



HERCULES MONTHLY

December 2019

INTRODUCTION

The last weeks of the year have begun. Before you enjoy all the festivities and enjoy lots of food, we still have a couple of trainings left to make sure you are fit for the beginning of the Christmas break. This monthly edition, we have some articles from our fellow members about the activities that we did in October and November! After upcoming activities we will also ask other members to write something about the activity, but if you feel like writing, don't hesitate to inform the board!

DID YOU KNOW?

The Merchie committee is working on cool new merch. Stay tuned for awesome new stuff, so you can proudly wear your Hercules swag in the nearby future!

AGENDA *More information about the activities can be found on the next pages.*

- **Tuesday 10 December 20:00** – Ice skating at IJsbaan Twente
- **Thursday 12 December 20:00** – Sports Centre drink
- **Friday 3 January 21:00** – S.K.V. Gala in Utrecht
- **Saturday 18 January 08:30** – MAX day (Weightlifting Meet)

ACTIVITIES

CrossFit Open – *Written by: Stijn Oolbekkink*

As most of you noticed, the CrossFit Open was the workout of the Monday training. Workouts to test you to the max with some hard (sometimes undoable) movements. Words as agony and muscle come to my mind when thinking about it. However, it is also great fun since you are able to check how fit you are. When you're done with a workout and you went all the way it really gives a feeling of achievement. If you're a first year Hercules member, you've done this once now, just after the introduction. It might have been a bit overwhelming, but it will be more fun the next time.

Especially if you're an older member of Hercules, the movements become less awkward and you're really able to do more reps quickly, which improves your score fast. This gives you of course a huge morale boost so that you want to go even harder next time.



This year, Elwin, one of our coaches was invited to Haarlem to perform the workout live. He did the 20.5 workout well under 14 minutes! By doing so, he was faster than his opponent.



Rowing Workshop – Written by: Daniël Gram

On the 3rd of November, the rowing workshop was given by Elwin to a group of 8 people at CrossFit Twente. The workshop was a nice and informative experience. Elwin taught us different things on the rowing technique and the functions/modes of the machine. Did you know that the machine has a display which, amongst others, keeps track of your pace? This function comes in handy to keep track of your rowing strokes and thus can be used to row in a steady pace.

The workshop was practise-oriented with a good balance of explanation and execution. Throughout the workshop the importance of a good execution of the technique was emphasized, because, in the long run, you can keep on going for longer and avoid injuries. An exercise to help correct our technique was to row very slow. Sounds easy but it is harder

than it sounds, as you are inclined to row fast and pay less attention to the technique. The workshop was wrapped up by executing everything we had learned. We rowed starting with slow pace to high pace in increasing intervals. Thanks, Elwin, for the workshop!

Playing pool in the city centre – Written by Emily Rendel

To mix up our tight CrossFit schedule the board organised an activity in the city centre. Even though many muscles were still sore from the tough Monday workout, we made our way to the pooling bar located in the heart of Enschede on Tuesday, November 12. Turns out being able to lift heavy weights, do endless dumbbell power snatches and climb ropes like a little monkey does not help when it comes to the accurate and pinpoint like pool game. Regardless of the various level of professionalism displayed during the hour of pooling everyone had a great time and much laughter was shared. To conclude the evening the group made its way to a near pub to pursue their beer and wine tasting talent. Despite the fact that the black eighth sometimes was not the last ball to be potted and the white ball often followed the coloured one into the hole the evening was a nice way to take our minds off all worries outside our CrossFit lives.



Tartaros Campus Challenge – Written by Emily Rendel

A 5km run through mud and water with a constant temperature of 4 degrees Celsius? Count us in! There was no need to ask twice. Despite all weather conditions, the Hercules team was excited and ready to tackle the Campus challenge on November 24. After all, isn't that what gets the heart rate of a real CrossFitter up and running?! With the goal to push hard and have lots of fun 8 Hercules members started the survival run. As a team, the participants mastered all posed obstacles. No rope was too high and no water too deep (or cold) to stop them from conquering. After crossing water on thin ropes, carrying bricks over the motocross trail and wandering through mud ponds the entire team finished the run within 1hour and 50 minutes.



Looking back, the take-home message, besides some mayor bruises, sore muscles and inexplicable rashes, was clear: There is no wall you cannot climb, as long as there is a team member who pushes you up!

Planned activities

Ice Skating at IJsbaan Twente – Tuesday, 10th of December 20:00 - €7, -

On Tuesday 10 December, 20:00, we will go Ice Skating at IJsbaan Twente! Don't forget your gloves, shawl and your winter hat. Afterwards we are going to drink some warm chocolate milk! If you don't have ice skates, you can rent them [starting from €6](#). It's still possible to join!

<https://forms.gle/KPmRgJFcWrATpamA9>



Sports Cantine Drink – Thursday, 12th of December 20:00

As the sports cantine was closed because of the Sinterklaas evening, we postponed the two-weekly drink to upcoming Thursday. As always feel free to join, even if you did not attend the Thursday training.



Hercules Christmas Dinner

Matthijs proposed to have a Christmas dinner for people that are in Enschede during the Christmas break! Join the group WhatsApp to learn more: <https://chat.whatsapp.com/HEwdQQWwW2z8nJPXnai363>



S.K.V. Gala in Utrecht – Friday, 3rd of January 21:00 – From €40, -

This year the second annual S.K.V. gala will be held on the 3rd of January. (For non-Dutch speakers, S.K.V. stands for: student strength sport associations). All the student strength sports associations from the Netherlands will join this gala and it is a great way to start the new year with even more festivities! Last year it was great fun, so don't miss this year's opportunity. If you buy your ticket before the 15th of December it is €40, - including unlimited drinks. Afterwards the price will rise to €45. Join the WhatsApp-group if you want to go, so that you will keep informed about all the organizational matters such as transportation and potential sleeping spots. <https://chat.whatsapp.com/IOyE6pd21yZBWvwJsujMct>

MAX DAY Weightlifting meet at Jaap's Gym in Oldenzaal – Saturday, 18th of January 08:30 - €15, -

On the 18th of January there will be a weightlifting meet from the UT organized at Jaap's gym in Oldenzaal. You will test your max deadlift, back squat and bench press. In Sibren's words: "It's going to be a lot of fun!" To join: <https://www.utwente.nl/en/sport/maxday/>

DO YOU HAVE ANY SUGGESTIONS FOR ACTIVITIES, WORKSHOPS, NEXT HERCULES

SUCCESSION THURSDAY TRAININGS

Every Thursday there is great training on the UTrack, or the Sports Centre given by the student trainers Sibren and Jesse. Even though we would really like to keep these awesome trainers, there's a time when they move on. That's why we are looking for their successors, to maintain the great trainings on Thursdays. It's not necessary to be experienced, because you will be trained by Sibren and Jesse and maybe get a quick course from CrossFit Twente! If you're interested or have any questions about it, ask the board or Sibren and Jesse.

MONTHLY'S, OR JUST IN GENERAL?



Make Hercules even better! The board is open for all the input of you as a member. If you have any super cool ideas for activities, workshops, or anything else, please contact us! Send an email to board@hercules.utwente.nl or approach one of the board members during a training.

The nice after-workout picture taken by Steve after the Sinterklaas WOD.