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The Description

Specialized Strength Endurance Development

(SED-ZERO and SED-L1)

in multi-events sports (crosstraining, CrossFit, GRID, Granite etc)

Seminars (Certifications)

One of the reasons to design these line of seminars was that fact that events like CrossFit etc have many unique distinctive features which mark it out from other kinds of sports.

One of these features is huge complication of competitive events and huge difficulties in training process programming. But people want to train more effectively with less injuries and damage to health. Especially need in modern training conception is keen among of pro-athletes.

By other words there are no easily accessed and scientifically proven and tested conceptions and methodic for Specialized Strength Endurance Development in these sports scientifically based and free of many contradictions. And this is really sad fact.

Usually people study the initial simple things how to perform separated exercises and common rules of these sports but not so many seminars how to increase strength endurance itself in those exercises. Because of huge difficulty of subject because and very complicated diverse character of competition’s schedule. Usually teachers of seminars just apply aerobic endurance patterns from rowing, track and field and swimming which is not correct and effective in real short-term and mid-term hard intensity events.

This sad fact plus huge growth of popularity of these sports and need of **serious care of health of people** who start to do very intensive trainings in adult+ age without proper knowledge in area of high intensity sports safety rules was an incentive for us to create the SED Seminar’s line of three levels of seminars. Also each seminar can be followed by specially designed Workshops and Training days.

To create SED seminars in this very complicated field the initial fundamental conception of various strength endurance developing protocols had to be created. This science task was successfully completed. According it we have designed the solid free of more contradictions conception of this kind of specific training .

The author: **Arseny Zhernakov (EF CrossFit, Saint-Petersburg, RUS)**  <https://www.facebook.com/arsenij.zhernakov>

Arseny has 30+ years sport experience (swimming and track and field) and the last 20+ years he competes in Kettlebell sport – one of the most intensive modern stergth endurance cyclic sports. The KB sport is the unique pure manifestation of Strength Endurance – the key element in for example CrossFit’s etc endurance. The KB sport is the closest sport to these multi-event’s sports by many reasons. The history of KB sport has several hundred years and huge heritage in the area of strength endurance development.

Arseny is one of the 14 in history Honored Masters of Sports of Russia – the origin land of KB sport. Many time World and National champion, world record holder. He has Ph. D. (Tech) degree that makes his events really scientific, strict and effective.

He runs now worldwide Modern KB Trainer Certifications Levels 1,2,3, and specialized Strength Endurance Development Seminars-Certifications Levels Zero,1,2 and Extreme Training Camps where he describes his new original look on strength extreme Endurance development. Also he designs effective HR fitness classes for regular public for fitness networks.

His theory got its undisputable approval in a short time in results of the on-line students of Lab of Champions K Training Group who compete under IUKL – the main Kettlebell sport International federation nowadays with doping-control procedures and IOC structures recognized. Arseny is the most effective coach who work now with Western students.

Per Helge Fjortoft, NOR - Long Cycle 32kg w/c 95kg – 75 reps – the 2nd best ever IUKL result for Western-born athletes

Nils Martin Lundgren, NOR – LC32 w/c 78kg – 2nd place in IUKL Open Europe – 2013 ECH – 59 reps – the best result there from Western-born athletes, 3rd place at IUKL World Championship LC32 = 63 in WC 85kg (again the best result among all Western-born athletes), his recent PB = 68 reps (March, 2014)

Julie Maitland, SCO –the first ever woman performed 10 minutes competitive Long Cycle 16kg with two kettlebells TALC16 = 72 reps (2013)

Kimberly Fox, USA – the first ever woman performed 10 minutes competitive Long Cycle 24kg with two kettlebells TALC24 = 66 reps (2016) – 5 time WR holder

These results make Arseny Zhernakov the most effective sport Coach nowadays who teach Western-born athletes in the raw extreme Endurance development area in the KB sport world.

(NB: This is NOT Kettlebells Seminar! We do not try to catch people to go in for KB sport there)

The program of SED Zero Seminar:

The main slogan of the seminar: **“Every exercise has multi-repetition way of execution**” because of efficacy of performance plays very important role in endurance events. Sportsman has to consume for each repetition cycle as less power and power supply resourсes as possible.

Events in crossfit mostly are events which traditionally have 1 rep-max execution like Olympic weightlifting, powerlifting events and so on. But in crossfit competitions people do it as multi-repetition events. That’s why styles of 1 RPM and Multi-rep may vary.

For other cyclic events in crossfit as we told before power consumption per cycle also must be as less as possible to get better result and stay more fresh for next coming events.

That’s why content of this seminar is very important for all who want to increase their results in crossfit events.

You shouldn’t lose your power supply agents and hormones in vain for nothing!

To increase strength endurance itself we have to train HARD and SMART but luckily that to increase rep-efficacy we have only to be SMART. We have to analyze all events we do through the MREP: Multi-Repetition Efficacy Prism.

In this seminar you will get this MREP – the must instrument for all competitive athletes.

MREP consists of 40+(!!!) tips and rules how to change the styles in every event you do.

To construct MREP it is necessary to use wide spectrum of knowledge from different fields of biology and physics: mechanics, physiology, biochemistry, psychology and so on.

The author - Arseny Zhernakov (EF CrossFit, Saint-Petersburg, RUS) – multiple world champion and WR holder in Pro division in Kettlebell Sport and coach of pro WR holders besides of 30+ years competitive experience in different sports also has engineering education and Ph.D. (Tech) degree. It makes our arguments in MREP construction really worth of belief.

We will learn all these tips and rules. We will analyze crossfit events using MREP and nothing will interfere your performance – only your endurance will be a limit.

Be smart and raise your reps!

1/ Structure of Seminars in strength endurance development field

2/ “Mechanic” tips

3/ “Psycho- physiology” tips

4/ “Tactics-planning” tips

5/ Practical chapter:

* Analysis of real exercises from CrossFit and other sports events using MREP

This seminar is a good preparation step to come into the world of real strength endurance development conceptions, which we learn in the next level: SED Level 1 seminar.

The length of SED-0 is 1 – 1.5 days.

All students will get Manual with tips and rules.

The program of SED Level 1 Seminar:

Unique feature of CrossFit events is that fact, that time of performance can be different and athletes activate each time different power supply chains (PSC) in different proportions.

Each PSC has specific training protocols, wich develop their efficacy in the best way. It is very hard to understand which protocol does one have to choose for training day. Mostly people do it empirically. Our seminar will give you tools to make your choice much more effective and you will shorten your time to reach training goal with us.

You will see how these processes of activation replace each other or supply each other.

You will get instruments to make this dark complicated chaos transparent and make your training process much more effective!

# Theory Chapter:

1/ Structure of Seminars and training events in strength endurance field of Lab of Champions

3/ Conceptions of Endurance

4/ The key problems of Endurance development in multi-event’s sports like CrossFit etc

5/ Distinctive Power Supply Features (DPSF) Matrix - the distribution and characteristics of muscle twitches and their influence on event performance.

6/ Stop-causes of sportsman during the event’s performance.

6/ Main Distance Graph (MDG) of exercise performance in multi-event’s sports and main training targets in strength endurance training process for different time intervals

7/ MDG for different time intervals of performance

8/ Survival “Glycogen” strategy. Presentation of Anaerobic threshold.

9/ Heart Rate activation mechanisms depending on event's features. Specific heart features.

# Practice – theory Chapter:

2/ Various protocols for development of different types of Endurance based on real competition’s events

* “Сreatine Phosphate” Anaerobic Alactate
* “Glycolitic” Anaerobic Lactate
* “Aerobic”
* Mixed/Static etc

*(Each protocol will be explained from physiology side and after will be followed by practical execution)*

3/ “Protocol Finder” – the effective instrument to find the most effective protocol for any event.

4/ Real CrossFit Games and Regionals etc events and designing of training protocols to increase results there

5/ Execution of one complicated high-intensity circle training which is built under the Conception

6/Q&A, Certification if planned (written and practical exams)

The length of Seminar 1.5 Days (2 days if big attendance + Exams). All students must have HR monitors.

In addition to Seminar or separately later may be done the various Workshops “ The world of circle trainings “, “The Endurance in Olympic WL exercises”, “Kettlebell’s exercises in Crossfit” or any different.

The Seminar may be provided as a Certification with written examination.

The SED Level 1 seminar is very important element to proper understanding the content of SED Level 2 Seminar which will have as a field: conception of programing of training process, super-compensatory theory, the researching of the influence of the sequence of stations in competitive sport, the other important additional sides of training process supply to make it more effective (functional control tools, pharmaceutical supplement, medicine etc).

All athletes and coaches are welcome to our seminars and workshops to study our original proven effective conception of Strength Endurance training where you can get the tools to make your training process the really cutting-edge!