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Our Weekday Workout: Green Griffith & Borg-Breen's Wendy and Jeff Ward

"Olympic weightlifting not only keeps me healthy physically (and gives me energy), but it also keeps me healthy mentally. Because it takes such intense focus to do it well, it's almost like yoga or meditation."

By Tasha Norman | May 22, 2020



(<https://images.law.com/contrib/content/uploads/sites/292/2020/05/Jeff-Green-and-Wendy-Green-Article-202005210931.jpg>) Jeff Ward and Wendy Ward/courtesy photo

Wendy and Jeff Ward, Green Griffith & Borg-Breen, Middleton, WI.

Wendy Ward and Jeff Ward are partners at the firm. Wendy focuses her practice on patent litigation and counseling related to pharmaceutical, veterinary, biotech and chemical products. Jeff Ward focuses his practice on intellectual property litigation relating to pharmaceutical, chemical and biochemical products and processes.

During the COVID-19 crisis, Wendy and Jeff have not changed their workout. By working with remote coaches and using their home gym Wendy and Jeff Ward continue their training without missing a beat.

Wendy Ward

How often during the week do you work out? Three times per week I do Olympic weightlifting, and two times per week light cardio (either a walk on my treadmill or a short spin class on my Peloton).

At what time during the day or evening do you work out? It varies and depends on my work and personal schedule.

What's your go-to routine? I lift according to the program my coach provides. Typically, I do several sets of a snatch variation ([https://en.wikipedia.org/wiki/Snatch_\(weightlifting\)](https://en.wikipedia.org/wiki/Snatch_(weightlifting))) or complex, several sets of a clean-and-jerk variation or complex, several sets of heavy squats and accessory lifts (usually intended to enforce movement patterns to improve the snatch or clean and jerk, or to strengthen an area of weakness).

How long does it take? Completing my program generally takes between one and a half and two hours. On days I don't lift, I do light cardio for 15-30 minutes.

Why do you like this routine? Olympic weightlifting is an extremely technical sport. In addition to strength and power, it requires mental focus and perseverance. It takes years to master. There is always something to improve upon, and there is nothing better than seeing the work pay off.

What does regular exercise do for you? Olympic weightlifting not only keeps me healthy physically (and gives me energy), it also keeps me healthy mentally. Because it takes such intense focus to do it well, it's almost like yoga or meditation—you need to keep your mind clear of distractions and stay in the moment while executing the lifts. This, in turn, provides a mental break from the day-to-day demands of life and work.

How long have you been exercising regularly? I started training in Olympic weightlifting about six years ago, and I've been hooked ever since. I'm always excited to train, and especially so when I have a competition coming up. I've done about 10 competitions, including national competitions.

In what ways have you changed your routine over the months or years? Because of poor technique when I was first learning Olympic weightlifting, both of my shoulders are injured. I spent many years just working around these injuries, but I have recently begun working with a physical therapist who specializes in Olympic weightlifting. As a result, I do more "light" work focused on strengthening the shoulder muscles and proper positioning with the bar overhead.

Have you changed your workout due to the COVID-19 crisis? We have not revised our workouts during the COVID-19 outbreak. We have remote coaches and are fortunate in that we have a home gym with the necessary equipment.

How do you get to convince yourself to work out when you don't want to?

Honestly, it's very rare for me to not look forward to training. On those rare occasions, the fact that I have to answer to my coach usually moves me to get to work.

Jeff Ward

How often during the week do you work out? Three times per week.



(<https://images.law.com/contrGreen-Vert-202005210909.jpg>) Photo Credit: @liftinglife

At what time during the day or evening do you work out? It depends on my schedule, so I work out at various times.

What's your go-to routine? I do powerlifting, with one day focusing on back squats, one day focusing on bench press, and one day focusing on dead lifts. I have various accessory lifts and exercises with each workout. I have a remote coach who writes my workout program for me, and evaluates my form and results.

How long does it take? The workouts take from 45 to 90 minutes, depending on the given programming for that day, and how fast I go through things.

Why do you like this routine? It is varied, with a different emphasis each day. I also enjoy the various exercises, and the workouts challenge me.

What does regular exercise do for you? Powerlifting regularly increases my strength, strengthens my bones, and gives me a more positive outlook on life.

How long have you been exercising regularly? Six to seven years.

In what ways have you changed your routine over the months or years? I started out with more functional training (which included the various power lifts) but have transitioned to more of a pure powerlifting focus.

How do you get to convince yourself to work out when you don't want to? We have a home gym which removes the excuse of not wanting to drive to the gym. I also tell myself that my workouts will make me stronger, and that I will never regret doing my workout, while I might regret missing it. Also, because I workout three days a week, I can move the days around if I feel tired or my schedule is too busy.

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