

THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An Exclusive, Members-Only “XR TO GO” Publication

By Eddie Henry, XR Lifestyles, May 2017 – Issue 22

The majority of my life has been marked with performing in endurance events. At the age of 12, I competed in cross-country at the Junior Olympics, and last month at age 37, I competed in an 11-mile obstacle course race. The years between were filled with competitive track and field, swimming, soccer, volleyball, triathlons, and other random competitions like total pull-ups in 1 minute and handstand duration. I don't claim to be world class at anything, but I do hold a few metals including a gold from the Alabama Sports festival in the mile run, some open wins in beach volleyball, maxing at 37 pull-ups with a couple one armed pull-ups, as well as 3rd place overall in the Tough Mudder last month. All of the events have their own challenges, which make them unique, but there are a few things I have learned along the way that can make you perform like a ninja in any endurance event. I will share with you what has worked for others and me on crushing an event.

First and foremost, perform at your leanest and strongest. The two people who took the podium with me at the Tough Mudder had lower bodyfat levels than me...not a big surprise. Everything being equal, Eddie at 175lbs will kick the ass of an 185lb Eddie at anything, from running to jumping to pull-ups

to pushups. Link back to the March issue if you want more on this topic:

<https://xrlifestyles.com/blogs/news/lmt-issue-21> .



Second, optimize hydration. This strategy is very individualized depending on you, environment, duration, and intensity level, etc. You need just enough water to keep you hydrated without ultimately weighing you down. Every ounce of extra weight you carry in an event equates to minutes lost. Find what works for you during a preliminary practice run. I tend to keep everything normal leading up to the event and add roughly 8oz of water per 30 minutes of activity. If I am sweating profusely during the event, I will double the amount of fluids and add a pinch of sea salt to each bottle of water.

Third, find what foods work for you and stick with them. Don't add a bunch of "preworkouts" or energy gels to your event unless they are tried and true. This addition is a huge rookie mistake. By adding a bunch of maltadextrin and high fructose corn syrup to an anxious stomach, you will be breaking records on the can rather than the scoreboard.

Fourth, perform fresh. You should perform 100% fresh. Training higher than 50% max effort 3 days prior to an event will create enough micro fatigue to hinder your race day performance. Think long walks and bodywork 3-7 days leading up to an event.

Fifth, stay healthy and injury free. The best way to see results is to train consistently, and the best way to train consistently is to stay injury free. While most athletes push as hard as they can during the months leading up to an event, I have always focused on a slow progression with a workload based around injury prevention. Build up your suspension, the stabilizer muscles surrounding your joints, so your body doesn't break down.

Sixth, train to the sport and functionally. Cross training is key, but make it functional to the event. For example, efficient running requires a strong core and lower body stabilizers as well as postural muscles. Biking doesn't work any of those, yet runners tend to cross train with biking. My recommendation is to find a good specialist that can assess your kinetic chain, locate your weaknesses, and create a protocol around strengthening them.

Seventh, get the best possible sleep prior to the event. You will normally find yourself in a hotel, which can create a challenge, but base ALL of your efforts on at least 7 hours of quality sleep before your event.

All of your hormones will optimize with quality sleep, which can give you a huge edge. Link to issue 1 to get some sleep tips:

<https://xrlifestyles.com/blogs/news/42014401-the-lean-and-mean-times> .

Eighth, have an "epic poop" before the event. I am not going to expand in great detail, but this bowel movement REALLY matters. Every bit of weight you carry makes a difference when performing. Get up early if necessary, bounce, drink coffee, do yoga moves, whatever, but just make it happen. I typically use a baking soda, lemon, and water concoction to make it "epic." Here is a good article on how to poop like a warrior:

<https://bengreenfieldfitness.com/2015/03/how-to-naturally-fix-constipation/> .

Ninth, eat only what's necessary leading up to an event. Freaking carb loading is rarely the way to go. Remember that bodyfat serves as great energy and most of us have days' worth of it on our bodies to help us get through the event. The exception here is when you are performing at a very high intensity with long durations. Becoming "fat adapted" has been the best strategy for me and continues to serve me well:

https://www.youtube.com/watch?v=o4r_u1x97IU&t=215s . I can't tell you how many people I have passed in races that were sucking down gels and drinks. When I 'bonk out' during an event, which is rare, I tend to use essential amino acids, honey, and brain octane for a quick fix. I continue this conversation in the Q and A section. FYI, my go-to pre-race meal is a pack of Ambronite: www.ambronite.com . This meal is tried and true for me and gives me 4 hours of sustained energy.

Lastly, have fun with it! Whatever it is, it is probably going to sweeten life so don't

overthink it. You have come this far. Now relax, get your mind right, and crush it.

Food of the Month: Bananas

Before I get into the benefits of a banana, remember I am a firm believer that you must EARN your carbs. That means you should only eat carbs in excess if you already have VERY low bodyfat or plan to utilize the calories in the banana soon. Without these two criteria, the fructose in the banana could very well become bodyfat soon. With all of that said, bananas are a descent source of nutrients and a great source of convenient energy. They are 100 calories of straight up sugar. What is normally horrible for your health can be harnessed into rocket fuel. Grab one pre or post workout to replenish your glycogen stores or start your event day with the recipe below.

Exercise of the Month: Full T Stretch



This stretch is one of my “insurance policy” moves. The T stretch will keep your kinetic chain, specifically your IT band, in fighting shape. If I can effortlessly fold into this position, I rarely have injuries. If this position is a struggle, things normally don’t end well. Try to perform this move to the best of your ability post workout daily. Yoga straps may be helpful at first. Here is a video I made with a stretch

sequence I recommend ending in the T stretch: <https://www.youtube.com/watch?v=cqxRDOP-bAY>.

Monthly Challenge: To equal bodywork with workouts

Tiger Woods once mentioned he focuses as much on healing as on working. He stretches and rolls as much as he trains. So if Tiger works out for an hour a day, he does bodywork for an hour a day. I know this may seem excessive, but most elite athletes know the importance in recovery and follow this program. Most people don’t have an extra hour to add daily to their fitness regiment, so try backing off your training and replacing it with some bodywork. Do 30 minutes of dynamic work and 30 minutes of bodywork this month. A recovered body can burn fat and build muscle much more efficiently.

Supplement Spotlight: Astaxanthin

Everybody has a vice, and mine is the sun. I don’t need chocolate or Facebook, but damn it, I like to be outside. So I need to do everything possible to negate the effects of overexposure to the sun. Astaxanthin is known as an internal sunscreen. It is a naturally occurring carotenoid found in the pigment of certain marine plants and animals that protects them from sun exposure. Astaxanthin is a powerful antioxidant for eyes and skin, but what really caught my attention is its sunscreen ability. I first noticed this ability when reading blogs of triathletes from Kona. The triathletes claimed if they loaded up on astaxanthin, they would rarely get sunburned even without sunscreen. I have been experimenting with this supplement for a while and definitely don’t get as much sun when taking it before sun exposure. I use Life Extensions Astaxanthin with Phospholipids.

What’s Trending: Active release stretches

Deep tissue work is great, but sometimes an

area has to go through an extended range of motion to open a joint up enough to heal. The extension creates circulation that feeds the articulation. Lately, I have been able to totally bypass all foam rolling because of 2 active release sessions per month. That is some serious time savings! Find and book an Active Isolated Stretching Specialist.

Monthly Goal: Crush an event

Nothing is as motivating as an event. No matter what type you choose, it will be on your calendar and most likely push you a bit more than normal. Get healthy, get lean, and crush an event. Find a group of friends to join you for support and motivation.

Q and A with the XR Professionals (sent in from members via email):

Q. Do you have carbohydrate recommendations per duration and intensity of exercise?

A. This question is a complex one, but let's talk about glycogen stores for a second. Glucose stores in your liver, muscles, and blood for short term energy. Most people can store between 100 and 200 grams of glucose before converting it into bodyfat. This level can deplete within hours of intense training. If you really think you are redlining your heart rate, start your event with full glycogen stores. You don't need to carb load for this. Your typical hard workout utilizes 100 grams of glucose. Replenish that, and you are there. When your glycogen stores deplete, you physically can't go on so don't let this depletion happen. I like to add 100g of glucose per hour of INTENSE exercise. I have used coconut water and amino acids during volleyball tournaments.

Q. What should I focus on moving into beach season? (Part 2, continued from last month)

A. Last month you were supposed to cut out processed carbs. Nice work! Now consistently perform fasting cardio. By exercising on an empty stomach, your body will be forced to burn bodyfat. You have time for a morning workout. Get up earlier if necessary. No excuses!

A Final Note:

Adding events to life simply make life more fun. Performing well at those events is icing on the cake. Don't buy in to all of the hype regarding performance stuff. Just do what you do, but do it smarter and better. Lean out, stay healthy, and have fun. Good Luck!

Monthly Recipe: Banana Pancakes



3 pancakes = 400 calories, carbs = 34g, protein 34g, fat 15g. Directions: put 1 banana, 2 raw eggs, 1 scoop (20g) of undenatured vanilla whey protein powder, and a pinch of cinnamon in a blender. Blend for 1 minute. Heat a skillet on low with a tsp. of coconut oil. Pour batter into the skillet and cook for 1 minute per side. Repeat. Serve with a bit of raw manuka honey. Boom!

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at: www.xrlifestyles.com. Online training customized for your unique needs and goals.



