

# GRNST NEWS

## NOVEMBER MEETING

The November GRNST meeting will be held Wednesday November 12th at 7:00 PM. The meeting location is Tim and Jill Greening's home, 2906 Memorial Dr., N. Muskegon

## FEATURED IN THE MUSKEGON CHRONICLE

### *Training day*



Photo • Associated Press

Randy Bladel trains for cross country ski racing in Three Oaks Township Monday. Bladel said he would probably ski for about 25 miles, which will help get him in shape for the upcoming season with the Grand Rapids Nordic Ski Team.

## Fall Workout Schedule

**Tuesday: Roller Ski on Egypt Valley and Pettis – Call Steve @ 874-1217**

**Tuesday: Roller Ski on 2 Mile Road – Call Ernie @ 691-7437**

**Thursday: Hill Workout @ Cannonsburg Ski Area – 4PM on Call Ernie @ 691-7437**

**Saturday: Roller Ski White Pine Trail – 8 AM – Call Steve @ 874-1217**

**Sunday: Morning Roller Ski @ Various Locations – Call Steve Smigiel @ 874-1217**

**Grand Haven Area: Don Camp @ 616-842-4753**

**Muskegon Area: Tim Greening @ 231-744-2367 or Peter Johnson @ 231-894-2341**

**Super Flatbeiner: Nov 9, 2003 – Sunday, 2003 @ 9 AM – Marne Trail Head off Exit 25 I-96 on Musketawa Trail – 25 miles one way, 50 miles return - Don't have to ski it all.**

**Team Suits: Dell Todd has spearheaded this and has 19 orders already. Deadline is short so if you want one – better contact him in a hurry. \$95 for a two piece.**

**Doing National Masters in Marquette this year? Let Ernie know (691-7437) so we can field the best seven as a GRNST Team.**

**Room for Birkie: Ernie Brumbaugh has one single bed in a three bedroom CONDO for Birkie. Share room with Stuart Picard.**

**Room for National Masters: Nancy Cihak knows of a house for rent next to her in Au Train. Sleeps a lot. If interested call her direct.**

### **Meeting Agenda:**

**Flatbeiner, Seper Flat recap if anyone is still standing. Pando Trail Clearing. More new videos. By the way at a meeting at Greening house either last year or the year before I had a video of an early Langlauf. It has disappeared, did anyone borrow it and forget to get it back to me. This is history and I would like to keep it.**

### **January Schedule:**

**Dec 20 – Crystal Preseason                      Freestyle 5-15K**

**Dec 27 – Holley Cup                                Classic 12K**

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**STRENGTH TRAINING**

## **Warm-up**

First warm-up for 5 – 10 minutes, using easy weights, stationary bike or running. Before starting each of the individual exercises do 10 – 12 repetitions with easy weight. This may not be required after you've warmed up well, or after a few exercises.

To improve in strength, you need to “stress” yourself and lift hard. There is no use in going half-heartedly. The two last repetitions on each set should be hard to complete, especially on the last set.

Every exercise: First warm-up with 10 – 12 easy reps – then do two series of 6 – 8 reps. If you can do 9 reps x 2 sets you need to add some weight, rather than adding number of reps.

Combine two and two exercises (i.e. do pairs as in a superset, then take a longer break before the next pair). Be efficient and use/train the big muscle groups. You will not gain size (hypertrophy) from this type of training, you'll just get stronger. This statement is based on experience and positive feedback from athletes, and not scientific research. In the end, positive experience and measurable improvements are what counts. It is also important to know that this system does not impact the most important training element, endurance.

## **Suggestion for exercises and combinations**

Upper body

1. Bench press (put legs on the bench, not on the floor) & Pull-down
2. Rowing /arm-pull while sitting (or bent row) & Arm-press with dumbbells using incline bench
3. Back and stomach

Back: Use incline bench with feet or legs fastened. Lay on stomach with upper body hinged outside bench. Raise your back with straight back and use dumbbells or weight plates as load.

Stomach: “Pump” (as you've see boxers do) or crunch stomach until fatigue. Stomach is the only exercise with many reps. Can also use weight plates as extra load.

4. Legs: Squats (1/4 squat most specific) & hamstring curl (can do 10 – 12 reps with both of these)
5. Finish off the session with triceps-dips to fatigue

Complete this session twice a week. If you feel you need to do more strength, a third weekly session should be done with slightly reduced weights; same number of sets, but with 10 – 12 reps. Don't go “all out” on this session, but the two last reps in each set should still be hard. You can also skip the leg exercise this day, since they normally get more use than the upper body through other training activities. A potential forth session should use the same system as the first two sessions, but with three sets. This would be the hardest session of the week.

Eight exercises are usually enough per session. Write down your weights, such that you can notice improvements.

If you are “very” stiff and sore in one muscle-group, you can skip the related exercise (but you better be real sore).

It is not very effective to stretch after hard weight training, since the muscles are stiff and “hard”, and not very elastic. They do not react well to lengthening (as stretching does). It is best to first bike or run easy for 10-15 minutes, or stretch at a later time (which is the simplest).

## **Summary**

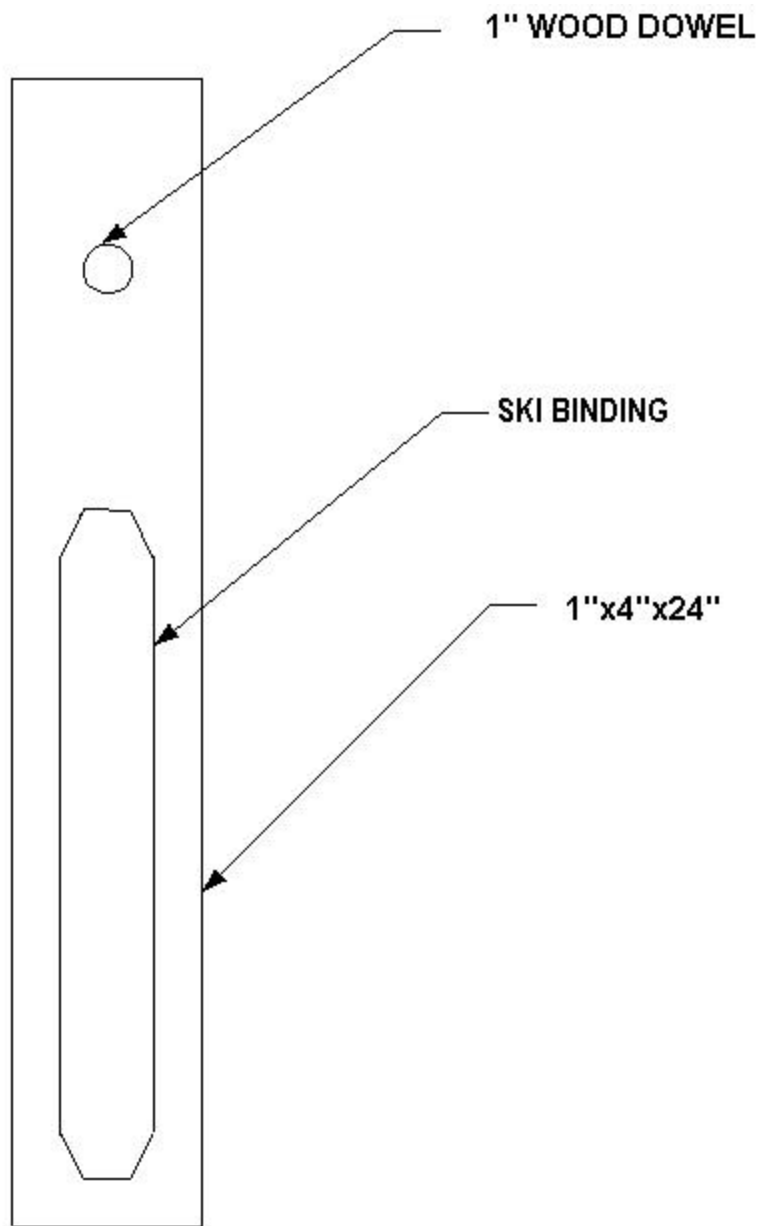
I feel strength training should be looked at as a way to improve the following areas (in priority):

- will help improve technique (which will result in higher skiing velocity)
- will help improve stabilize your body
- will help increase speed
- will help prevent injuries

By Steinar Mundal

## **TIBIA TRAINER**

If you are experiencing sore shins after starting roller ski training, perhaps you should consider strengthening your shin or tibia muscles. Over the years I have tried rubber tubing over the toes and the standard tibia machine found at most weight rooms. More effective is a home made exerciser using an old binding, a piece of 1"x4" and wood doweling. Below is a drawing of the exerciser:



Place 10-20 pounds of weight on the wood dowel and snap your ski boot into the binding. Lift your foot off the floor and pivot the apparatus by lifting the toe up and down for the desired number of repetitions, anywhere from 20-40.

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## **ARTICLES FOR NEWSLETTER**

Please send any articles, stories, humor, wax ideas, or subject ideas to the newsletter editor, Tim Greening, my e-mail address is [Tijil@aol.com](mailto:Tijil@aol.com)

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# THE SMIGIEL DIALOGUES

Overheard after this years Ore to Shore mountain bike race:

Smigiel: How did it go Don?

Camp: My chain broke twice and Greenmon almost beat me.

Smigiel: Didn't you break it last year also?

Camp: Yeah, I guess that's racing.

Smigiel: No Don, that's flopping.

Editor's note: Smigiel wasn't really there, but hypothetically it would have been his response

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