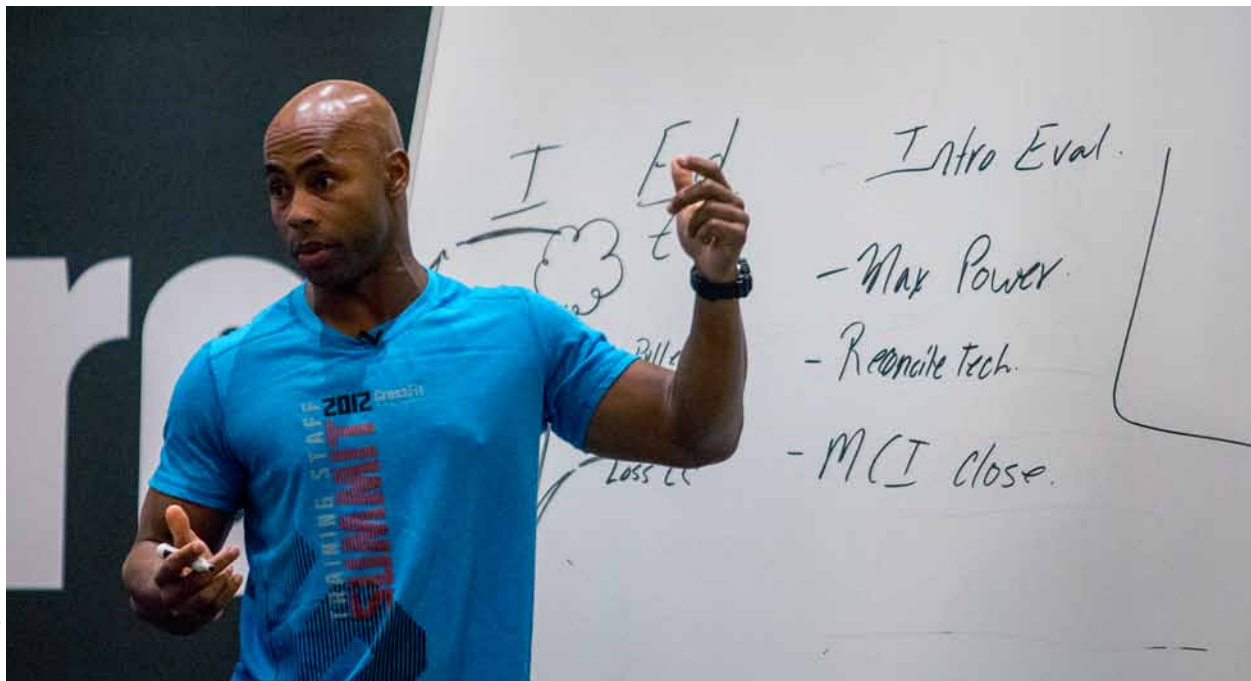

THE CrossFit LIFE

Planes, Trains and CrossFit

Veteran Level 1 Seminar flowmasters Chuck Carswell and Adrian Bozman talk about their strategies for surviving life on the road.

By Hilary Achauer

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Chuck Carswell is a master of efficiency. As a veteran Level 1 Seminar flowmaster, Carswell spends almost every weekend of the year traveling around the world and teaching people how to move well.

When he goes to the airport, he parks in the same spot each time. He walks through the same security gate each time. Knowing exactly where he's parked and exactly which gate he's going through frees Carswell from these distracting details. These simple time-savers allow Carswell to cut it fairly close when he shows up to the airport.

"I've missed a flight or two," he said. "But I'm batting a thousand so far this year."



Boz travels almost every weekend to share his CrossFit knowledge with people around North America and the world.

Adrian Bozman, another veteran flowmaster, travels just as much as Carswell, but “Boz” doesn’t approach travel with the same surgical precision as Carswell. In fact, when Bozman heard about Carswell’s routine of parking in the same spot and going through the same gate, he laughed.

“He sounds like a serial killer,” he said. “I just cut it as close as I can.”

Level 1 Seminar Staff are masters of squat and deadlift technique, but that’s not the end of their knowledge. These road warriors can also offer travel tips and strategies to CrossFitters hoping to stay healthy and sane while away from home.

The 200 Club

In 2011, Carswell led 48 weekend Level 1 Seminars. He has been leading the Seminars since 2008 and is a member of the “200 Club,” meaning he’s worked more than 200 seminars. That’s a lot of weekends away from home.

Carswell’s secret is consistency.

“I do the same thing every weekend,” Carswell said. “I have a travel-gear drawer. When I get home on Sunday night, my goal is to have everything washed, dried and put away that night.”

In looking back over the past four years of almost constant travel, Carswell said that it has changed him, but for the better.

“I am more organized,” he said. “I am very patient.”

Bozman is also a member of the 200 Club. Like Carswell, Bozman leads about 48 or 49 seminars each year.

Although he doesn’t have a special drawer for his travel gear, Bozman does try to get all the loose ends from the previous weekend wrapped up by the end of the day Monday. That means replying to emails and issues surrounding the previous weekend’s seminar.

“Tuesday is a down day,” he said. “I don’t do a lot on that day. I rest.”

On Wednesday Bozman is back to work for CrossFit HQ.

When it comes to packing, Bozman takes a minimalist approach.

"You don't need as much as you think," he said. "It's only two days; there are few things you can't live without."

Working so many weekends can put you out of step with the rest of the world. Weddings, birthday parties, barbecues—people conduct the majority of their social lives on the weekends. For Level 1 flowmasters, the weekends mean long workdays and nights in a hotel.

Bozman is a free spirit who said being out of step with traditional social rhythms doesn't bother him.

"I'm a private guy," he said. "I have a few close friends, and I find the time to see them. A lot of people I know have irregular schedules."

Up in the Air

Once on the plane, both Carswell and Bozman have techniques for passing the time.

The No. 1 thing Carswell can't live without on the plane: his earplugs.

"In case there are parents with kids," he said.

Rather than let the crying children bother him, Carswell just puts in his earplugs and blocks out the noise. He uses his time on the plane to study for his upcoming lectures, reviewing his notes and going over his presentations. Even though Carswell has been leading Level 1 Seminars for four years, he still preps for every weekend.

"You have to (prepare)," Carswell said. "I still study the format and pacing of my lectures. The staff members are so incredible. I need to constantly work to stay on their level."

Like Carswell, Bozman likes to cover his ears on the plane, but he chooses headphones. A self-described "music geek," Bozman almost always listens to music on the plane. In fact, Bozman and a group of friends from around the world started a club to share their musical discoveries with each other.

"It's like a book club, but we share music," Bozman said.



Boz uses his travel time to listen to music—the heavier, the better.

One member of the group is responsible for finding a record or artist for the group to listen to, and they all check it out and share their thoughts. The club not only exposes Bozman to new music, but it's also a way for him to stay connected with his friends.

Wondering exactly what Bozman is blasting in those headphones? His latest pick for the group was Ty Segall Band's *Slaughterhouse*—loud, heavy, Stooges-style garage rock.

Like Carswell, Bozman uses the flight to prepare for the upcoming Seminar, taking advantage of the distraction-free time to review and prepare.

Keeping Healthy

You don't get to be a Level 1 flowmaster without being extremely dedicated to health and fitness, but spending so much time on the road can easily derail even the most committed athlete. For a little perspective, view some of former flowmaster and current media man Pat Sherwood's [Zone Chronicles](#).

"I live my life in airports and hotels, so I don't beat myself up about missing workouts," Carswell said. If you've attended a Level 1 Seminar, you know the lunch break is when the leaders usually get in a workout, though gym owners will always accommodate the visiting Seminar Staff when they need to work out at another time.

This training time is essential for Carswell.

"I train both days on the weekend," he said. "We usually do a met-con on Saturday and then Oly lifting on Sunday."

The reason for that schedule is that Saturday night is cheat night, Carswell said.

"Saturday is international cheat night—all around the world!" a smiling Carswell said when asked if all the Seminar Staff trainers follow the Saturday-night-cheat schedule.

If you've watched the [Boz's Eight Meals to Iceland](#) episode of *The Zone Chronicles*, you know Bozman is dedicated to traveling with his own food ... and he'll stick to the plan even despite limited refrigeration opportunities.

His philosophy is fairly straightforward.

"I want to feel good and live a lifestyle that facilitates that. The decisions I make are going to be influenced by that. It has to do with having a set of principles and then trying to get there with your actions," he said.

He also suggested a reason beyond nutrition for traveling with his own food.

"I'm cheap as hell," he said.

Like Carswell, Bozman tries to fit in workouts at lunchtime, but it doesn't always work out.



Chuck Carswell's engaging, energetic delivery is one of his trademarks as a Level 1 Seminar flowmaster.

"At the seminars, we are at the disposal of the participants, and that's the priority," Bozman said.

Bozman finds that he has the most success if he has a plan before he shows up, so he tries to come up with a workout plan on Friday night before the seminar begins.

"It's like working in a kitchen," Bozman said of running the seminars and trying to follow a consistent training schedule. "The chefs get a taste of everything but never a sit-down meal."

The Culture of CrossFit

Despite the nonstop travel schedule, Carswell said he loves his job and he loves the content of the Level 1 Seminars, his fellow Seminar Staff members and the CrossFitters he meets.

"The staff are my closest friends, and I love the participants themselves," Carswell said. "Every weekend is new because it's new to them."

As CrossFit explodes in popularity, Carswell said he's seeing more people at the Level 1 Seminars who have only been doing CrossFit for a few months. Many people are fitness professionals looking to stay current.

"They see CrossFit as the new, hot thing, and they want to advance their careers," he says.

Bozman says what he loves about the seminars is he sees people picking up not only the correct movement standards but also the CrossFit philosophy.

It's part of Coach Greg Glassman's vision that the seminars are where CrossFit culture is transmitted and where it grows, and seminar attendees absorb that culture almost without realizing it, Bozman said.

With approximately 400 CrossFit Level 1 Seminars delivered from January to October of 2012, Boz, Carswell and their colleagues have run up a lot of air miles bringing that culture to CrossFitters around the world. They'll do the same thing in 2013.

For more information on CrossFit Level 1 Seminars, visit CrossFit.com.

