



PREFACE

I met Jimmy in NYC at the Robertson/Cressey seminar, *Building the Efficient Athlete*. He was enthusiastic and ready to start applying all of the knowledge he has gained from years of training athletes. Watch for his name, it will be all over the place very soon! This beach routine is awesome and shows how you can get an insane workout without weights!

Check it out!

Smitty

The Diesel Crew



Seaside Smackdown

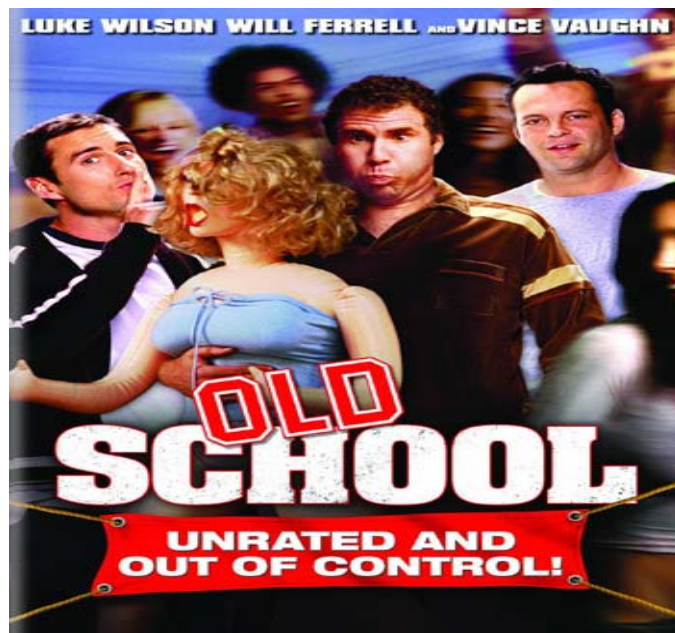
By Jimmy “ Not Smitty” Smith, CSCS

The sound of the waves hitting the rock, the warm sun on your body and explosive split jumps? Most people wouldn't think that combining the three would result in training adaptation heaven. The beach is an untapped resource in our quest for success.

Discovered By Accident

In case you didn't see Rocky III, I'll sum it up. Rocky hires Apollo to train him for his rematch with Clubber Lang who has previously beaten Rocky for the heavyweight title. The first thing Apollo tells Rocky is that he has to go back to training “Old School”.

No, not that Old School! Apollo meant training like the athletes of yesteryear, getting back to the basics. He had Rocky swimming, jumping rope, getting rhythm while listening to hip hop music, but most of all he had Rocky working out on the beach. What happened to Rocky? He got faster and stronger by training with Apollo at the beach. A few years ago I decided to go and try some of these workouts. I went down to a local beach and started training a few days per week. The end result was improved conditioning, a leaner physique, a kickass workout and the phone number of the cute lifeguard who worked there!



GP What?

All kidding aside, beach General Physical Preparedness (GPP) is a perfect tool to use in your quest for superb conditioning. If you're not familiar with the concept of GPP let's have a quick crash course in what it is. The aim of GPP is to balance out the conditioning of multiple physical qualities such as endurance, strength, speed, flexibility and other basic fitness abilities. GPP may be characterized as participating in multiple physical

activities that are low-intensity and provide all-around conditioning but it has very little direct, specific sporting emphasis.

Do you remember when you were a little kid and played two or three sports, but you really loved just one? Well when the season for that one sport you loved was over you played two other sports until next season. Those two other sports were your GPP for your main sport.

Take It To The Sand

What if I told you that training in the sand could potentially produce more results than the circuit training you might be doing in the gym? What if I compared the same exact movement done in the gym to movement done in the sand? I'd find that the beach produced better results! Here are four of the biggest benefits that training in the sand has over the gym.

Beach Benefit #1

Training outside makes you feel better. Have you ever gone outside on a nice day and felt worse? Chances are you answered no. When has a day at the beach ever been stressful? Again, you probably answered no.

Beach Benefit # 2

Testosterone is enhanced during warm weather conditions. A recent study examined seasonal effects on testosterone levels of men with average T levels of 666ng/dl (normal levels are between 300-1000ng/dl). The subjects were studied during the months of April, July, October, January and April again (1). The results appear to show that T levels rise about 12% during July and 15% during October and return to April levels throughout the winter. What's the significance of this? If you're living in the Northeast chances are you'll be doing your beach training during the July to October period. What

about if you live someplace warm? Chances are your T levels are going to be consistently higher.

Beach Benefit # 3

The sand is an unstable surface. What's the importance of this? Your resistance is always adapting based on your previous movement so unlike traditional weight lifting movements, each action is completely different. This causes a bigger caloric expenditure and requires a higher force output, which means more strength is needed.

Beach Benefit # 4

Zero equipment is needed. You can even make use of what's right there on the beach

Here's How We Get Down

Unless you're going to a run down beach or you're into the fall season, expect the beach to be packed. You'll need to carve out an area of forty yards. If you have trouble defining forty yards, just do a step test, one foot in front of the other. Every three step equals one yard, so that's one hundred and twenty steps.

You'll be performing each circuit once per week for four weeks. As a rule of thumb, if your performing these workouts on the same day as a weight training session, they should be done at least 6-8 hours later to ensure proper recovery. In addition, your weight training sessions should be shorter in duration with less volume. If these are performed during your "off" days, you'll need to monitor how you are recovering from these sessions as they can be very fatiguing.

The table below details your loading parameters

Week	Circuit 1	Circuit 2
1	2 sets, resting 1:15 seconds	3 sets, resting 1:15 seconds
2	3 sets, resting 1 minute	2 sets, resting 1 minute
3	3 sets, resting 45 seconds	2 sets, resting 30 seconds
4	2 sets, resting 30 seconds	3 sets, resting 45 seconds

Show Me The Goods

Enough talk. Here's the Sand-Kicking Circuit:

Circuit One

1) Iso-Dynamic push-ups BW x AMAP (Body Weight X As Many As Possible)

Ten second three inch isometric followed by body weight push-ups for as many reps as possible.

Note: Iso-Dynamic means an isometric contraction followed by successive dynamic effort movements for repetitions. In this exercise you will drop down to three inches above the sand and hold that position for ten seconds, then do as many body weight push-ups as possible.

Start



Jimmy showing the starting position of the Iso-Dynamic push-ups.

2) Mountain Climbers

15 reps per leg

40 yard Dash

3) Low Walking Lunges back to the starting point

Note: Stay as low as you can with your trail leg “scraping” the sand

4) Low hops (heels up)

15 reps

Note: Squat to parallel and elevate your heels, bounding up 5 inches without placing your heels in the sand.

Start of the Low Hops:



5) 3-bounce lunge jump

8 reps per leg

Note: Execute three lunges bounding five inches in the air. On the third bound, explode into the air as high as possible, switching lead legs. Land on the opposite leg that you began the movement with.

Start:



Finish:



Circuit Two

1) Iso-Dynamic close grip push-up BW x AMAP

Note: Here you'll be performing an eight-second isometric hold two inches above the sand followed by bodyweight close grip push-ups for as many reps as possible

2) Plank with opposite reach punch

12 per arm

Note: Perform a bodyweight plank while punching toward the left side with the right arm. Switch arms and repeat.

3) Reverse Lunges to vertical jump

12 per leg

Note: Lunge backwards then draw the displaced leg back to the center, squat down and explode up.

4) 40-yard dash two-foot bounding

Note: Perform as many consecutive two-foot long jumps as you can until the reach the

5) 40-yard mark.

6) Alligator Crawl back to the starting point

Start of the Alligator Crawl:



7) Narrow push-ups

12 reps

The Gauntlet Is Laid!

The challenge is a grueling four-week beach training program that will bust you through your current training rut or inject some new training life into your programs. Just make sure not to do it near the guy who is lying on his side, sipping a beer in a Speedo with his chest hair sticking out. He's just plain scary.

Jimmy Smith, CSCS

About the Author

Jimmy Smith is a Certified Strength and Conditioning Specialist and performance enhancement coach in Southwestern Connecticut. Jimmy has helped athletes of all levels and people alike achieve their training goals. He specializes in body composition, performance enhancement, and corrective training. You can contact Jimmy at jsmith2482@yahoo.com

References

1) Smals, AG, J Clin Endocrinol Metab 42 (5):979-982, 1976.