



# PC Conditioning

Personal Training for all Levels

Newsletter

January 2009

"Although at the moment they may be equal in their lack of a real answer, the man who replies "I'll find out," is much more valuable to his employer, his neighbor, and to himself than the man who replies "I don't know."

-Anonymous

Dear readers-

Happy New Year and welcome to the **January** edition of my newsletter. This month, we've got some great information to start 2009 off on a positive note. I'm also excited to present an interview with Boston University's Head Coach of Strength & Conditioning, Glenn Harris (pictured below on the left). Enjoy the content and keep the feedback coming!



To your health,

-PC

## Featured Interview

I'm pleased to introduce you to Boston University's head coach of strength & conditioning, Glenn Harris. Coach Harris has been in charge of strength and conditioning at Boston University since 1997. From January through May of 2007, I had the privilege of interning for Coach Harris and his staff at BU. Since that time, he's not only been a mentor to me, but a good friend. Even with demanding hours and a 2-month old at home, Coach Harris was kind enough to give me some time recently for an interview. Here's what he had to say...



**PC:** Thanks for taking some time out of your busy schedule to introduce yourself to my readers, Coach. I know you have a very hectic schedule, so trust that I speak on behalf of my readers when I say I appreciate your time. Let's start off by having you tell me about your upbringing and your education.

**GH:** I grew up in Tewksbury, MA, about 25 miles north of Boston. I went to Tewksbury High and graduated in 1990. The sports that I played were football and track. From there, I went to Springfield College. I began college majoring in Physical Therapy, but changed my major during my junior year after realizing that I wanted to focus on sports performance. After graduating Springfield College with a BS in Health Fitness in 1994, I went on to get a MS in Exercise Science from Appalachian State University in Boone, NC. I graduate from App in 1996. The graduate program at App was a tremendous learning experience. My advisor in grad school was Mike Stone, one of the leading researchers in Strength and Power development.

**PC:** Coach Harris, as you know I like to say, we're a product of our mentors. Who were your mentors as you came up in this industry?

**GH:** There have been many people who have mentored me in the field of strength and conditioning. First off, I would have to say Mike Boyle. Mike was the first person to give me the opportunity to intern for him back in 1993 at Boston University. I think I may have been his first intern as well. Interning for Mike was a great learning experience and it also solidified my choice of changing majors during my junior year. Other people who have had an impact on my professional development would be former Appalachian State strength and conditioning coach Mike Kent. He was the strength coach there during my graduate assistantship and I had the opportunity to intern for him prior to grad school and eventually work in the weight room there during grad school. On the academic side of things I would list Mike Stone, Harold O'Bryant, and Alan Utter as the people who have impacted me professionally. All three of them were professors at Appalachian State during my grad school.

**PC:** Can you tell my readers how BU came into the picture?

**GH:** I came to BU first as an intern back in 1993. I then continued to come back during the summers and work for Mike Boyle with his strength and conditioning camps. Once I finished grad school at App in 1996, a job opening happened with strength and conditioning at BU. Mike asked if I would be interested in coming back to Boston and I told him that I was. So I applied for the job and in July of 1996, I became the assistant strength and conditioning coach at Boston University. In September of 1997, Mike had decided to step down as the head strength and

conditioning coach to pursue other endeavors. I applied for the position and I have been the head strength and conditioning coach since that time. I am in my 13th year of coaching at BU.

PC: What are some of your day-to-day responsibilities at BU?

GH: My daily responsibilities will depend on the daily schedule. We have a schedule of team workouts throughout the day. The weight room schedule on some days can be "organized chaos" as I like to term it. On those days there may be 75-100 athletes in the weight room doing their workouts. Of course, I have surrounded myself with a great staff which allows us to handle high volume periods throughout the day. Other responsibilities include designing programs for specific teams. My staff and I deal with 22 varsity programs. One of my other responsibilities is choosing which volume of PC's mixes I will put into the weight room CD player!

PC: Nice Glenn. Your responsibilities with your athletes are challenging enough and you don't need me pressuring you to put on good music, but I am happy to provide the music for the athletes. If it helps push them during their workouts, not to mention yours and mine, I know everyone wins so I'm happy to do it. Lucky for me, you appreciate good hip-hop so it's my pleasure!

PC: Can you tell us what you like most about your role @ BU?

GH: One of the best things that I like about my job is watching an athlete attain what they had previously thought was impossible. Seeing the satisfaction of achievement in their faces is great. Figuring out ways to get them achieve that goal is exciting for me because that's where the program design comes in to play. Finally, having to deal with different teams creates constant change in the specificity of design in the program. We design the programs for the athletes to compete in their sport. We do not have a cookie cutter, one size fits all workout.

PC: Excellent approach Coach Harris. And how about what you like least?

GH: I would have to say if I were to choose something it would be the hours. They are long.

PC: I had a feeling you'd say that. You're in early and leave late. Do you have any advice to others who are considering getting into this profession?

GH: Some of the best advice that I can suggest to someone trying to get into this field is to intern and network as much as possible, right, PC? Also learn as much as you can through continuing education in seminars and conferences. The great thing about the field of strength and conditioning is that there is constantly new research coming out. Some of it is great and some of it is not so good, so it is important to be able to filter the knowledge.

PC: It's important to have support at home with such demanding hours. Can you tell us a bit about your spouse and your children?

GH: I am married to my wife Beth. We got married on June 23, 2007 up in Wells, ME. On October 18th, 2008 we welcomed our son Owen into the world! They are great and they bring smiles to my face every day. We live in Stoneham.

PC: How do you like to spend your time outside of coaching?

**GH:** I like to spend time with my family. I also like doing things outside. Whether it's riding a bike, walking, going to the beach or doing yard work, as long as I am outside I am happy.

**PC:** Share with me the best advice you've ever received.

**GH:** The best advice that I have received would be, "Don't ever think you know it all."  
Translated: once you think you know it all, then there is someone else out there learning more.  
Also, don't be afraid to ask "Why?"

**PC:** So true Coach. Lord knows I ask you and your staff "why" all the time. I've had many questions and you and your staff continues to be helpful. That being said, what messages would you give your teams?

**GH:** To all the athletes: I will get you stronger for your sport...Guaranteed. Other than that, I don't really have specific messages that I give to my teams. One of the great things about my job is that I deal with different teams. Different teams have different make-ups to them, so any message given to them has to be specific to that team.

**PC:** We both know I enjoy writing my blog (<http://pcconditioning.blogspot.com>). I recently got you on board with the whole blogging thing, so can you tell us the link for your blog?

**GH:** My blog can be viewed at the following URL: <http://glennsgym.blogspot.com>.

**PC:** Time for some word-association. I'll say one word and tell me exactly what pops you're your mind. Here goes...

o BU

**TERRIERS**

o Nutrition

**T.Anthony's (The best food in Boston!)**

o Intensity

**WORKOUT**

o Happiness

**FAMILY**

o Strength

**TRAINING**

**PC:** Let me close by asking you where do you see yourself in 5 years?

**GH:** I see myself still working in the weight room training athletes.

PC: And 10 years?

GH: I will probably be a consultant for PC Conditioning!

PC: Love the sarcasm, Coach! That's why you're so well-liked on campus. I really appreciate your time. Best of luck to you and your teams for continued success in the New Year.

GH: Thanks PC. I'm glad we could do this interview for your newsletter.

### Exercise Tip of the Month

#### "Long-term adherence to keeping off the pounds"

Lowering saturated fat intake, working out with a buddy, and hiring a trainer are 3 common ways people report as ways they've kept off weight they've lost. For those looking to drop some "lbs," we know losing weight is one thing, but keeping it off is the real challenge/goal. Any guesses what the #1 characteristic is for successful dieters? If you guessed self-monitoring, you'd be correct!

Tracking your food intake in a journal, notebook, diary, etc... is the best way to really keep off the weight. I often have my clients do sporadic journals as it reveals several mannerisms. I look for the basics: adequate hydration with minimally-caloric liquids (i.e. water, tea, etc...), adequate fiber, protein, etc...Some like to write down every little detail, but I find chronicling the basics does the job. The real key is to maintain a written track of what you're eating and equally important, when you're eating it. Make sure to take in small portions every few hours to maintain normal glucose (blood sugar) levels.



A sample food journal (1-day example) could look as follows:

Breakfast 7:00 AM: ½ cup of oatmeal, 2 TBS raisins, 8 walnuts; multi-vitamin

Lunch 11:00 AM: 2 slices of turkey on whole wheat with ½ cup of spinach leaves and 1 TBS fat free mayo

Snack 2:00 PM: 1 ½ cups of strawberries

Snack 4:00 PM: South Beach granola bar

Dinner 7:00 PM: 4oz tilapia, 1 small garden salad, 8 oz skim milk

\*Drank 3 liters of water throughout course of day

## Nutritional Tip of the Month

### “Cilantro”

This peppery-tasting herb, popular in many Asian and Latin dishes, has several health benefits. Derived from the leaves of the coriander plant, cilantro is high in Vitamin A and Lutein. The latter benefits vision and may also protect against atherosclerosis. Always choose cilantro with the brightest green color and use it quickly before it dehydrates. Adding some chopped cilantro to a salad makes for a delicious side dish.



Did you know?... Coriander was brought to the British colonies in North America in 1670 and was one of the first spices cultivated by early settlers.

## Blog

My blog contains a wide array of information, mainly on health and fitness topics. Truth be told, I tend to post random articles and links that having nothing to do with fitness on there, but people seem to find this the most enjoyable part of my web site. I post entries quite often so **make sure to bookmark the blog under your “favorites” section of your web browser!** The direct link for my updated blog is found here: <http://pcconditioning.blogspot.com>.

## Product Recommendation of the Month

This month, I am recommending a book called “Men’s Health Power Training.” I often use it as a reference tool. It’s easily one of the best strength & conditioning books on the market. At a measly \$10.50 for a new copy, I think it’s worth every penny. It’d make a perfect new year’s gift. It’s authored by California-based strength & conditioning coach Robert Dos Remedios. I follow a lot of his work and he presents some great material. He was recently voted the NSCA coach of the year. Check it out and let me know what you think:

<https://www.amazon.com/dp/1594865841?tag=pccon-20&camp=0&creative=0&linkCode=as1&creativeASIN=1594865841&adid=0AXX6W33RVMSRT5V647C&>

## Articles

Please click the following links to check out the interesting articles I’ve come across these last few weeks and let me know what you think:

[http://www.cbsnews.com/stories/2008/12/11/60minutes/main4663108.shtml?source=mostpop\\_story](http://www.cbsnews.com/stories/2008/12/11/60minutes/main4663108.shtml?source=mostpop_story)

Interesting article on Coach Pete Carroll.

<http://www.cleanairgardening.com/houseplants.html>

How to improve the quality of your indoor air.

[http://www.coreperformance.com/movement/video/Forward\\_Lunge\\_Elbow\\_To\\_Instep.html](http://www.coreperformance.com/movement/video/Forward_Lunge_Elbow_To_Instep.html)

Tutorial on the “world’s greatest stretch”

## Q&A

### Topic: "Starting over in '09"

January serves as the month where fitness centers make their biggest profit. It's also the month when people who dedicate themselves all year at a given fitness center despise the "New year's Resolution crowd." That is, they know the "newbies" won't last more than 6 weeks or so. Sad, but often true.

Additionally, January is a time when many people ask me, and other fitness professionals, what the best training program is so start the New Year off right. Frankly, it depends what your goals are and what your training background consists of. All in all, the best advice would be to start slow if it's been a while since you last worked out regularly. Sure, you want to gradually progress to more challenging workouts, but give yourself time to do that. One specific progression would be to increase the number of repetitions by 2 each week on a given exercise. For example, a 3-week progression on push-ups would look as follows:

- Week 1: 2 sets of 8 push-ups
- Week 2: 2 sets of 10 push-ups
- Week 3: 2 sets of 12 push-ups

Try the above as part of your upper body workouts and see how you feel. Shoot me an email if you've got specific questions. I'd be happy to help.

## Random Thoughts

It wouldn't be a New Year without setting a goal or two, right? One tip I'd advise is to set goals in different "sectors," so to speak. For example, create an exercise-based goal (i.e. complete your first 5K), a financial goal (look to decrease monthly spending by 5%), and an educational/personal goal (i.e. learn a new hobby). More specific to the latter, I'm proud to say (nerd alert- consider yourself forewarned) that I accomplished my 2008 goal of reading 1 book/month. I actually read 13 books and made sure they were diverse in their content. Here's a list of my 2008 selections:

- Berardi, John. "The Metabolism Advantage"
- Bowden, Jonny. "The 150 Healthiest Foods on Earth."
- Davis, Sid. "A Survival Guide for Buying a Home"
- Ferriss, Timothy. "The 4 Hour Work Week"
- Leary, Dennis & Tolan, Peter. "Rescue Me Uncensored: The Complete Companion"
- Mnookin, Seth. "Feeding the Monster"
- Rowe, Barbara. "Anti-Inflammatory Foods for Health."
- Schaffer, Rick. "50 Steps to Firm Financial Footing."
- Schuler, Lou. "The New Rules of Lifting For Women."

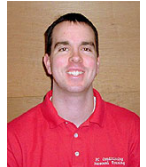


- Shirley, Paul. "Can I Keep My Jersey?"
- Solin, Daniel. "The smartest investment book you'll ever read"
- Thibaudeau, Christian. "Theory and Application of Modern Strength and Power Methods"
- Zinczenko, David & Goulding, Marr. "Eat This Not That."

So what are some of your goals for 2009? Care to share? I'd love to hear them. I may even be able to provide some insight to help guide you if need be.

\*If you've got a question, feel free to email me at the following: [paulconnolly123@gmail.com](mailto:paulconnolly123@gmail.com). Who knows- you may see your question published in a future newsletter!\*

Paul Connolly, President and Founder of PC Conditioning, is a National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) based in Watertown, MA



### About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science from UMASS-Boston where he graduated Magna Cum Laude. Holding a background in anatomy & physiology, human performance, and nutrition, he has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pcconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Paul's passion for fitness has led him to engage his clients in all major components of fitness including cardiovascular conditioning, nutrition, strength training, and flexibility. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at [paul@pcconditioning.com](mailto:paul@pcconditioning.com) or telephone at 617-834-1502.

"Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one's knowledge of physical fitness through consistent hard work and dedication are all integral components of the approach I take with my clients. I see many people making similar mistakes in their conditioning programs and I make it a point to correct these areas. I demand 100% effort from my clients and make it a point to consistently educate them about the necessary lifestyle modifications required to achieve their respective goals."

**Important Disclaimer:** The information contained within this document is not intended or implied to be a substitute for professional medical advice and is not intended for medical diagnosis or treatment. The intention of this article is for the sole purpose of disseminating fitness information. We recommend that you always request the advice of your physician or other qualified health care provider before starting any new fitness program or with any questions you may have regarding your health or any medical condition.