

A Momentary Lapse of Beatings

By Haydn Ellis, founder of Brutal Training 03_06_06

One of the toughest things to build in any endeavour is mental strength. This equates to concentration, learning to focus on the moment at hand. At one point in my many years of lunatic training I performed a variation of a cardio training drill performed by Frank Shamrock during his heyday.

In its essence it was one hour of cardio non-stop. It begins with 20 minutes non-stop on your prissy pink poofy gym's step machine going as fast as you can and ripping your thighs apart. DO NOT TAKE YOUR HEELS OFF THE STEPS. LOAD YOUR THIGHS AND KEEP IT THERE. When that 20 mins is up you smash aside the leotard wearing gaylord that's hogging the elliptical cycle and smash your calves for another 20 minute sprint. As soon as you're done it's onto the running machine for a final 20 minute sprint. You crank that bad boy up to max and go for it.

Here's the tricky part...

In your last 20 on the running machine you are not allowed to look at how long you have to go. You're not even allowed to wonder how long is left. Each time you look down at the time or wonder at how you have to suffer you increase the elevation of the treadmill by 1 degree. I've had one of those babies staring at the roof. It went from the Track 2000 to the Mt. Everest 2000.

Eventually however, my mind became silent. I stared ahead and ran my ass off. The 20 mins would be up with a beep of the piece of sh*t belt runner and I would step off, towel off, drink water and leave. 1 hour hardcore with no loss of focus. That means NO Apple Ipods listening to music to distract you. Let your ears be filled with the inane crap emanating from your gym's speakers while singles all around check each other out and then when chicks go to the Spin class the guys start preacher curls.

Good luck, and let me know how long it takes to raise a sweat. I traditionally drop my first bead at the 13 minute mark.

Spread the insanity,

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