ups on my knees). I am highly satisfied with taking this program. The time, effort, and cost was well spent to do something for my health. Thanks Fred for showing me that calisthenics is a great way to exercise for a total body work out."

-Diane Sullivan

PS It brought back memories of 3rd grade on the playground with Sister Mercedes having us do windmills, arm circles, and trunk rotations in gym class.



"You may have a fresh start any moment you choose, for this thing that we call failure is not the falling down, but the staying down."

-Mary Pickford

Just Crunch, Crunch, Crunch **By Ed Baran**

To this day I still see so-called fitness experts touting the wonders of doing crunches. Thousands and thousands of crunches. I don't know of any serious real athlete who does crunches.

Yet people still do crunches and trainers still promote them. A gazillion of them. Sad thing is, though, that crunches don't produce very good results. All that work for nothing.



Here are the problems with crunches:

1. Crunches only work a portion of the abs. Your abdominal area is a big region and doing crunches only hits a small portion of it. This means you're weak in this limited range of motion.
2. Crunches do not train the abs in the context of the rest of the body. They are more of an isolation exercise. To really build a strong core you need to train your abs so they connect with the rest of your body.

So do crunches have any value at all? Yes, they do. But only in certain cases. Here is when you should do crunches:

1. If you are not yet strong enough to do any other abdominal exercise, crunches are a good way to build some foundation. Start with crunches and then when you're strong enough, go onto better and more effective ab exercises.
2. If you are injured in some way and this is the only exercise you can do until you heal. Perhaps your range of motion is limited. In that case, crunches are fine until you heal.

3. You simply like wasting your time doing thousands of crunches and the have nothing to show for it. I'm only partly kidding. There are those who insist on doing the same thing over and over again expecting different results. Isn't this the definition of insanity?

However, if you hate crunches, like most sane people, and are strong enough to do other exercises, you should. You're wasting your time and energy doing crunches when there are so much more effective exercises you should do. Exercises that take a fraction of the time and give you the results in a fraction of the time. Exercises that connect the entire body through the core., where every muscle is working at the same time. Exercises that work the entire abdominal area, not just a fraction of it.

If you're a beginner and crunches are all you can handle at the moment, then by all means go for it, and when you get strong enough, move on to better exercises. The problem is I see so many people doing crunches when they should do something better.

Instead, do exercises that real athletes do to give them real results like my Gymnastic Abs program. These exercises are functional because they tie your abs in with the rest of your body. By connecting your entire body with your ab muscles your entire body becomes strong and lean. Fast. And they're fun to do.

Don't settle for a flimsy exercise like crunches. Otherwise you're settling for a flimsy body.

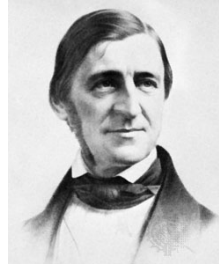
Wishing you the best,

Eddie Baran

NOTE FROM FRED

Check out Ed's Gymnastic Abs program linked on my website. Ed! He'll be contributing to newsletter every month. Check out his link at my website:

www.CombatEnduranceTraining.com/experts.html



“I know of no such unquestionable badge and ensign of a sovereign mind as that of tenacity of purpose.”

-Ralph Waldo Emerson

COMBAT ENDURANCE WARRIOR

“The reason I decided to become part of the Combat Endurance Training was because I wanted to tone up. Since I have been in the class, I have noticed a difference in my body. I have lost an inch or so around the waste and have strengthened my body. I feel more strength when I run. I would recommend this to anyone if for nothing else than to get in shape. If you have your health, you have everything.”

-Tim Walls

FRED'S FINAL THOUGHT

After my hip surgery in 2005 I asked my doctor if I could continue to run. He was quick to say that running would be the worst possible thing that I could do for my hip. He went on to say that the pounding would loosen the joint and that I would then have to have another surgery much earlier than I might like. I accepted his suggestion with a great deal of unhappiness. I so wanted to be able to run now that I had my new and improved body part.

After some prolonged deliberation and a healthy dose of warning from a few other doctors and my wife, I resigned myself to the fact that running was no longer going to be a part of my fitness routine.

The second part of the conversation that I had with my doctor was about walking. He suggested that I also walk as little as possible. I had to put

my foot down at some point and this was it. I mentioned to him that I would honor his request of not running but I would decide to continue to walk. I said that the whole idea of getting a new hip was to be able to improve the quality of life that I had before the surgery. I said that quality of life for me required that I be able to do the things that I enjoyed. Walking was one of those things. It was not only a physical thing but important for my emotional well being and my want to move.

Since that time my doctor has realized that **walking stayed**. Even though walking is not nearly as dynamic as sprinting or running up stairs, it still provides me with a cardiovascular activity that is helpful in keeping weight consistent and keeping muscle toned. Whenever I can I make it a point to walk up the hills and coulees in the area to give me a more challenging walking experience and to get my heart rate and breathing to elevated levels.

Today as I write this I am looking outside at a snowstorm. Will we ever have spring in Wisconsin? Whether spring ever comes to this part of the world or not, it's a good idea for all of us to get outside for a walk. There's an old Chinese saying that says, "Taking a walk after your meals will add ten years to your life." I believe it to be true and I would encourage all of you to take up walking as a way to improve your fitness levels and also as a wonderful way to spend some quiet time and great time for creative thought.

Get on your walking shoes



Fred Nicklaus

Combat Endurance Coach

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Combat Endurance Training

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