



## Undefeated...so far

As many of you know, I'm the strength coach at Juan Diego Catholic High School now...and a college religious studies instructor, a writer, a thrower, and a good man to have around.

Currently, our football team is undefeated, quite a statement for the smallest team in our state's division (student body) and we just beat the largest team in our division last night (again, by student body).

People wonder about what we do, like I have some secrets in the weight room. Josh Vert has been with me for over two months studying the secrets. Gregor Herb came over from Germany to study with me for two weeks. Ah, the secrets...there are so many.

Let's have a little contest for the next edition: what are the "secrets?" The winner(s) get a free lifetime (my lifetime) subscription to Get Up!

Let's remember the mission here:

### **Our mission? To teach everyone:**

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance

3. All training is *complementary*.

## Got Strength?

**Richard Ham-Williams**  
[www.HamsFitness.com](http://www.HamsFitness.com)

*This is Richard's second article and the feedback from the first article was very positive. If, and that is a big if, the success and fame and fortune from being a Get Up writer doesn't go to his head, we hope to see a lot more from Richard.*

Why strength train?

It's hard to think of a training method that offers so many benefits as progressive strength training. No one other method can enhance every faucet of fitness;

Run faster, jump higher, cycle longer, hit harder, increase endurance, bigger muscles, stronger bones etc.

Any athlete that strength trains is a better athlete for it. In fact, any person that strength trains is better off for having done so.

Muscles are our own personal movement motors – they propel every movement we make. If your motors are withered and weak, it reflects in every aspect of

your life. Strong muscles make movement and life in general more enjoyable and easier.

When you strengthen a muscle you increase its ability to produce force, which in turn can be trained into a specific sports related skill – a few are mentioned above.

Not only that, a stronger muscle is harder to hurt (sprain) and as a result, the joints that they surround are more stable for it and thus also harder to damage.

SO thus far we have;

- 1) Strengthening your muscles increases force potential and thus movement performance
- 2) Strength training reduces the chance of injury and strengthens joints which in turn keep your bones and posture healthy.

For the majority of people, training with weights is considered reserved for those that want bigger muscles – think body building. I would like to educate a person right now that is a possibility, if that is what you want to do, however it is not something that has to happen. Getting big muscles is not as easy as simply lifting weights.

When you do lift weights/ strength train you are toning your muscles – tone simply means the residual electrical energy running through a relaxed muscle, holding it in a state of readiness. So when someone asks to “tone” an area, what they are actually seeking, is a way to strengthen that area. They may not know it, but strength training is the best and fastest way to tone a muscle.

Not only is it the best way to tone a muscle, it also happens to be one of the most overlooked ways to increase endurance too,

Taking cycling as an example (Us Brits like our cycling after Beijing) to help explain and how and why strength training helps your endurance capacity;

Your maximum strength level is 100 units in this example.

To keep the crank turning at 100 revolutions per minute you need to produce a force of 60 units each rotation. (Numbers are purely for illustrative purposes).

60 units out of a possible maximum of 100 units has you working at 60% of your maximum to hold that speed and your place in the pack.

Now fast forward 6 months and some serious, well programmed strength training later and you have increased your maximum strength level to 200 units.

That same effort of 60 units to keep the crank rotating at 100 revs per minute is now only 33% of your maximum effort and thus much easier leaving you more energy and strength for a spectacular sprint finish.

OR

You could continue to work at 60% of your maximum strength levels which would now have you able to be pushing 120 units of effort through that crank – I’ll leave you to experiment with how many more revs you will get out of it (or what gear you can now work in) and how much further up the pack you are

now you have added a well designed strength programme to your training!

I don't know how Lance Armstrong trains but I am willing to bet he lifts weights to get the edge.

So now we have 2 more;

- 3) Progressive strength training is the quickest and safest way to tone a muscle.
- 4) Strength training is a hugely beneficial method to increase your performance in endurance based events

But wait, there's more.

When a muscle has been well toned and strengthened, it needs more energy to help hold it in that readied state – it burns more calories. Bad for your food bill, great for your waist line and getting lean. The stronger you are, the more calories you will burn. Don't get the image of a super heavyweight power lifter in your mind, yes they are strong and yes they are fat, however, they choose to be fat to stay in their weight class and the extra fat around joints helps store energy and reduce the range of motion they lift a weight over and thus allows them to lift more.

Power lifters and weight lifters that stay in a lighter weight class to show off huge power to weight ratios are super lean for sure.

Strong muscles hold a better shape and are more pleasing to the eye. I am not suggesting we all look like body builders or that is even pleasing to the eye. I am suggesting that the muscles of a well trained athlete are far more pleasing than

the soft out of shape muscles of your average person. Strength training can literally transform your shape – saggy bingo wings, get them stronger. “Relaxed” abs, strength train. Smaller tighter bum, strength train!

When you have a strong body you feel more confident, this leads to less stress, that leads to better health and lower levels of stress hormones, leading to better sleep and quicker recovery – bonus for sure.

As a happy side not worthy of mention strength training will also keep the muscles of you cardiovascular system strong, elastic and clear from junk.

To add to this list;

- 5) Strength training causes your body to burn more calories per day through an increased metabolic rate.
- 6) Strong muscles look better
- 7) Strength training reduces stress through increased confidence and better sleep.
- 8) Progressive strength training also helps keep your heart and vessels strong.

No other one mode of training offers so much from so little.

Be a stronger athlete, be a better athlete.

Enough said.

## **Injury Prevention**

**David Witt**

*David Witt continues to be our most formative and informative writer. David has been writing since the beginning of*

*Get Up and seems to “hit it on the head” every article. David is very popular with our readers and even though the focus is often throwing, nonthrowers tell me that his articles “just make sense.”*

One of the keys to competing as a Masters Athlete in my opinion is the issue of injury prevention. Both from the stand point of lost time training, and not being able to participate in that contest/meet you trained for for so many months.

What’s the best way to prevent injuries? Don’t get injured to begin with. “But how can I do that” I wonder. I started looking up injury prevention on the web, and this is what I found out.

First, if you have been injured before, your chance of injury increases substantially. Anyone that has injured their back can tell you this. Once you throw that back out the first time, it starts happening again and again for the rest of your life. I’ve known people that have dislocated their shoulders and they tell me they are prone to that dislocation again, so they have to be careful. I once saw a friend redislocate his shoulder by simply going up for a rebound in basketball.

Second, muscle imbalances seem to be the newest thing in injury prevention. Being a discus thrower I always had a huge imbalance between my right pectoral strength and my left, being a right handed thrower that is. In college I would do flys on the bench with a heavier weight in my right hand and a lighter weight in my left, because when I did flys with what only my left hand could handle, my right side, or throwing side, didn’t feel like it was getting any workout. No problems then, but later when I was 28 I started benching again after two years of not working out seriously. Unfortunately, at 28 I wasn’t

any smarter than at 18 and instead of doing a conditioning program to get my tendons and ligaments ready to work I jumped right into serious strength training. In three weeks I added a documented 20 pounds to my bench, but it probably was really 45. A week after that, I tore a tendon in my left pec that inserts into the bicep while benching a fairly light weight. I blame muscle imbalances for this, and it took me two years before I could bench again with any weight at all.

Thirdly, someone did a study and found out that the more you consecutively workout, the more likely you are to get injured. Kind of like the more you drive your car, the more likely you will have an accident. I haven’t yet had an accident in my garage. The research supports reducing the number of consecutive days to give the muscles and connective tissues time to repair themselves before the next workout. Right now, based on the advice of a good friend in throwing and training, I’m doing a program that only has me working legs heavy once a week. This has made me feel better and less stiff overall. I’m also throwing better in my throwing workouts, and that’s the goal for me. For the Masters Athlete every other day workouts are probably a good idea.

So, to review, don’t get injured. Don’t let muscle imbalances happen, and if they do, fix them. And give yourself time to recover before the next workout.

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