

JUNE 2010

How Do You Stack Up?

How did you do with last month's test? Were you able to find your personal models of movement and rank yourself against them? In case you missed the test or want to take it again, you can find the [article archived here](#).

This month we are going to look at one Olympic athlete and one weekend warrior, and rank them against our 9S's to see how they both stack up – and see how some tweaks to their current training programs could make them even more exceptional.

MICHAEL PHELPS

In case you missed the 2008 Summer Olympics, Michael Phelps is 14-time Olympic Gold Medalist, and considered by many to be the greatest swimmer of all time. Michael has a lot going for him, but also has room for improvement, which is a bit of a frightening prospect!

Structure

Michael's structure is uniquely suited to his sport. His arm span is disproportionately long to the length of his body, he has a long torso and relatively short legs (at 6'4", that is relative), he has huge feet to act as flippers, and hypermobile ankles that can work as fins. Michael's structure is virtually perfect for his sport.

Skill

Michael started swimming at the age of 7, and was holding national records in his age group by the age of 10, so skill is something that Michael has in spades. He trains 5 hours a day, 7 days a week, with much of that being in the pool. His training would involve swimming up to 50 miles per week, so Michael rapidly developed lots and lots of reps, which you can imagine with an elite-level coach had to have been relatively high-quality as well.

Strength

When Michael is training to compete, he does strength training for an hour three times a week. While we can't know for sure exactly what he does, odds are he does a lot of ballistic strength and supramax eccentric loading to develop that explosive strength that is required for a fast, explosive start and turns. He doesn't want to bulk up too much, because that is counter-productive for buoyancy in the water.

Style

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EVENTS CALENDAR

Be sure to check [our website](#) regularly for updates.

Essentials of Elite Performance

Chicago, IL
June 25-27

Minneapolis, MN
July 16-18

Seattle, WA
August 20-22

Southern California
November 12-14

Orlando, FL
December 10-12

R-Phase

Phoenix, AZ
May 21-23 & June 25-27

Boston, MA
June 11-13 & July 16-18

Copenhagen, Denmark
July 26-31

San Francisco, CA
July 30 - August 1 & September 10-12

Minneapolis, MN
August 27-29 & October 8-10

I-Phase

Michael, likely due to his unusually long arm length, focuses on taking long, strong strokes – and can usually take only 8 where most swimmers take 12. As we said last month, style is all about taking the fundamentals and making them your own based upon your unique structure and movement patterns.

Spirit

Michael is a focused competitor, and absolutely rigorous about his training. There is no way to be the caliber of athlete that he is without an amazing mindset and work ethic. But he is also young (he turns 25 at the end of this month) and can sometimes make some less-than-optimal decisions. Because of some of his out-of-pool antics, Spirit would be an area that could use some improvement.

Sustenance

Food appears to be Michael's Achilles heel. His diet of pizza and junk food is frequently discussed in fitness circles. To train the way Michael does requires an enormous amount of food, he consumes between 8,000 and 12,000 calories per day (2,000 is closer to normal), and you aren't going to get that eating chicken breasts and spinach. But, choosing organic foods, high quality produce, ensuring there are no trans fats in his foods, and eating whole grains instead of white bread would allow his body not to work as hard at digesting food, and allow it to dedicate more energy towards muscle repair and restoring energy levels.

Suppleness

Michael is like a fish in the water, all grace and fluidity. He has said that if he didn't have the water, he doesn't know what else what he would do. For his sport, Michael definitely owns the Suppleness he needs to excel.

Stamina

Michael doesn't spend more than 2 minutes or so in the water for any given event, so the stamina required for any individual event is minimal. But, training 35 hours a week is certainly an exercise in endurance, so it is a completely different type of stamina than is required for an Ironman Triathlete (which we will be looking at next). To maintain Michael's intense training schedule and not be wracked with injuries, he requires some serious recovery skills!

Speed

Michael's current training regimen is all about developing the appropriate strength and suppleness ratio to optimize his speed for his sport. He may not have the fastest strokes in the water, but is able to use his strength and structure to still make him the fastest overall competitor. As a current recordholder for 20 different events (including 6 world records), I don't think we really need to discuss speed!

SHANNON MAUCK

If you have ever called the Z-Health office, there is a good chance you have talked to Shannon. He has been with the company almost since it's inception, is the go-to guy in many areas, and is our company cheerleader, motivator, and just a really nice and generous guy. He is also a serious weekend athlete, having completed

Denver, CO

June 17-20

Phoenix, AZ

August 5-8

Boston, MA

September 16-19

Copenhagen, Denmark

October 28-31

San Francisco, CA

December 9-12

S-Phase

Phoenix, AZ

June 3-6

Phoenix, AZ

October 14-17

T-Phase

Phoenix, AZ

November 4-7

9S Certification Series

9S: Strength & Suppleness

Phoenix, AZ

July 9-11

9S: Sustenance & Spirit

Phoenix, AZ

September 24-26

9S: Speed

Phoenix, AZ

December 2-5

multiple Ironman Triathalons. For him, a 50-mile Saturday morning bike ride is just your average training ride!

Structure

Shannon is not built to be a triathlete, his structure is better suited to the decathlon (look up [Bryan Clay](#) to get an idea of what that looks like). Shannon's frame is just a bit too large and his proportions are just a bit off. The interesting thing about talking to Shannon about this is that he is truly a believer in the Z-Health Human Potential Project, so is looking at becoming a decathlete just to see how good he could truly be!

Skill

Shannon has been competing for years, although much of that time without a coach. So, he has acquired a lot of reps without a coach to help him with the ideal form. However, Z-Health and the coaches associated with the system have helped him rehab after a bad accident, improve his technique, and raise his game to the point where he is continually getting better.

Strength

Currently, Shannon does not have a specific strength component in his training program. Instead, he develops any strength he needs through just putting in a lot of hours in his sports (swimming, cycling, running). He could probably benefit from some time with either kettlebells or a barbell as well as some diagonal/spiral work to improve his swim stroke. When he takes up decathlon training, he will almost certainly want to add in specific strength training to help him accelerate in those sports faster.

Style

Because Shannon is not built to be a triathlete, he has had to develop his own style to be competitive. In particular, he has to adapt his swim stroke to his larger frame since he is trying to pull a larger sized (but not heavier) object through water. The same holds true for adapting his body to his bicycle frame.

Spirit

As you might have already guessed, Shannon rocks the Spirit component. He is not only supportive, optimistic, and a great coach, but he also has this "get it done" mindset that is required for the endurance events that he excels at. Anyone that has run a marathon knows that it's as much of a mental game as a physical one – and Shannon has the perfect mindset for the long, long events. His love of endurance events and triathalons more than makes up for his structure.

Sustenance

Shannon eats a fairly clean diet. The family eats lots of clean protein, fruits, and veggies – almost all organic. His two weaknesses are that he lacks any sort of nutrition plan and that he has a soft spot for ice cream. Much to the chagrin of the corporate staff, he will actually TURN DOWN ice cream runs if he has to train in the morning. He puts his training before his love of food!

Suppleness

This is an area that Shannon could use improvement in. Strength and Suppleness are two sides of the same coin, and because Shannon doesn't have a consistent strength program he doesn't have a consistent suppleness

program. By training Suppleness he would develop better strength at end range of motion and odd positions. He would then develop better transitions between sports during an event and likely specifically improve his swim stroke and turns.

Stamina

Stamina is Shannon's middle name! Endurance is what he does, both competitively and professionally. He has the stamina and mindset (spirit) to get the job done. Most weekends he can be found spending hours on his bike or foot covering miles on the roads and trails around Phoenix.

Speed

Shannon's events don't require tremendous amounts of speed, but he can do the periodic burst on his bike when he needs to in order to be competitive. And, he has the stamina to allow him to keep up a competitive speed (as opposed to a maximal speed) during the entire event.

Two very different athletes, two very different 9S attribute strengths. Even if these two men were comparable caliber athletes, you can see that they need to be training their 9 S's quite differently in order to excel at their respective sport. And, in both cases, there is definitely room for improvement – even without carving out additional time during the week for training. Hopefully, you also noticed how intertwined the different S's are, and appreciate how you can't train any of them in isolation.

So, your homework for this month is to re-evaluate your test from May, using this sort of analysis as your guide, and see how you can simply, quickly, and easily tweak your program for better results. If you have any questions about how to do that, give us a call at 888-394-4198 or email us at info@zhealth.net and we can give you a hand.

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NEW! DVD Mini-Course: Essentials of Elite Performance

Interested in our Essentials course, but not quite ready to take the plunge?

In case you missed our announcement, two weeks ago [we released our new 6.5 hour DVD Mini-Course](#). Priced at an insanely low \$197, it is 6.5 hours of athletic performance and Z-Health theory – along with a follow-along guide to ensure you don't get lost in the material.

Essentials is for you if:

- You are a bit of a science geek (like WE all are), are already active, and want better results for yourself and/or your clients. You will LOVE this product!
- You already have any of our products, but want to accelerate your results or take it to the next level.
- You are curious about our live courses, but really need to know more before taking the plunge (be sure to keep reading for our \$100 coupon at the end of this).

Essentials is probably not the right product for you if:

- You want to learn the Z-Health [R-Phase](#) or [I-Phase](#) drills. We don't teach them in this product. The Essentials Course teaches you how, why, and when to use the drills available in our other products.
- You are looking for a follow-along program.

If you are thinking about attending any of our live courses, this product is the perfect place to start. With a \$100 coupon to apply to live training, the DVD is a great way to get jumpstart your Z-Health education for under \$100.

You can [learn more about the DVD or order online](#), call us at 1-888-394-4198, or email info@zhealth.net, and we'll be happy to help you decide if Essentials is right for you.

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Earn Continuing Education Credits

DO YOU NEED CREDITS WITH?

- ACE
- ACSM
- AFAA
- BoC (Athletic Trainers Certifying Board)
- ISSA
- NASM
- NCSF
- NFPT
- NSCA

Essentials of Elite Performance has been certified for continuing education credits with all of the above agencies, in many cases for up to two years worth of credits!

Imagine a single course that teaches injury rehab and pain relief, sensory integration training, AND athletic transitions, linear speed, and lateral speed.

Add to that 6 different self-assessments so you know immediately whether what you did benefitted your performance or not – and you now have a powerful system in your hands.

To make sure you get the opportunity to learn these skills and the chance to **take yourself and your clients from great to exceptional**, we are teaching this program around the country.

- Chicago, IL. June 25-27.
- Minneapolis, MN. July 16-18.
- Seattle, WA. August 20-22.
- Southern California. November 12-14.
- Orlando, FL. December 10-12.

You can learn more about the course [online](#), call us at 1-888-394-4198, or email info@zhealth.net, and we'll be happy to help you decide if Essentials is right for you.

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Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

Are you receiving our Training Tips? These brief training nuggets will be sure to enhance all of your activities.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

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Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

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Learn More on YouTube

Interested in the science and theory behind Z-Health?

Want some athletic performance tips and tricks?

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

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