

MEET YOUR MILITIA ATHLETES



THE HOOK

UPCOMING EVENTS

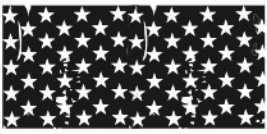
8/1 - 8/5 CrossFit Games

8/6 31 Heroes

Post Games Social for Joe and Clint
the evening of 8/10

During this year's CrossFit Games, 40 men, 40 women, 40 teams, 80 teenagers, and 240 masters will compete to prove they are some of the fittest athletes in the world. Among those competitors will be two of Florian's own: Joe Ames and Clint Paddock.

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MEMBER OF THE MONTH

Anthony Rodrigues

HOMETOWN: Smithfield RI

AGE: 40

FIRST START AT FLORIAN: June 2017, bring a friend (Shiva)

FAVORITE WOD MOVEMENTS: Deadlift and Row

LEAST FAVORITE WOD MOVEMENTS: AB and Thrusters

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:
Muscle ups

Tell us about your sports & fitness background: Played multiple high school sports and in many organized leagues. Lifted weights throughout high school and college.

How did you first get exposed to CrossFit?
June 2017, bring a friend

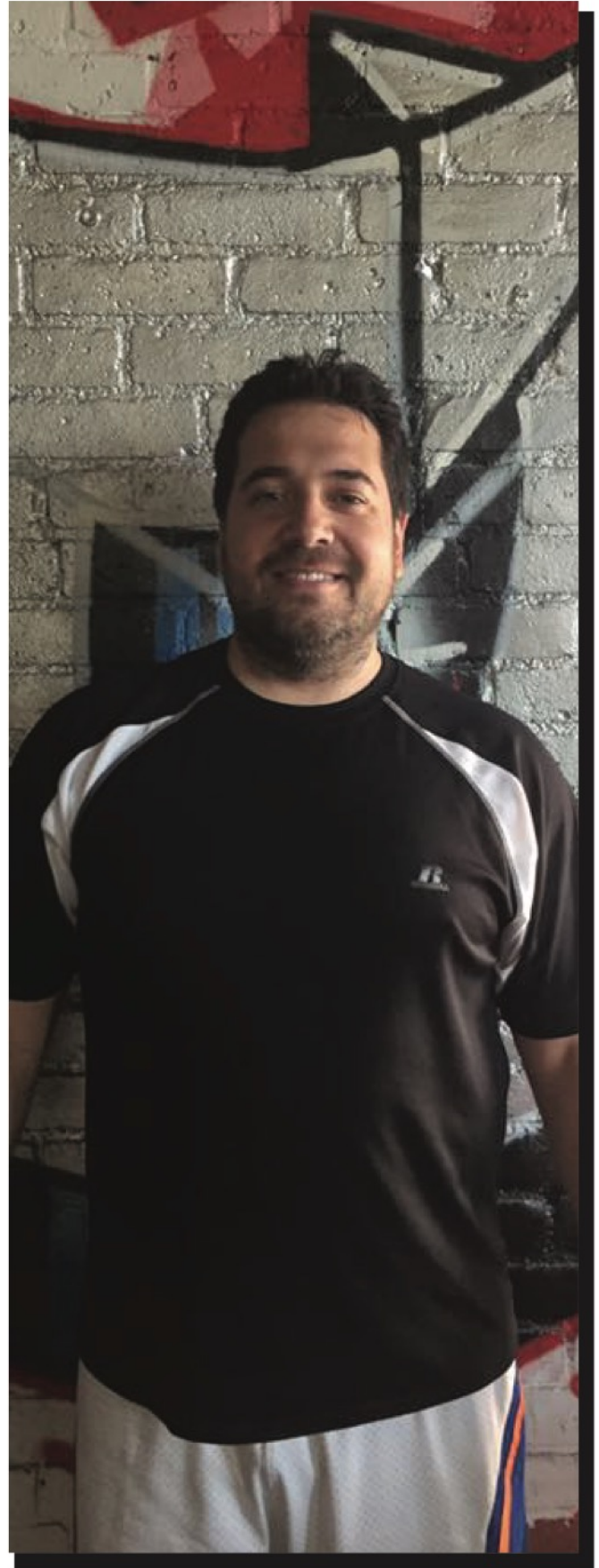
Take us back to your first WOD... what was it, and how did it feel? Wall balls, then sit ups passing wall ball. Helped me realize I was out of shape more than I could have ever imagined.

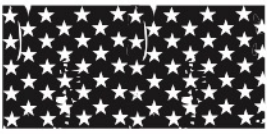
What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected? I Crossfit has helped me with perseverance in all aspects of my life. Initially, many of the work outs seemed impossible to finish or that I would never make gains. But learning to focus on the one rep in front of me and keep moving forward has helped me at work and home.

Please share with us any favorite CrossFit moments: Completing the Crossfit games 2018 with my friend Shiva. Also, recently hitting PR on Front Squat during our summer Meathead Monday workouts!

Any advice for people just getting started?
Many times I was told to just show up even if I was tired, hurt, or not motivated. After following that advice for many months I realized that all those were excuses and even a bad day in the box made the rest of my day more productive. Now showing up is automatic.

What are your hobbies, interests and/or talents outside of CrossFit? Currently I do not have much time for personal hobbies but love hanging out with my family and coaching my kids in their sports.





YOUR MILITIA ATHLETES

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Everyone has a fitness journey. And to become one of the fittest athletes in the world, that journey can be long and treacherous, but also rewarding. Before cheering on Joe and Clint at the Games this year, hear more about their roads to Madison.

SMOKIN JOE

When did you start doing CrossFit? May 2012

Favorite movement? Power Cleans!

Least favorite movements? C2B :(

When did you realize you wanted to train to become more competitive on a national and global level? After my first local comp at Crossfit New England. I did well against some well known names and Bill Malcomb posted on the Florian site to watch out for this guy. He has talent!

How did you change your training to accommodate for that?

I started to eliminate my weaknesses and still am! How about your diet? My nutrition is so important to me that I quit my corporate job to help others take control of their own nutrition.

Give us an example of what an average week looks like for you in terms of training?

This time of year, it's a lot! Usually a run workout at the track, a strength component at the gym followed by 1-2 wods. Maybe even a swim or bike wod later in the day. It can be 4 hours when all is said and done

Has this go been different since your last trip to The Games?

No question, the competition is better, but there is swimming and potentially biking this year, so that adds a new element that could play to my advantage

Describe the moment when you knew you had won?

Bill knew that as long as I didn't come in last on the final event, that I had it won, but he never told me! I didn't know until they called me over to interview me. It's how I imagined it would be, so it wasn't this crazy happy feeling, just a proud feeling that the work had paid off.

What lesson learned are you taking from that initial experience as the Games get closer?

The biggest piece for me is knowing that you can't win the Games in one event, so it's about being consistently good in each event. Try not to suck in any one event and you have a good chance of making the podium.

What is one piece of advice you would give to someone looking to up their training to take their CrossFit experience to the next level?

In my mind, it starts with nutrition. You can work your ass off 6 days a week, but if you are paying attention to what goes into your body, it's an uphill battle.

Why are The Games special to you?

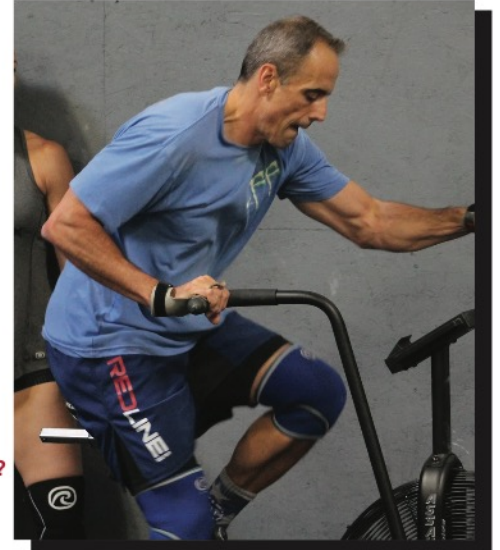
I want to use the Games platform to help others lead a healthier lifestyle. Hopefully people look at me and say, what's he doing that I'm not? I want to share what has worked for me

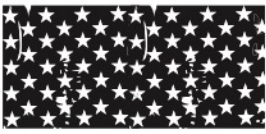
Why should people watch, especially if they haven't before?

Well, if you know someone who is competing, how cool is that? So many of my friends have told me stories of live streaming the workouts with the whole family! I loved the support I got during the Games, so if you are watching this year, send me your words of encouragement!

What is one fact or hobby about you from outside the gym that others may not know?

I love skydiving....I've done it three times before we had kids, but didn't feel like that was a responsible thing to do !!! Maybe if one of the kids would go with me, my wife would give us the thumbs up





YOUR MILITIA ATHLETES

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CLINT

When did you start doing CrossFit? I started CF in 2011.

Favorite movement? My favorite movements are snatch and muscle ups.

Least favorite movements? Least favorite are thrusters.

When did you realize you wanted to train to become more competitive on a national and global level?

I became more competitive when I joined Florian, but never thought about making Games. Just hoping to make top 200.

How did you change your training to accommodate for that?

I never really changed my training, but I never really did Classes. I've always followed some sort of competitive training program. My diet is all over the place, I never seem to eat enough but when I do it's paleo.

Give us an example of what an average week looks like for you in terms of training?

I crossfit 5 days a week, off on Thursday and Sunday, but now I swim on those days.

Has this go been different since your last trip to The Games?

I was more excited last year when I made the games for the first time. This year would've been a disappointment if I hadn't made it. I'm most excited to compete against the best 20 guys in the world.

What are you most nervous about?

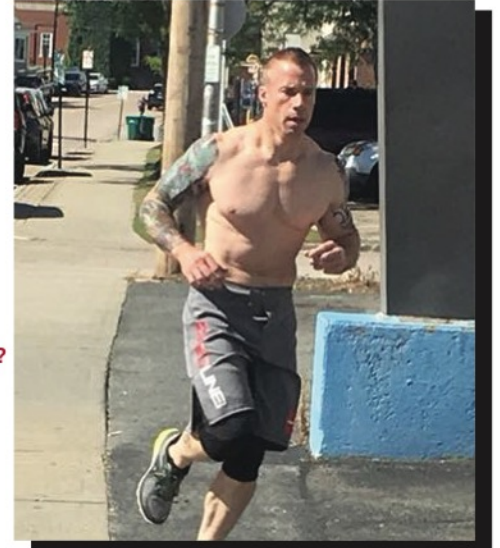
I'm most nervous about not doing well, I set the bar high last year.

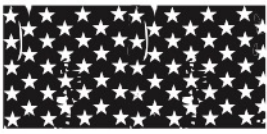
What is one piece of advice you would give to someone looking to up their training to take their CrossFit experience to the next level?

My advice is to keep telling yourself to pick up the bar or keep moving, it's a mental game as well.

Why should people watch, especially if they haven't before?

The Games are special to me because it shows hard work and dedication pay off. People should watch because it's amazing to see how physically fit us old guys and ladies are.





PUSH THROUGH IT!!!

-Coach Jay

“When adversity strikes, that’s when you have to be the most calm. Take a step back, stay strong, stay grounded and press on.” --LL Cool J

Pushing through a tough workout is something we all have to figure out. One of the best ways to accomplish this is by pacing correctly. I’m still learning this as well so try not to laugh too hard at me. Pacing is one of the most important aspects of completing a WOD. If you go out too hot after 3...2...1 go you will totally hate the mistake you made and hope for some sort of miracle to save you from the beating you are feeling.

So how do we achieve desired results through pacing you might ask.... well one is knowing your body. Only you know how you feel; your face might say you are a dweller of the pain cave, but your body is saying thanks for the Pilates session. You have to know your strengths and weaknesses.

Pacing is like a game of chess. For me running is not my gig, so I have to make up time on things I am better at. I could go all out with my pawns on a run, but all my next moves will for sure crumble my kingdom and leave the king and queen left to die, which is basically how I feel if I sprint the first 400m run of a 30+ minute endurance workout. So what do I do? I run at a moderate pace and keep my breathing level; survive to get to the barbell or rig. That’s where I’m going feel more comfortable, and I know I can move a lot faster to makeup time without feeling crushed like I would sprinting a 400m.

While you are strategizing a workout, just do you. Don’t try to catch Zack on a run if running leaves you gassed; don’t try to fly through squat cleans like Coco if your legs don’t have the strength or stamina for it. Obviously, you want to get better at things that make you a passenger of the struggle bus, and this can be done with accessory work and specific training on the side. During the workout find your strengths and cater to them to get the highest intensity out of the WOD as possible.

With pacing also comes having to be mentally strong. We all know workouts if performed correctly are supposed to be really hard. You have to go to the dark place in your soul to attack PRs in sprint WODs or get through long WODs staying at 80% intensity. If you walk away from a WOD saying, “that was easy”, you paced it wrong.

Coaches are a great resource to figure out a strategy if you are not sure on what attack mode you should go with. Whether it’s figuring out where to push the pace and where to conserve energy, or how to break up a big set into a more manageable workload. Don’t go in blind because you for sure will get taken by the WOD and even Liam Neeson won’t be able to bring you back.

You got this; your fellow athletes are doing the WOD with you and are feeling the same thing you are. They are doing it with their own strategy and pacing it out to what is best for them, so you do you. Figure out what is best for you and pace accordingly.





GLO KNOWS...

Summertime Watermelon Cooler



Ingredients:

Sit back & sip on this refreshing summer time cocktail.

Serves 4

Ingredients:

- Half watermelon
- 2 tablespoon agave or sweetener of choice(adjust as needed)
- Juice of 2 limes.
- Pinch salt
- 1/2 cup vodka or spirit of choice
- Garnish (optional) mint, lime wedges

Process:

Cut watermelon into chunks(green part removed) . Place in blender until juiced. In a colander strain water melon to remove pulp. In a pitcher stir together watermelon juice, agave, lime juice , vodka, and pinch of salt. Serve over ice and garnish to make it look pretty.

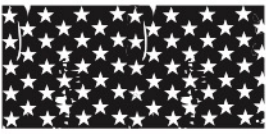
Cheers & enjoy

WELCOME NEWBIES

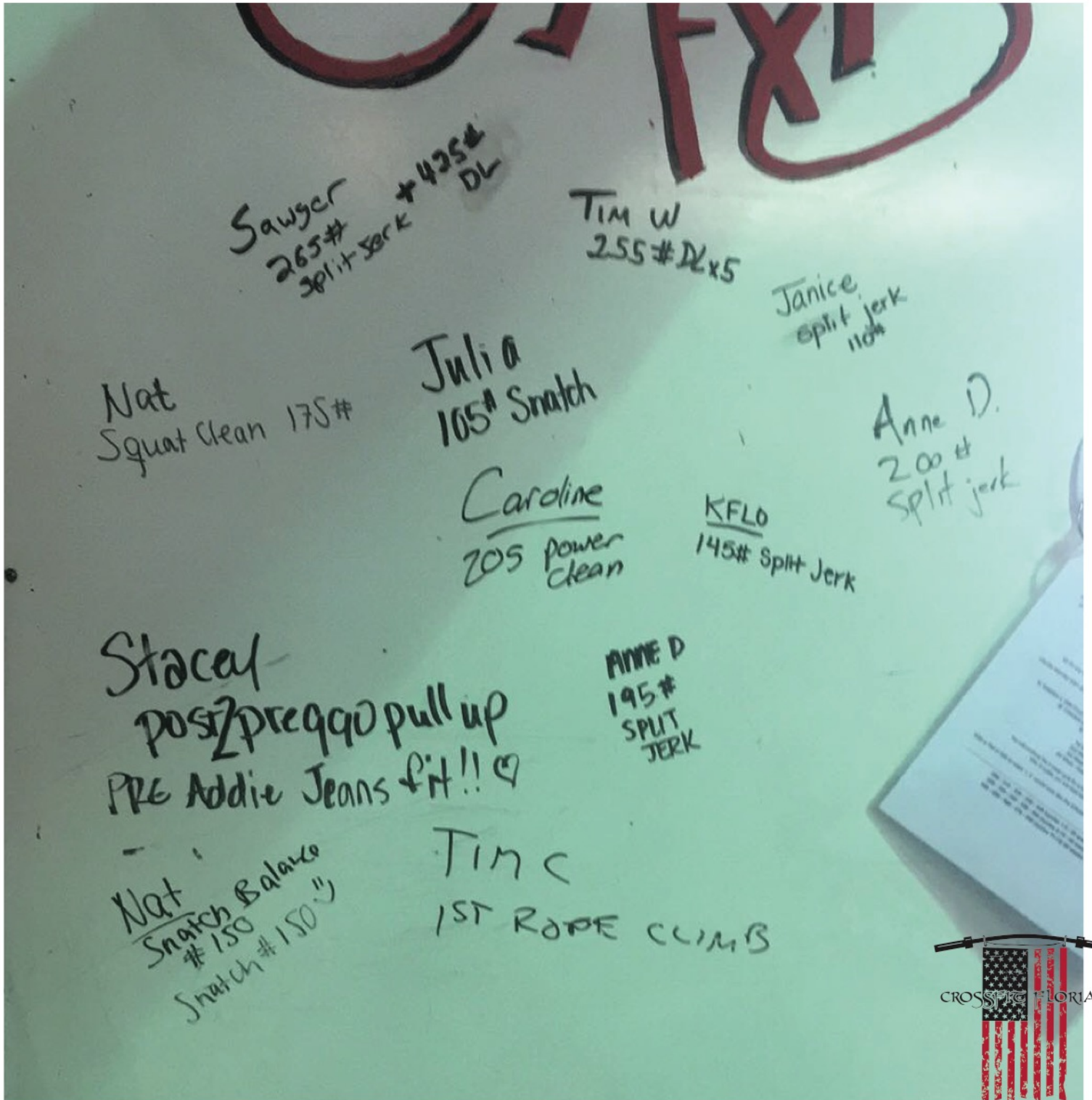


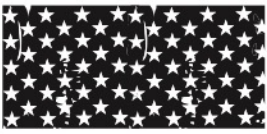
- Colleen Driscoll
- Joshua Kappert
- Alyssa Kappert
- Catherine Shivers (OG)
- MaryKate Daly
- Andrew Marks
- Jessica Jones
- Maggie McFarland
- Allison Herbert (OG)
- Baby Vu





CRUSHIN' IT





THROW IT ON THE GRAM

