

I did not do a CrossFit workout today, but I did do an Army PT Test. I did not feel at the top of my game, my stomach was growling, our flu vaccination was given 20 hours ago and I was experiencing a great deal of fatigue. Mind you I have been taking Army PT tests for 19 years and it was just last year that I finally maxed my first fitness test. CrossFit has done a lot for me through this point in time, but what can it do for me when I am not feeling 100%?

I am at the back of the line watching Soldier after Soldier suffer through each repetition and I can just imagine how mine are going to look when I get there. My palms are already sweating as my turn approaches and I get into my starting position with no expectations but to do my best and push for two minutes while I show how every rep can count and what my increased core strength can do. As 1:30 passes my scorer looks at me and says: "Chief, you can stop now you have reached your max!" But I kept pressing on and ended with 80 push-ups. That may not seem like much but it did leave me a little shaky, of course that could have been excitement knowing that I exceeded the standards for the push-up event.

Again I waited, this time for the Sit-up event. So I started thinking: "Annie" leaves me trembling, I can't help but wonder if all those sit-ups with the Abmat and the GHD paid off. Did those Knees to Elbows in the Filthy Fifty give me anything? My turn arrives and I prepare for what historically has been my worst event: the Sit-up. The go signal is initiated (as my head tells me 3 2 1 Go is more appropriate) and I start my sit-ups. This time is different, I keep my back in extension and... WOW! I do have my hands clasped behind my head, but I feel no pressure on my neck! I do a set of 25, rest for a breath in the authorized rest position, knock out 20, rest for a breath, the minute mark passes and I continue, 3 sets of ten, a set of 5, and set of 4 and time! Wow 84 sit-ups in 2 minutes! I can't believe this!

Now it was time for the run portion. I HATE running! I am trying to think of all the running that I have done in my CrossFit workouts in the past month and I can't think of one! I am going to just set a pace and stick with it. We are shown the course and lined up, and ready set Go! (I still think 3 2 1 Go is more appropriate!) There are about 5 people that jump out into an early lead and I pulled in front of four of them at about 400 meters. I have been practicing the "POSE" method of running, but I let it go and just concentrate on my breathing. I overtake the leader at about 800 meters and never looked back. My pace maintains and my breathing is terrible, but I keep going on. "It is only 2 miles" I keep telling myself. When I finish I am at a full sprint with Pukie wanting to show himself, and I can hear 44, 45, 46, 47 and I pass the finish line a little disgusted thinking that as good as I did this far, my run really suffered. A few moments later I hear 13 oh 1, 13 oh 2 and then it dawns on me that I just ran a sub 13 minute two mile! I can't believe it; I just performed better than I ever have in any of my PT tests that I have taken in 19 years of Military service!

I called my wife to let her know, I called my gym, the Soldiers around me are wondering what "steroid" I am on, and all that I can say is: "Look at what CrossFit has done to me and imagine what it can do to you... when you want to start?"

I say this again and again but Thank you Coach Glassman for creating CrossFit!