



The Between Sets Newsletter
The KSI Newsletter
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Newsletter Editor: Robert Bennett, UK

We trust you enjoy the July 2013 issue of the KSI newsletter for 2013! If you would like a friend to receive future newsletter, share this link with them!

<http://www.1shoppingcart.com/app/join.asp?merchantid=197081>

Ian King, on behalf of Team KSI

1. Athlete responses

Race Report

Hi Ian, Just thought I would let you know how I got on. In the first instance I was very happy with my preparation and training regime for this event. My recovery was great from sessions and I had zero niggles. My nutrition was addressed prior to the event so I felt there was no obstacle not addressed.

Race week went to plan. I exited the water on race day in exactly the time I had planned. Immediately on the bike my seat started to come down. I have ridden approx 1500km since my last adjustment, so I have no explanation. I rode to the mechanic which was 30 minutes away on the course. I then had to guess where to move my seat to. It was not the correct spot but it is difficult to tell during a race. In the end my bike time was 30 minutes slower than planned as I simply could not push to the level I

have trained at.

I then had a solid run. 10 minutes off my planned run time but got back 115 places. In the end I finished in 10hours 14 minutes and 108 out of 1600. My plan was for 9 hours 30 minutes. It took a lot of mental work to keep going through the bike leg and I am now happy that I pushed my mental boundaries. I have gained a lot during this preparation and whilst the end result was not quite where I wanted it to be it was far from a disaster. My next focus is going to be on my running. Running is my true passion and currently I am feeling fantastic and I would like to build on my current fitness. It will allow for some more racing to also be part of the schedule. It is extremely difficult to have 12 months of preparation and do 1 single event. I am off on holiday for the next 2.5 weeks and will be in touch when I get home. I would like some guidance in how to develop a maintenance plan before I decide on what events to focus on. Thank you again for your help. p.s. I am enjoying the book you gave me.
--XXXX

2. Get Buffed learning experiences

Q: I have been doing split squats (knee positioned back is extended and front knee stops directly over ankle). I have read that there should be little or no weight on the back leg during this exercise, but I feel great tension in my back leg throughout the movement. Am I doing something incorrectly? --xxxx

A: *There are no rules. Weight on the back leg means the leg muscles are being strengthened in this angle. This is good! However, if you wanted the lead leg to do all the work, yes, keep your weight on the front leg. Don't panic - if your muscles are hurting and you can feel them working, it can't be bad. --Ian King*

[Follow Get Buffed!™ on Face book](#)

[Order your own Get Buffed!™ material](#)

3. Training Tips: Coach Mitchell Kochonda

- “How come there are hundreds of websites with trainers marketing how great they are, yet I've never come across an athlete that can deadlift appropriately for sport upon first training them? Could there be a difference in what people say and what people do?”
- “For every rep you do outside of technique in strength, speed or skills training, you reinforce what you don't want.”
- “Everything in training is cumulative. The outcomes you're getting as a result of your what you're doing are cumulating, both the good and the bad. The appropriate and the inappropriate. Which is winning the battle in your training?”

- “The stomach is meant to be acidic and full of enzymes to digest your foods. When you dilute that environment with any fluids, your waterlogged digestive system is rendered less effective. Thus your colourful, organic, fresh, low GI vegetables are largely intact when they're passing through you. So how can you get any nutrients from them? Stop flushing your nutrients through your system and down the toilet – drink the majority of your beverages in between meals (D Wentz & M Wentz, The Healthy Home, 2011).”

[Coach Mitchell Kochonda Facebook Page](#)

4. Training Guidance

In Stage 2, the last exercise is described as "Full range lateral DB press, strip set". Would that be lying on my side and pressing the DB? Or, something else? Thank you.
-xxxx

Xxxx- What are the other exercises for the day - may be able to tell more when in context. with what you have presented here - I believe seated DB shoulder press - palm in. full range = at bottom of range elbows in w/ DB touching lateral aspect of deltoid. Press straight up to full extension. --Coach Mike Pimentel

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5. KSI International Network

Ian - I have a client who is on a world-tour at the moment (professional artist/dancer), coming through xxxx as well. She performance very high volume (6-8h/day) and could need as much recovery work as possible. I plan to refer them to the KSI CMP coach in that town! --KSI CMP Coach

This is exactly one of the main benefits of having an international network. Looking forward to the day it works smoothly, every day of the year, every country in the world! Giving the worlds best athlete preparation services to the athletes of the world! --Ian King

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6. Ask the Master Q & A

Industry Education

Q. Ian - I was thinking about getting some strength and conditioning accreditation learning more and seeing if you did courses or if you knew which would be best place to learn. I just wanted to know your thoughts. --xxxx

A. Xxxx – I will help you in any way I can with your education. Here's a start: There are 2 paths – formal (industry recognized) and informal (not industry recognized) courses. You need to have the former, but as Jim Rohn taught, formal education will get you a job, informal education can create for you a fortune. In formal (industry recognized) again there are 2 paths – fitness industry and sports industry (which unfortunately the masses have modelled the US historical accident and called it 'strength and conditioning'). There are a number of different providers but in essence in our country it is called Cert IV or similar. In 'strength and conditioning' there is less options and you have the Australian Strength and Conditioning Association as the primary provider. Choose your path, choose your provider.

Ideally then you step out into what is called 'informal education' which is not 'required', is self-driven, and therefore less do it. There are many providers globally. Including KSI – we aim to teach physical preparation coaches how to succeed in training athletes. You can get some insights here:
<http://www.kingsports.net/ksicoachingprogram.htm>

How am I going with answering your questions? --Ian King

Load selection in squat and deadlift

Q. Ian, For the deadlift and squat we have a 1 x 8; 6; 4 with an Opt 1 x 10. For the 1 x 10 – what are the parameters on weight selection? --xxxx

A. Xxxx - You can use either:

1. Last warm up set weight
2. Or a weight in between the last warm up set wgt and the first warm up set weight

Generally speaking hold the load and raise the reps from week to week on this back off set. You can study the back off sets concepts in either GB material or legacy course. --Ian King

[Want more? Order 'Ask the Master - An Anthology of Q & A's by Ian King](#)

7. Book of Muscle

Temperature regulation

Q. I do all of my weight lifting in my garage, which I have turned into a nice gymnasium. The only downside however is the temperature in the summer and winter months. Do you have any tips for weight training in hot and cold conditions? --xxxx

A. You will find this addressed in my book *Get Buffed*, including warm up issue and maintenance of temperature during rest periods at length. A large part of this is what type and how much clothing to wear etc. Allowing too low a body temperature may negatively impact ability to recruit, and allowing excessive temperature may increase

catabolism. You simply need to identify what you believe to be the optimal temperature and then know how much clothing is needed to achieve this. --Ian King

http://www.facebook.com/browse/adminded_pages/?id=100000863592442#!/pages/Book-of-Muscle/399817883440932

8. 2013 KSI Seminars

It's less than four weeks to our peak event in the calendar, our Annual International Athlete and Coach Training Camp in the US. We are extremely impressed with the number and calibre of those already registered – this is going to be our biggest and best KSI Annual Convention ever! It's going to be an extremely rewarding experience for those in attendance!

Thursday 25 July 2013 - Optimal Athlete Performance the KSI Way, Brisbane -
Complimentary registration for KSI Members & Clients
Learn more email question@kingsports.net

Sat-Sun 10-11 August 2013 – Level 3, Park City Utah, USA*

Tues 13 August 2013 (tbc) – World Fitness Business Owners Summit (Webinar)

Mon-Wed 12-14 August 2013 – Level 4, Park City, Utah. USA*

Mon-Wed 12-14 August 2013 – KSI Athlete Training Camp, Park City, Utah, USA*

Fri 27 Sep 2013 (tbc) – Boutagy Fitness Institute, Strength Summit, Sydney

Sat 28 Sep 2013 (tbc) – Boutagy Fitness Institute, Strength Workshop, Sydney

*10th year celebrations in this location

Register <http://www.kingsports.net/servicesseminars.htm>

Email question@kingsports.net for more info on these seminars.

“Most will follow the trumpet with the loudest noise, only to come away disillusioned and poorer for the experience, realizing they were following an empty vessel. You will find we do things differently at KSI..... If you find your way there amongst the static of bullshit internet marketers...”

9. Our nutritional supplement recommendations

For the last decade plus KSI athletes and families have relied on one vitamin manufacturer. You can too. Get yours here: <http://bit.ly/vb6eRO>

10. KSI Global Network

Athlete Training Facilities

- Brisbane, Qld, Australia
- Cape Cod, MA, USA
- Gold Coast, Qld, Australia
- [Innsbruck, Austria](#)

KSI Network of Elite Coaches

- Mike Pimentel, Boston, MA, USA (KSI L7)
 - [Mitchell Kochonda](#), Gold Coast, Qld, Australia (KSI L7)
 - Andreas Scheicher, Innsbruck, Austria (KSI L6)
 - Igor Ostojic, Ireland (KSI L6)
 - Carl Sherry, Adelaide, SA, Australia (KSI L6)
 - Ryan Lesperance, Toronto, ONT, Canada (KSI L6)
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11. Your Say

KSI client feedback – Legacy course

Ian, Hope you're well mate. I've just finished the legacy course and I wanted to tell you how much I valued it. To be honest, I don't know where to begin. I've looked on the forum and read some great testimonials, so I know I'm not alone in my appreciation.

I attended your London seminar earlier in the year. You asked a question along the lines of "write down 2 things you want to get out of today" - I put down 1 - how much do you do by 'science' and how much by instinct/through experience? I found the answer pretty quickly..! The legacy course really hit a note with me. Some because I feel the same, some because I've been guilty of it, some because it just makes sense. I've read other stuff, none of which goes even near the legacy course, and I couldn't even tell you where that bullshit is. I have every unit of the legacy course printed off and in a folder - and I've never put anything in a folder in my life! Thanks for an incredible course. Looking forward to the next level. Best Regards & Much Respect
--XXXX

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