



PC Conditioning

Personal Training for all Levels

Newsletter

October 2008

"The first and the best victory is to conquer self."
-Plato

Dear readers-

Welcome to the October edition of my newsletter. Fall weather is upon us and I'm actually enjoying it. While I wish it didn't get dark so early, I have grown to be more of a fan of seasonal transitions. I know part of it is me not having to go "back to school," but I certainly appreciate autumn more than I ever have.

I'd like to take a moment to thank those who have replied with feedback. I'd also like to welcome those of you who are reading this newsletter for the first time. Welcome aboard. I hope you enjoy the content. If you've missed any editions, feel free to click the following link to get caught up on all the great content: <http://pcconditioning.com/newsletters.php>

Additionally, I'm happy to announce the addition of a new feature on my home page. It is titled "Interviews." Essentially, it's a tribute to those who have been mentors, coaches, etc... to me as I have come up in this field. I've always believed we're a product of our mentors, and I'm so thankful for the help I've received along the way. I will add interviews throughout the year so keep your eyes open. First up in this edition is Boston University Associate Strength & Conditioning Coach, Victor Brown, III. I hope you enjoy the interview I recently conducted with Vic. He's an incredible coach and I feel privileged to know him. Here are a couple pics (action shots, really) of Coach Brown putting me through a vicious relay drill with 100 lb. sandbags and 50lb dumbbells. I'll never forget that day! It's hard to tell in the pic, but trust that Vic had quite the grin on his face.



To your health,

-PC

Featured Interview

I'm pleased to feature an interview with a strength & conditioning coach who has been one of my greatest mentors in this industry. He's extremely intelligent and has an incredible passion for coaching. I'm pleased to introduce you to Vic Brown. I recently had a chance to sit down with Vic and here's what he had to say...

PC: Hi Vic. Thanks for taking some time out of your busy schedule to introduce yourself to my readers. I know you have a very hectic schedule so trust that I speak on behalf of my readers when I say I appreciate your time. Let's start off by having you telling me about your background, education, professional, experience, etc...



VB: Growing up in New Jersey, physical activity was always at the forefront of my daily routine. Not sure if it was just because my parents wanted to get my brother Jeff and I out of the house, but they made sure we were always involved. I remember growing up taking part in everything from karate to skateboarding to soccer; and hearing the words of my mother, "Just go outside and play." Instead of video games and the internet, there were backyard football games and building forts in the corn fields. Play, about as simple as it gets for encouraging physical activity for our youth. In a culture that is now seeing increasing trends in childhood obesity and diabetes, I am thankful for their support and unknowingly encouraged what has led to an active lifestyle for me professionally and personally.

PC: As fitness professionals, we're each inspired by different things. What specifically made you want to get into the strength & conditioning industry?

VB: In high school, I competed in football, track, and baseball. I ran track to develop my speed on the base paths and started to lift weights primarily for football. During my junior year, I sustained a shoulder injury playing football which required me to work with our athletic trainer for rehabilitation. In thinking about a career and what I wanted to study in college, what I did know was that I wanted to stay involved with athletics and I did not want to work with physical therapy patients. After spending a lot of hours rehabbing my shoulder with our athletic trainer, I saw athletic training as a nice fit to both.

Both athletic training and baseball led me to Springfield College where I was an infielder for the Pride. During my undergraduate time at Springfield, I was still very much exposed to strength training and fitness. Springfield College has a strong athletics department backed by strength and conditioning. As a baseball player, we took part in a semi structured strength and conditioning program and I took some specific classes in the field. At Boston University, the requirements and expectations are much greater on my athletes and I am proud of them for committing to the excellence that I demand of them.

After my graduation in 2000, I worked as an intern athletic trainer for the New Jersey Red Dogs in the Arena Football League and was a high school athletic trainer starting the school's first program. After 2 years in the field, I realized this is not where my heart lies and did not see myself as an athletic trainer the rest of my life.

I packed my bags and headed south to Appalachian State University in North Carolina. I initially questioned the decision but knew I did not want to be an athletic trainer and that I was following a path I was more passionate about. I earned my masters degree in exercise science with a concentration in strength and conditioning in 2004.

Prior to my arrival at BU, I served as the strength and conditioning intern and assistant athletic trainer for the Kane County Cougars in Geneva, IL, the Class A affiliate of the Oakland Athletics and was the strength and conditioning coach for the West squad at the 2004 Midwest League All-Star Game.

Since my arrival at BU, I have worked with the National Strength and Conditioning Association Soccer/Rugby Executive Council, U.S. Soccer U14 women's national camp, and the U.S. Field Hockey Association during their high school open camp.



Pictured Left to Right: Paul Connolly, Vic Brown

PC: Wow, you've had some incredible experiences Vic. Can you tell everyone about your day-to-day responsibilities at Boston University?

VB: I recently began my fifth year as associate strength and conditioning coach at Boston University. Currently, I am responsible for the organization, design and implementation of all aspects of the women's basketball, women's soccer, softball, cross country, and wrestling programs, and act as the director of strength and conditioning for swimming and diving working primarily with the mid-distance and distance swimmers. I design and implement in season and off season sport specific movement preparation, movement skills, plyometric, speed, agility, conditioning, Olympic/weight lifting, and injury prevention programs, and assess player improvements for agility, speed, acceleration, maximum strength, power, and cardiovascular fitness levels. Additionally, I assist the development of graduate assistants and interns.

I am also the Head Coach of the Boston University Triathlon Team and am assistant coach for All Winslow Sports a triathlon and endurance coaching service located in Kenmore Square.

PC: Vic, I know you're the type to walk the walk and talk the talk when it comes to maintaining a rigorous training schedule. Can you share with my readers a bit about your own training schedule?

VB: Absolutely, Paul. I am very active in the sport of triathlon competing, training and coaching. I entered the sport at ASU as a way to feed my competitiveness. My typical training schedule consists of swimming 10K, biking 250 miles, and running 40 miles per week. I enjoy competing at the half ironman distance and racing marathons in the off season.

PC: Wow! That schedule would put many "fitness professionals" that I know to shame. I'm impressed you find the time to maintain such a demanding regimen. Is there anything else you can share with my readers (i.e. words of wisdom)?

VB: If there is one thing that I could not live without, it would be passion. Passion and enthusiasm is what led me to strength and conditioning and are driving forces in all things I do in my life. I am passionate about everything I do. If I were not, I would not do it. I am passionate and enthusiastic about guiding and seeing my athletes improve daily, not just athletically, but as people as well. Whenever the passion and enthusiasm begins to die, then I know it will be time to move on.

PC: Vic, I really want to thank you for taking the time to chat with me today. Hopefully I can check back in with you down the road to see how your career is developing. It's been a real pleasure chatting with you and continuing to learn from you. You've been so helpful in answering all my questions over the last year and a half since I interned at BU.

VB: My pleasure, Paul. Let's do this again sometime.

Exercise Tip of the Month

"Recovery"

Vic Brown, Boston University Associate Strength & Conditioning Coach, provides this edition's exercise tip on recovery. In fact, Coach Brown has been so helpful he will be providing further content in future editions. Here's what Vic had to say on Recovery:



Constantly training at a hard pace can lead to disruptions in sleep, an increased resting heart rate, disruptions in eating habits and body weight, poor performance, and illness or injury. If you are hurt, you simply can't enjoy the activities you once excelled in. Recovery is arguably the most overlooked segment of too many regimens I come across when speaking with exercise enthusiasts. Many practices can be implemented into one's training and I'd like to share one with you- "Cool Down."

All workouts should be concluded with a cool-down. Low-intensity aerobic activities such as walking and swimming help reduce potential for muscle soreness and bring your heart rate back to normal/resting levels. Basic stretches can also help to cool your body down after a workout. Regardless of the method you choose, include some form of recovery after each workout.

Nutritional Tip of the Month

"Protein Recommendations"

There are three types of macronutrients our bodies use to sustain daily physiological function. They are as follows: carbohydrates, fats, and proteins. The latter gets a lot of press when it comes to muscle building, but protein does so much more. It is important for the proper function of skin, tendons, and ligaments. Without protein, your body could not adequately recover from workouts or maintain an efficient metabolism. In addition, digesting protein requires more energy than other macronutrients which may prove beneficial if weight loss is a goal.

The question many people ask me then is "How much protein should I ingest each day?" In short, it all depends on how active you are. Local nutritionist Debra Wein of Sensible Nutrition

(<http://sensiblenutrition.com>) suggests the following guidelines:

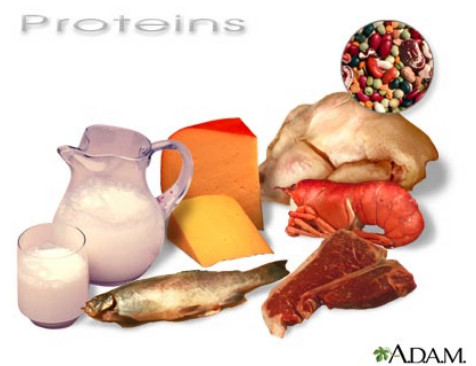
Sedentary individuals/Sporadic exercisers
0.4 grams per lb. body weight

Active exercisers
0.5 - 0.6 grams per lb. body weight

Very active exercisers
0.7 - 0.8 grams per lb. body weight

For example, a 150 pound active woman who exercises most days of the week should look for 75-90 grams/day of protein.

Source: <http://www.nscs-lift.org/Perform/articles/02053.pdf>



Blog

My blog contains a wide array of information, mainly on health and fitness topics. Truth be told, I tend to post random articles and links that having nothing to do with fitness on there, but people seem to find this the most enjoyable part of my web site. I post entries quite often so make sure to bookmark the blog under your "favorites" section of your web browser! The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

Product Recommendation of the Month

This month, I am recommending a piece of equipment people often forget about- the jump rope. It's an oldie but a goodie. Jump ropes are a great tool for warming up or to improve foot speed. Check it out and let me know what you think:

(http://www.performbetter.com/detail.aspx_Q_ID_E_3690_A_rnd_E_17)

Articles

Please click the following links to check out the interesting articles I've come across these last few weeks and let me know what you think:

http://www.coreperformance.com/live_better/live_longer/Active_Made_Easy.html

Live longer by choosing the stairs over the escalator/elevator.

http://sports.espn.go.com/nba/playoffs2008/columns/story?columnist=hollinger_john&page=celtsitled-080618

Championships will ALWAYS come down to defense.

Q&A

Topic: "Hip Extensions"

Q: My trainer always stresses that I push off my heels rather than my toes when I do hip extensions on my back. Why is this?

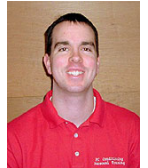
-Sara, Waltham, MA

A: Also called "glute bridges,"

(http://pcconditioning.com/archive_exercise/exercises_sept06.php) hip extensions should be performed pushing off the heels to emphasize using your body's primary hip extensors (gluteus maximus). If you push off your toes, it becomes more of a calf and quad exercise and kind of defeats the purpose. You want to focus on squeezing your glutes as hard as you can and not hyperextending your lumbar spine (lower back).

If you've got a question, feel free to email me at the following: paulconnolly123@gmail.com. Who knows- you may see your question published in a future newsletter!

Paul Connolly, President and Founder of PC Conditioning, is a National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) based in Watertown, MA



About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science from UMASS-Boston where he graduated Magna Cum Laude. Holding a background in anatomy & physiology, human performance, and nutrition, he has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at paul@pcconditioning.com or telephone at 617-834-1502.

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

Important Disclaimer: The information contained within this document is not intended or implied to be a substitute for professional medical advice and is not intended for medical diagnosis or treatment. The intention of this article is for the sole purpose of disseminating fitness information. We recommend that you always request the advice of your physician or other qualified health care provider before starting any new fitness program or with any questions you may have regarding your health or any medical condition.