

Grind Boxing Gym Newsletter – Spring 2018

Dear Grind Boxing Gym Members and Friends,

The last few months have been crazy busy for me, so it's been some time since the last Grind newsletter. Find it on the right side of any page at www.PrescottGrindBoxingGym.com. Most exciting for me personally is that my wife (Yvonne) and I have moved into our new house! It was a long three and half years, but we made it. Now I live just seven minutes from the gym. I even got a bicycle, fixed up for me by Sue, one of Grind's competitive boxers. Now I can be more environmentally friendly and work on my cardio as I travel between home and the gym. We still have some final work to do with the house, but once that is finished, I am looking forward to implementing some of the new ideas I have for the gym. For now, enjoy the news and please join us for our spring celebration.

1. [Join Us for the Grind Spring Celebration June 30th](#)
2. [Grind Champions Win Again](#)
3. [Grindings – Interval Cross Training Outside](#)

Join Us for the Grind Spring Celebration June 30th

Spring has brought lots of activity to the gym and there is much to celebrate as new members join the gym and some of our longtime members make the move into competition. Besides, it's been a long time since our last Grind get-together. **So please join us at [Barnstar Brewery](#) in Skull Valley Saturday June 30th from 2:00-5:00pm.**

One great excuse for this celebration is the upcoming [Southern California State Boxing Championships](#) tournament June 22-24 just west of Los Angeles. Three Grind boxers have been working hard to prepare – Carlos Montes, Rodney Cooper, and Sue Knaup. Other Grind members who are looking toward future competitions have been getting in the ring with these three for sparring. If you haven't been in for a while, at least drop by to watch the action. June 30th can be our "after party" for the event.

Another reason to celebrate is that June is the third anniversary for Grind Boxing Gym! Each of you has helped take the gym from its simple beginning to the vibrant gym we know today, serving so many types and ages of boxers. Thanks to all of you and I hope to see you at Barnstar on June 30th.

Grind Champions Win Again

Though most of our members do not compete, we're always happy to celebrate the wins of Grind boxers who do. We've already had three wins by Grind boxers to celebrate this spring.

First, Danny Hilton, a longtime Grind member, won another professional MMA championship belt in Flagstaff March 17, this time in the lightweight division. Danny took his opponent out in the first round. A great fight. Congratulations!



Then Bill Monastero, one of our master boxers who won his first championship belt last November, fought for his second belt on May 12th at the Coachella Valley Battle of the Badges in California. After three great rounds, Bill was clearly the winner. Congratulations!

That same weekend, Shamii Goh, who had spent part of this spring training at Grind while she was working here in Prescott, won her kickboxing bout at the Rise of the Prospects event in Tucson. Congratulations! Danny Hilton was in her corner for the fight.



I am proud to have coached these three champions!

Grindings – Interval Cross Training Outside

Now that the warm weather is here, we are all drawn to outdoor activities. So why not incorporate your boxing training as you are having fun outside?

Running is the best choice for outdoor cross training because it focuses on your legs and footspeed. When I say running, I am referring to sprints, not jogging. Jogging you should do all the time, all year around, to maintain your general, base conditioning. Sprinting is completely different.

Sprinting is special conditioning for speed and recovery. It replicates the rhythm of a boxing bout. Boxers and kickboxers must be conditioned for intervals of intense, anaerobic exertion – punching, blocking, countering – followed by short aerobic breaks before the next attack. In order to avoid getting winded, a boxer must recover quickly. Sprinting trains the body to withstand bursts of anaerobic effort so that the heart rate will come back down quickly. This enables the boxer to recover within seconds of a flurry of punches.

The best place for sprinting is a track. We have a nice track here in Prescott at the Mile High Middle School just off Goodwin Street. Most tracks like this are 400 meters around. The picture is of Sue and Carlos (and Jenny) at the Mile High track last



weekend after they ran 600 and 100 meter sprints in preparation for the Southern California boxing tournament.

I recommend varying your sprints from elongated, aerobic (600-800 meters) to short, anaerobic (60-100 meters). Elongated sprints replicate the intensity of a full round, which should last two to three minutes. Short sprints are closer to punching combos at 15 seconds followed by 30 seconds of recovery. If you do not have a timer, you can create an effective short-sprint interval workout by sprinting the straight sections of the track and walking the curves.

While interval sprinting on a track works best, you can replicate it in other outdoor activities, too. Running uphill for 30 seconds then walking back down to repeat it works well. You can incorporate this into any hilly hike around here. Also try it on your next bike ride or swim at a lake – go all out for 15 to 30 seconds, rest for 30, then go again.

No matter how you choose to do your interval training, be sure to start out hydrated. As Arizonans, we understand the importance of this in our hot, dry climate. But hydration is all the more important for boxers. This includes plenty of electrolytes (potassium, sodium, and magnesium). Drink lots of water with electrolytes before you start, during your training, and afterward. Hydration is critical to your recovery and will help your body make the changes needed to become a formidable boxer in the ring.

Coach Jarek Slagowski