

Volume 3!

Here we go! I find it amazing that people continue to read this...

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*.

My First Highland Games

Rick Eklof

Rick Eklof, former training partner of Olympic Shot Put Champ Mike Stulce, has been a frequent contributor to Get Up Newsletter.

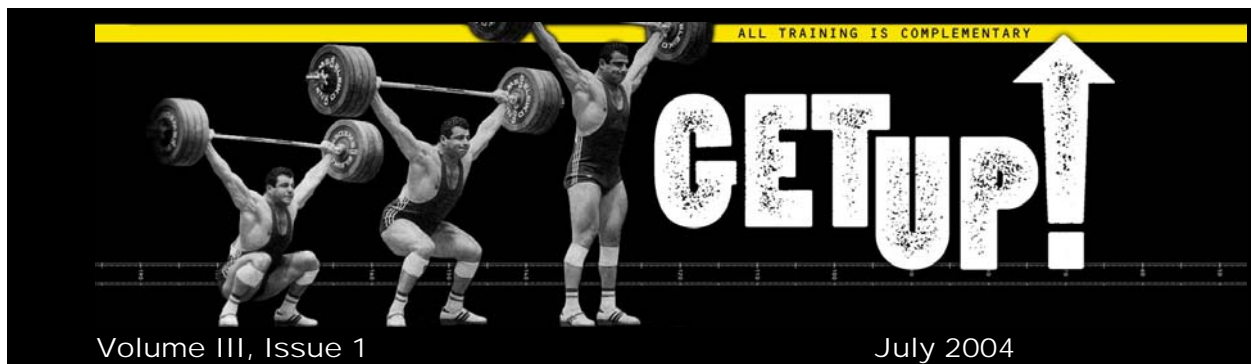
Having read that some of my fellow Goal Setters had set some new mid-year goals, I thought that I had better contribute to the "cause". I had entertained the idea of sometime competing in a Highland Game competition. I saw the Texas Scottish Festival & Highland Games was having a novice clinic the following Friday night. I emailed Joe Lane, the AD, and asked if I could attend. He emailed me back the next morning saying that the clinic was for the competitors and if I wanted to enter the novice division I could. I don't know if it was the thrill of competition, the realization that my 20 year high school reunion was the next weekend, or the fear of reprisal from the Editorial Board if I failed to rise to the occasion, but my entry and check were in the mail the same day.

Now the question became how the heck was I going to get ready for the Games in 8 days? I knew that I to work technique of the events, because I was going to get stronger in a week. I had already planned to go throw T&F hammer that day with my friend, Leif, who had also thrown the 35 lb. Weight at BYU. I loaded up a

35 & 56 lb. weight from my gym. After throwing hammer for about an hour, Leif showed me the technique for the weight throw. Only problem was I practiced the track & field technique (2 handed) as opposed to Highland Games style (1 handed). It wasn't until about 10:30pm that night that I read the RMSA rules and discovered that the weight for distance was a one-handed event. Gonna have to go back to the track in the morning. Sunday, Memorial Day, and Wednesday I at the track practicing footwork and taking some throws.

I email our glorious editor and ask for some input. Dan offers to call me and give his advice and some valuable tips. We exchange multiple phone calls and emails throughout the week.

Friday evening was the novice clinic. I show up to get my gate passes & see if I can attend the clinic. One of the experienced amateur competitors gives up his spot for me. I get to meet some of the other novices. Dave Brown, James Parman, and Mike Smith are the pros that are scheduled to attend, but all the other pros Ken Lowther, Greg Hadley, and Joel Thiessen are there as well. I thought that the clinic was going to just be the pros demonstrating the events and talking about training, diet, etc. Wrong!! This was a hands on clinic. Dave and Mike take us to the far end of the field to work on the hammer. We go through multiple drills and get feedback after each turn. Next we move to WFD. Dave says that we are all moving too slowly, so we get to run a 20-yard sprint to remind us to move fast through the movement. This is followed by more throws. My group then works with Joel & Greg on the stones. They tell me my footwork is fine, but I'm not keeping my elbow up and I'm letting the stone come away from the proper position. Greg spends about 5 minutes working with me on positioning of the stone, grip and keeping my elbow up. Ken and James are working with the other group. Once again, a big thanks to all the pros for giving of



their time to work with us. If you ever get the opportunity to attend a clinic put on by any of the guys, don't let it pass by.

Sunday morning, I'm get up early, cook breakfast, and get to the venue about an hour early. I meet the rest of the novice competitors and most of the Master who are competing in the same session. Open stone is our first event. I joke with the rest of the novices that every throw that goes farther than a previous is a new pr. I'm a bit nervous before the first throw, but it is fair. Each throw gets technically better and goes further. I comment that I'm "en fuego" (on fire for our nonSpanish speaking readers) I end up with at 27'-6". My father-in-law was impressed by the fact that all of us novices were actually coaching each other in between throws. 42 lb. WFD is next. 3 good throws with the second being the best, 23'7-1/2". Mike Baab, one of the masters, comments to me why the second one was the best. The 28 lb WFD is next. I end up 38'1". After the 42, it feels like 5 lbs. I put in another series of 3 pr's. The 16 lb hammer is next. First 2 throws are about equal in distance. Third throw is accompanied by a primal scream that would wake my Viking ancestors in Valhalla. It goes about 6 feet farther to 78'-7-1/4".

The caber is our final event. 16' 82 lbs. I have never attempted this before and I have to admit that it intimidated me. 3 attempts, 3 failed picks, including me "kissing the caber" on my second attempt.

After the competition, I consume a few pints of Newcastle for medicinal purposes (icing my muscles from the inside). Most of us novices exchange phone numbers and emails and make plans to get together and train. I take some video of the pros. Ken jokingly tells me "it's a dollar per throw to video" and then tells me to take all the video, but to also make sure that I video my own throws in training and competition. Joel

comes over and watches some of his WFD throws.

I'm fired up and ready to actually train for a competition. My thanks again to Joe Lane, all the officials and volunteers, the pros and my fellow competitors for making my first Highland Game experience awesome. I've got a lot of work to do and here are a few lessons learned:

- Decide to enter more than a week out
- Practice throwing behind a trig. Drawing a line in the grass doesn't cut it.
- Ask questions. Everyone involved was more than willing to answer and give advice.

Normal Guy Approach to the Hammer

Rande Treece

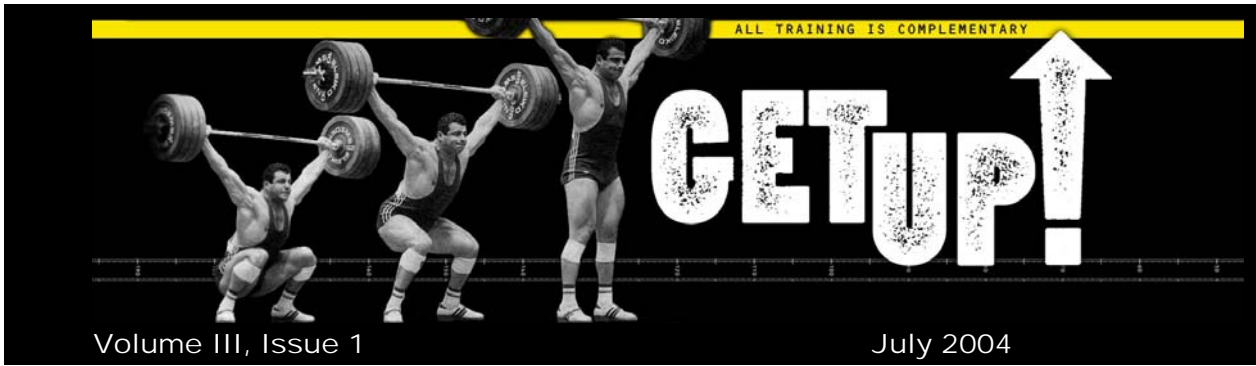
Rande Treece walked-on to his college track team in the mid-80s, and made it to the finals of the Division II nationals in his third season.

He started with Masters T&F and Olympic Weightlifting when he was 39 years old in the Summer of 2000.

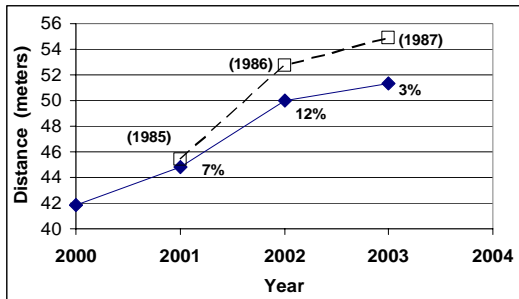


Personal Progress

At the end of this last season at the USATF Masters Weight Pentathlon I hit two PRs and two season's-bests to score well enough to rise onto the medals platform. Yes, I had scratched and clawed my way to third place. Actually, I was quite happy with my results because I had only started back throwing three years ago and the two guys above me on the dais had essentially been throwing since college. I was just happy that I stayed as close as I did.



The most satisfying part of the day (besides meeting new friends and hanging out with other throwers) was hitting a new PR in the hammer. I had trained hard all year and was frustrated that I had not PR'ed yet earlier in the season. By PR, I am referring to a Masters PR. I have yet to beat my college hammer mark, but I hope to best it next season in 2004. Each year as a Master I have been pushing my hammer mark up a little. In the chart below, my season best marks for my Masters and college year are plotted. The Masters marks are in solid diamonds and show the percentage improvement over the previous year. The college marks, empty boxes, show the year next to them.



I wish I knew 17 years ago what I know now. I was way over-trained in college. I was sore all the time and my knees never stopped hurting. Now, in my 40's, I have a shot at beating my marks from my 20's. In fact, I have beaten some lifting marks from my 20's. I have cleaned (300 lbs), dead lifted (475 lbs), and squatted (450 lbs). Each of these is more than I did then. I realize that these are not big marks, but the fact that they are improvements is important to me.

Genetic Factors

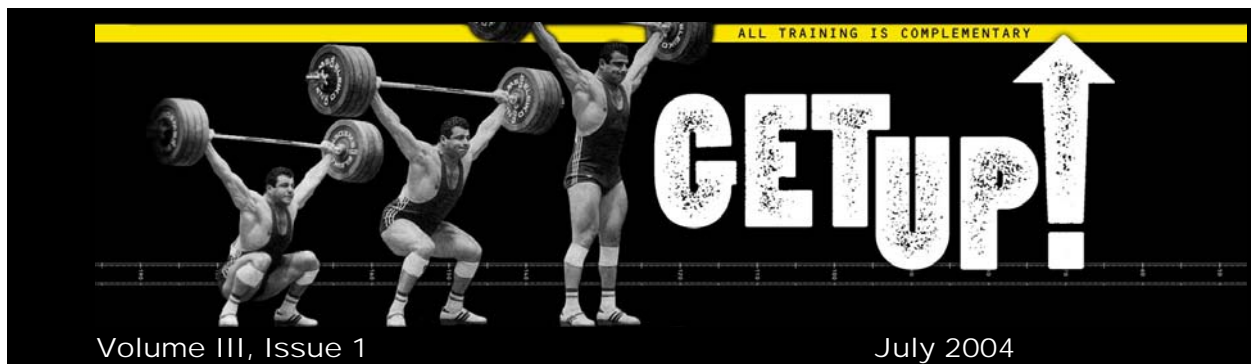
Another thing that I believe now that I did not comprehend then was that an athletes' ultimate achievements are significantly determined by what assets he or she is given at birth. Height, arm length, and amount of fast twitch muscle are all gifts. Even the work load that an athlete can

endure *and still improve* is ultimately limited by genetic factors. Most take it for granted that only a small number of people have the potential to throw a baseball 100 mph, or run a sub 10 second 100 meter dash. However, those same people often believe that if one trains hard enough (smart enough, or follows the advice of Guru X) they should be able to compete at national, or even international levels in throwing or lifting. The dirty little secret is that many champions succeed *in spite* of their training programs, not because of them. Some athletes are simply destined to achieve big marks. And, it would be foolish for athletes with average genetics to follow the programs of the freaks (my envious term for the genetically gifted).

So, over the last couple of years I've tried to find a program that helps a guy with very average genetic ability improve. How average? At a height of 5'11" I've only been able to touch the basketball rim 2 or 3 times in my life, and I ran a 5.2 second 40 yard dash in high school. It took four years of hard training before I squatted over 400 lbs. I have reluctantly accepted that I am closer to the peak of the "Bell Curve" of genetic ability than to two standard deviations out.

Credits

First of all, since I only learn in a group setting, I want to acknowledge some people who have really helped me think about throwing and training. What I write in the following article will sound a lot like what I have received from these people. Dave Caster has really contributed greatly to my thoughts on balancing lifting and throwing and how the mix changes over the years. Matt Byrne has contributed to those concepts as well. Todd Taylor and Tim Edwards have provided invaluable insight into how to improve my hammer technique and general training. My wife, Dot, has also helped me analyze my throwing and improve my technique. Lastly, I am very grateful to Dan John and the Westside Barbell guys for publishing so much



free and useful information on training. It was their take on training that got me back into competition after taking 13 years off after college.

Issues in the Hammer

I believe there are several aspects that need to be developed and managed. First, the hammer thrower must *increase skill* in rotational speed and connectedness with the hammer, as well as *improve physical capacities* such as speed-strength, RFD (rate of force development), and power. While increasing skill and physical capacities, it is necessary to manage throwing intensity, volume, nervous energy, and low back fatigue. If the training is not applied carefully and with balance, then the thrower's body/mind system (the *organism* as the Soviets would say) will break down leading to loss of coordination and a retarding of progress. Finally, the thrower needs to *transform* the gains in throwing skill and physical capacity into increased distance at an important meet. Everyone has experienced great days where they feel in "the zone". Proper transformation can help the athlete to peak at the time of their choosing.

Variable Hammer Weights

Hammer throwing, perhaps more than other throwing disciplines, benefits from the use of heavy and light implements. The lighter ones help the athlete to learn to turn faster. It is similar to over-speed training with sprinters where an elastic band is attached to a sprinter, it is stretched out, and then the sprinter runs faster with the aid of elastic than he could without it. Both activities allow an athlete to acclimatize himself to the feeling of greater speed than he achieves under competition conditions.

Light Hammers. European coaches have emphasized that a thrower should push their lightest hammer to the distance that they would eventually like to throw the competition implement. The most famous example is that of

Igor Nikulin (of the former Soviet Union). At fourteen years of age, he threw the 3kg, 4kg, and 5kg hammers, as shown in the chart below. His

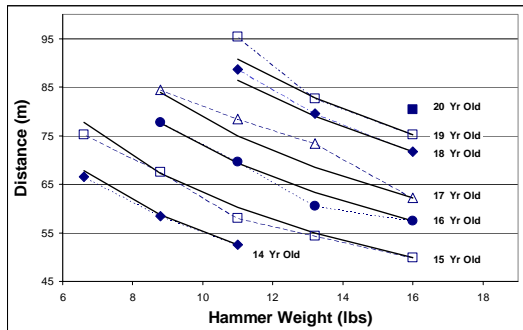


marks for each year for each hammer are shown with a solid or empty mark, joined by the dash line. The solid line is a theoretical calculation of projected distances based on the heaviest hammer of the set. (How to calculate the theoretical distances will be shown in a separate article). As he grew in age, he also began throwing heavier hammers while he maintained light hammer training. Note that each year his 6kg hammer mark preshadowed his 7.26kg measurement of the following year.



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Heavy Hammers. Heavy hammers are also included in training for the development of specific strength, connectedness and counter. The heavy hammer will move more slowly than the lighter ones, giving the trainee the time to think about sitting back and driving the hammer around his axis. The heavy hammers also develop specific strength. The specific strength used in the rotator, hip, and leg muscles during turning and throwing need to be developed **WHILE THROWING.**

Weight Lifting

Weight room strength needs to be increased along with specific strength. Much has been written about the importance of the Olympic lifts and variants along with squats for the thrower. Therefore I will not address that. However, I will discuss a variation I have found very helpful for me. I have become a strong advocate of box squats as described by Westside Barbell. The box squat develops the hip, low back and legs in a way that is very helpful to throwing. They **MUST** be done emphasizing **SPEED.** When elastic bands are added, the box squat becomes a phenomenal exercise. I have used them as the backbone of my strength training.

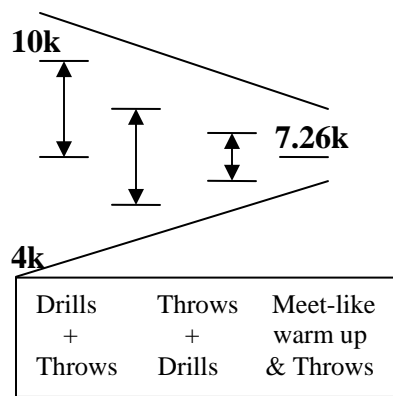
Transformation

Peaking ones performance for a specific meet requires putting all of these parts together in a specific training plan that focuses the throwers throwing and lifting. Hopefully, during the training year the athlete has increased his

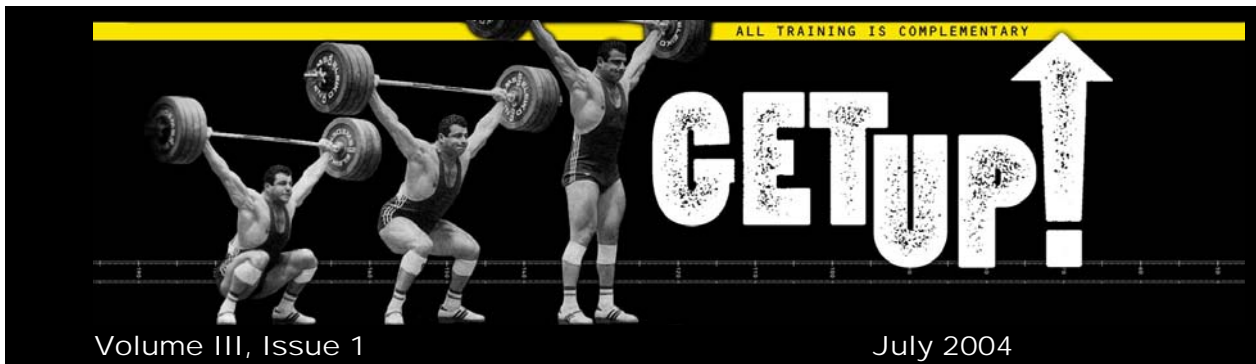
strength and improved his technique. The process of converting these gains into improved competition results has been called *transformation.* As the most important meet of the season approaches it becomes necessary to peak the transformation. Transforming technique involves *narrowing the differences* in the hammer weights and *modulating the training intensities.*

Narrow Hammer Weight Differences.

Narrowing the training weights is shown schematically in the figure below. The left side is early in the year. Groups of hammers with heavy, medium, and light implements are thrown in the same sessions for a few weeks at a time. One group might be 10kg, 8.5kg, and 7.26kg. During the next several week training period one might throw 8.5, 7.26, and 6kg.



I vary the weight groupings depending on what I feel I need to improve. The heavies allow me to focus on countering (sitting back) and getting my foot down at 180 degrees. The light ones allow me to get the feel of turning fast and throwing something far. (Lance Deal has thrown the 4kg hammer over 320 feet!!) One of my technical weaknesses is allowing my body to lift up in single support. This leads to my left foot coming off of the ground and losing a lot of speed. Throwing the light hammers makes me really concentrate on countering and keeping both feet



on the ground as I turn much faster than with a 7.26kg implement.

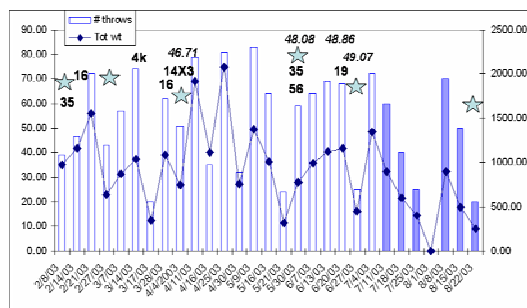
As the training year progresses (left to right in the figure) the athlete narrows the differences in weight until only the 7.26kg is thrown for the final 6-8 weeks of the season. Also, notice that the mix of drills to throwing changes. As the season progresses, the athlete reduces the amount of drills performed and starts to incorporate their meet warm up activities into their training session. By the time of the big meet, the athlete will be starting the practice just like he will do in his meet.

While switching hammer weights, it is important to manage throwing volume. I found out the hard way that if I keep the number of throws constant while changing hammer weights, it is possible to under-work and to over-work the throwing. For example, if a workout includes five sets of throws with the set being a 22#, 18#, 16#, and a 14#, then that is 20 throws and a total of 350#. However, five sets with the 16#, 14#, 11#, and 9# is still 20 throws, but accounts for only 250#.

A Digression. This brings up the concept of managing the daily, weekly, monthly, and yearly volumes. I have found that my body/mind system cannot progress on a constant diet of the same hammer weight, number of throws, and intensity. In fact, I need to change things up to keep from growing stale. But, I also need to carefully monitor the training volume.

I determined this after becoming frustrated that I had PR training days (many throws from 95-102% of previous best) and weeks followed by days and weeks where I literally could not throw >85% of my PR. And, of course my meets seemed to always coincided with the low periods. So, I went through my training log and entered all of my throwing data into a spreadsheet and tabulated hammer weights and

distance thrown for every workout going back six months. After that I analyzed the data and looked for trends. The chart is shown below.



The chart shows the total number of throws (bars) and the total weight (circles) for each week. (The solid bars in July and August represented *planned* volumes, since the chart was completed in June.) The stars indicate meets. The bold numbers indicate which weight was thrown for a PR (either training or in a meet). The italicized numbers are hammer distances from meets. It is striking that most of the occurrences of PRs followed volume reductions. **DUH!** More subtly, I found that when I reduced volume with lighter hammers following a period of throwing heavy hammers the effect was even stronger.

One particular season highlight was at the end of May 2003 when I had a PR in the 35# and 56# weights. My hammer distance that day (48.08) was an improvement over a previous meet, but a bit of a let down. In fact, that day I was so fast and strong that I had ring fouls over 50m. I simply could not harness the energy I had built up through the reduction in volume. However, I settled down as the meet progressed and got good throws with the 35# and 56# weights.

So, since then I have been trying to use this knowledge to my advantage by planning my training based on it.

GETUP!

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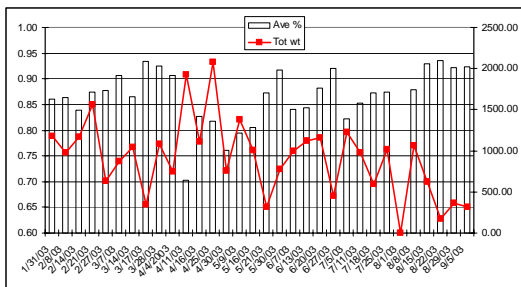
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Transformation

The transformation phase involves reducing the throwing and lifting volume while raising the intensity. Intensity is simply the percentage of your PR.

Managing Throwing Intensity. The Europeans and others have indicated that it is best to have most of ones training throws in the 85-92% range. Jud Logan wrote a great article about "Range Throwing" based on training with Sedykh and Bondarchuck that describes this approach. John Powell with his "towel drill" is utilizes a similar concept. Throws below this intensity range are to slow to be of use, and throws beyond this range tax the system and allow for the creation of bad habits.

During transformation, however, one wants to push the intensity up while reducing the volume. I tried to do this at the end of the 2003 season, as shown in the following chart. Here the chart shows the average intensity (percentage of PR) for the throws (bars) and the total weight (boxes) for each week of the season from January through the last meet in September. It is similar to the previous graph, except that the intensity is now presented. It can be noticed that a steep taper of volume began in early August and that the intensity was pushed up to season highs.



The combination of throwing harder and reducing the volume allows the athlete to transform the increases in technique and physical capacities into increased meet performance. The

transformation cycle also has the effect of resting the athlete.

Managing Lifting Intensity. The weight training will also focus on resting key body areas and activating high levels of nervous stimulation. For me, that means that I raise the box height in my box squats, reduce the amount of band tension, increase the bar weight, and reduce the total reps. It also means pulling from a high box or from a high hang in the snatches and cleans. In the Fall, full squats and pulls from the floor are performed with higher reps and lower intensity. As the season progresses, the starting height for the bar moves higher.

This is also the time of year to reduce the amount of negatives performed. While negatives and band tension are great for building strength, they are not useful for stimulating fast twitch muscle growth. That is why bounce benches with a pad are so good for shot putters: It allows them to push heavy weights fast without the need to slow it down as the bar approaches the chest. By the final weeks of the season, the athlete is hitting PRs in hip snatches and high box squats without any bands.

Finally, it is good for the athlete to do what makes him throw well. For me, that means to rest my back. I find that a little more rest allows me to throw farther than a little more practice. My best throws have followed reductions in volume.



Conclusion

At the end of the 2003 season I had the weight pentathlon followed by a big local meet a week later. I managed to set a (masters) PR at the weight pentathlon and then improve on it in the



following week. I was happy that I had begun to understand my own body and how to train it.

I had developed a model for training that I could test in the future. As I write this it is early June 2004, and I am going into my fourth full year of masters training. I have been trying to use the concepts presented here for the last year. By the end of the season I will see if it is generally applicable to me, or if the improvements last year were just a fluke.

Stay tuned, no doubt I'll write more on it soon enough.



The Gary Column

Gary John

My brother, Gary, lives in San Mateo, California and is a big fan of the newsletter. He



often comments on different writers, then asks those "Million Dollar Questions."

The same questions many of you may have...but are afraid to ask!

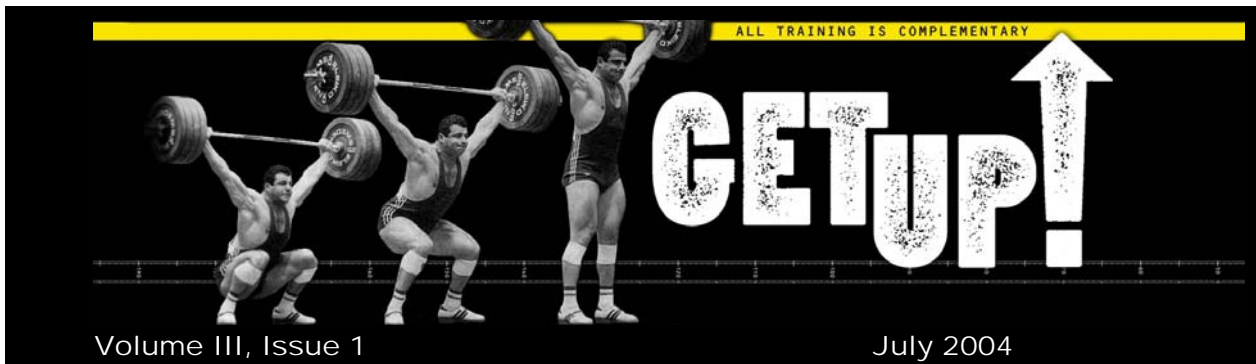
The June issue of "GetUp" featured an excellent article by Steve Shafley. He put out a whole lot of information, but what caught my eye was the Westside deadlift program. I've been trying to add this lift, but really didn't know where to start. Anyways, I just completed the 5th week, and the best part is, I was able to do it.

To start with, I have most of my weights in a warehouse where I work. I lift when I'm around and not answering the phone. Next, I lift in my work clothes, with high top work boots. I use the Hytek Magnums, they are great for pushing around heavy equipment. I also put my toes on a 1"x4" board whenever I deadlift. Dan had recommended this technique when I first started to try this lift. Most importantly, my lifting background consists of screwing around with weight machines back in college. I only started to use free weigh when Dan turned me on to his new "GetUp", two years ago. For anyone else who wants to try this system, I'm 55 and weight 175lbs. It is never too late.

The workout goes like this:

Week 1- 15 singles @65%
actual lift 200
Week 2- 12 singles @70%
230
Week 3- 10 singles @75%
260
Week 4- 8 singles @80%
280
Week 5- 6 singles @85%
300

You are supposed to figure this out off of a single max. I couldn't remember if I done a 320 or 350, so I made a chart for both. Dan told me to make sure I took a one minute rest between lifts. This ended up being great



advice when the weight got higher. My deadlift day was on Tuesday mornings.

The first day, with 200 lbs., I found this way too easy. The next week I bumped up to the 350 chart. I did some rounding off, because I don't have a lot of spare plates. From then on, I just stuck with the program. At Week 4, I was a little nervous about 280, but once I got the first one, I relaxed. On the final day, I was so pumped before I started. Then, when I was done....well we all know how you can get.

Steve wrote about what a complete zap deadlifting gives to the central nervous system. He is so right, I'd try to throw the discus in the afternoon, and I would be all out of whack. However, this program really works and I'm starting all over next week. I just need to get up the nerve to try a single max.

What I learned at Discus Camp

Dan John...old geezer

To keep tradition...and the truth...these were the best weeks ever of the John Powell Discus Camp in Granville, Ohio. Kudos to our interns...especially Samir...and, of course, Vicky Sussman. We ate well...partied well...trained well, well, it was pretty good.

In this "brief" version, I would like to hold out the best single idea of camp...for a right hander: **left handed throws**. Mike Rosenberg

and I were playing around with the 56 pound weight throws and Brian Oldfield dropped by to coach us.

Overall, most people came away with the belief that Brian really knows what he is talking about...although most of us realized that years ago. Ben Thuma promised an article reviewing the basic core ideas that Brian can turn your life around with in the ring.

So, we are throwing and Brian tells us that we need to throw left handed (Mike needs to throw right handed...being a left handed freak). Why? Well, most throwers will do things correct with the wrong hand.

Moreover, to quote Brian:
"Sit up in a chair...that's how you throw. The axis is the spine, not the sternum. That's the "little circle!"

Bing! Light goes on. The key to throwing far in rotational events is to keep the rotational axis as small as possible. Brian told us the story of a researcher who told Brian that he "stopped" in the middle... "No, I didn't, I had such a small axis that the computer said I stopped but actually the ball was flying around...a very small circle!"

And, this relates to left handed...how? Well, if you focus on it with the wrong side, it carries over without thought to your normal throw. In fact, it is so simple, I probably won't use it. Ben Thuma spent a whole week training with the 3k and 4k discs learning to throw with the wrong hand!

Okay, I'm not even there four hours and I am better than when I arrived. Next, we discover that I have a habit of "locking my left leg" in the Power Position (PP) which makes the discus or shot (or hammer, as I was to discover), just take off. Brian told me to throw a lot with "soft" legs; in other words, throw with bent legs...don't lock them out.

For three weeks, I worked on releasing the discus with a big torqued throw with soft legs knowing that in competition I would "climb" up



the left leg with adrenaline. It worked...far better than I would have thought!

Brian asked me a simple question related to the chair again: "would you sit down with straight legs?" No. "Then, take a moment to sit in the PP and put your navel where you want to throw it!"

The next day, I went up to a yearly best in the deadlift with a 525 pull which I had to do because the Denison University football players were grunting and acting up with 405.

I also found that when I focused on bringing my "butt to the ball/discus" rather than any other concept in the discus drill "Step and Turn" things got better.

John Powell added an interesting insight when he said that when "you come into the PP, do a little "hop" holding the "X." We invented several drills that really seemed to work this, including the Stephanie Drill (Stephanie Benight) where the athlete hops, hops, hops then hits the PP with a hard "X." Mike Pokowski also claims to have invented this drill but his version was:

Bounce
Bounce
"3"
Bounce
Bounce
"3"

Radically different. (See the book, "The Contrarian Approach to the Discus Throw" for explanations of the terms...free on the site).

I found during the first week that the image of "Sit down" in the PP seemed to help me throw well. It gave me time to let the hips come around and lead the throw. I had a hard Tabata Thruster worker the first week and I was sore for days. I ended up tossing the 3k discus 128'7" the first week, too; a pretty good toss.

Friday afternoon, we had the **Second Annual Brian Oldfield/John Powell Highland Games**. We had plenty to drink and lots of food grilled on our BBQ. The good people at Denison

scored us all the buns, mustards, ketchups, chips and all the rest and we had a fine party.

Head Scorer: John Austin

Officials: Austin Maeri, Adam Theieleman

Athletes:

Mark Shughart

18 Mechanicsburg, Pennsylvania

Jake Fautz

18 Mechanicsburg, Pennsylvania

Steph Benight

19 Schaumburg, Illinois

Greg Watson

20 Las Vegas, Nevada

Mike Pokowski

27 Dayville, Connecticut

Mindy Rawlings

27 Otter Lake, Michigan

David Witt

Old Kentucky

Dan John

Even Older Utah

Atomic Ball (60 Pounds)

Mark 15' 4	Jake 16' 10	Steph 8' 11
Greg 14' 5	Mike 20' 11	Mindy 10' 7
Dave 14' 6	Dan 18' 9	

Mike sets a new camp record!

Open Stone (22 Pounds)

Mark 35' 4	Jake 32' 11	Steph 22'
Greg 36' 11	Mike 45' 2	Mindy 31' 1
Dave 31' 3	Dan 37' 11	

Mike sets a new camp record!



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56 WFD

Mark 21'7	Jake 22'3	Steph 11' 5
Greg 18'11	Mike 34'	Mindy 14'4
Dave 20'11	Dan 27' 7	

*Mike sets a new camp record!***35 WFD**

Mark 38' 9	Jake 35' 11	Steph 18' 9
Greg 34' 10	Mike 58' 11	Mindy 22' 1
Dave 37'1	Dan 50' 4	

*Mike sets a new camp record!***28 WFD**

Mark 48' 8	Jake 45' 1	Steph 25'
Greg 45'1	Mike 67'2	Mindy 28'
Dave 57'	Dan 57'	

*Mike sets a new camp record!***20 WFD**

Mark 69' 4	Jake 64' 3	Steph 31' 6
Greg 69'4	Mike 106'5	Mindy 43'
Dave 66' 10	Dan 81' 11	

*Mike sets a new camp record!***Witt Hammer**

Mark 43'6	Jake 44' 1	Steph 22' 5
Greg 52' 11	Mike 76' 2	Mindy 35'2
Dave 43' 10	Dan 65' 4	

*Mike sets a new camp record!***Dimwittie Stone (6 pounds on the Trig)**

Mark 58'7	Jake 59'11	Steph 41'9
Greg	Mike 75'	Mindy 51' 8
Dave 71	Dan 72' 2	

*Mike sets a new camp record!***Final Results**

Mike 1st
Dan 2nd
Mark 3rd
Jake 4th
Dave 5th
Greg 6th
Mindy 7th
Steph 8th

Much revelry and cheering followed the event...much fun.

Yuri arrives. (Jeori Arrives. Juri Arrives)

Part of the excitement of Week Two was the arrival of hammer world record holder, Yuri Sedyk. I didn't know what to expect but we went down and started throwing. Everytime Yuri starts to explain the hammer, he finds a piece of string, rope, or ribbon and hangs an item on the end and shows "pendulum." He then has someone...my daughter, my wife, Samir...swing it around their head until they discover that you accelerate on the "down"...not the "up." To quote Yuri: "the ball is pendulum." If you can get the feeling in the Olympic Hammer that the ball pendulates each and every swing and turn...good things happen!

We also learned in the first session that we had better learn to get the ball to the left...we heard "more left" about 10,000 times.

It was the evening session that things made even more sense. Yuri loaded a 28 pound Highland Game hammer on the end of an Olympic Hammer wire. He asked us to wind it 10 times. Yeeow. Then, ten times to the opposite side. Then, turns. Then, turns to the opposite side. We discovered...for days later...that this builds throwing muscles. The concept was "Go left" and you have to do this with "soft legs" in the hammer...don't straighten out the left leg!!!

We did a fun drill where he had five campers hold hands.

Camper one: shoulder

Camper two: arm

Camper three: hand

Camper four: wire

Camper five: ball

He then had the campers "swing around" the shoulder. Camper five was in a full sprint while the "shoulder" slowly moved in a small circle. "That is hammer throwing!"



The other amazing key is something Kevin Brady tried to teach me in 1979 and I figured out that summer with a broomstick: snapping your hips around in front of the shoulders. I will have a video clip on this in a week or so on the site...hard to explain. So, I mastered a three turn throw back in 1979 that brought my feet in line (basically: all three turns had my feet in the same parallel relationship as the swing stance) with a tremendous lead on the ball and an effortless pendulum.

Of course, I was told this was wrong by experts and I should ground my right toe and twist ahead of the ball. It never worked...ever.

Yuri told me to do what I learned during the Carter Administration. All of a sudden, I am effortlessly working the ball (with a nice right foot stomp...which may or may not be perfect, but I'm almost 47 and I can only change so much) and my distances leap up.

This hard hip ahead ("assarounds" as I call them now) relates exactly with the discus and shot, too. I have been working on an early returned right foot and I added the ass around concept to the discus and things just took off!

I discovered on Monday and Tuesday that my right foot work in the discus was the best of my career...I can't mentally wait to turn the foot, but if it is returned with the hip around it turns just fine. I also used the clue to "sit down in the PP" and that helped me really drive the discus. This is good, but would it hold up under meet stress?

I soon discovered that Yuri's clinic twice a day and four discus sessions a day were starting to tire me out a bit. Let me give you a few Yuri ideas:

1-2-3-4-5-4-3-2-1 Hammer turns in a row with one swing...killer.

15 hammer turns in a row...killer

1+2+1+2+1+2+1+2 swings with turns...both right handed and left handed.

We would do at least this many drills after each throwing session. I would try to snap

my hips on most drills, but, honestly, sometimes I was merely in survivor mode.

Wednesday, I took some hard discus throws and in "The Valley of Death," I threw 165'. Not bad, I figured. I once threw 165 in Denison and came out a week later and tossed 184'. So, I figured in a week or so...unfortunately, we had a meet on Thursday and I was losing my edge.

I slept bad for three straight nights, threw in a hammer competition arranged by Yuri Thursday morning (three fouls, 165 best in the hammer), got in a van and went to The Ohio State University for a track meet and had my rear end handed to me in the hammer. The hammer went awful. Mike used an excellent bit of psychology in the hammer to wake me up: "These guys are all calling you the "old asshole" and saying you don't belong here." "Really?" "Yeah, man, it's pissing me off."

Mike made it up and I got ready for the discus. Nice effort here, Mike...

So, I get in the discus ring after warm up throws of 125 and 145 and, with dead legs, throw my yearly best (and millennium best) throw of 177' 7" on my opener. I add three other throws over 173, too.

Go figure.

After the competition, we celebrated and waited for Tiffini to arrive. On Saturday, we had a left handed discus throwing contest and sled pulling contest. I got killed in the throws and died in the sleds.

The last week was basically a lot of review and I developed a new system of coaching...as Andrew will tell you.

"Okay, I am having problems with my right foot, so all of you need to help me get better...coach me!" After thirty throws up the hill, the whole group was really returning the right foot and pivoting like crazy. Coaching in the Third Millennium...

GETUP!

Volume III, Issue 1

July 2004

I also Overhead Squatted up to 205 the last week (from the snatch) for a bunch and lifted and pulled sleds and all the rest.

The best lessons? Well, I am going to buy a little shed for my "facility" to hold the farmers bars, Rosenberg bars, sleds and the like. That just makes sense...of course.

Here is the best of the best, though: I am still learning more than the campers. I keep muttering "pearls to swine" and "Horse-water-drink" the whole time I talk to many of the kids about throwing, but the truth is that they simply can't "hear" how amazing the gems are that they are hearing and seeing at discus camp. They imagine it is a typical day that the WR holders in the disc, shot and hammer...as well as a cadre of the best coaches in America...are working with you 12-14 hours a day.

Warning: Reprint Article! I am going to put in the reprint of the Christmas Camp in Orlando because these four weeks (I have been to discus camp for four weeks this year?) seem to connect a lot of concepts for me.

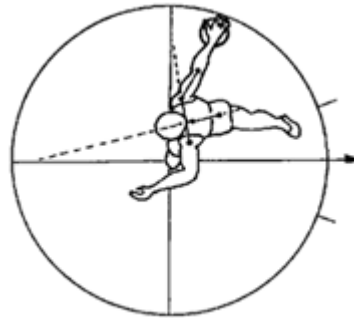
What I did on my Christmas Vacation

Editor in Chafe

While Salt Lake City dug out of an epic winter snowstorm, I had the misfortune of having to spend several days with the John Powell Discus Camp at the National Training Center in Orlando, Florida. Besides the tan, I learned a ton of new stuff.

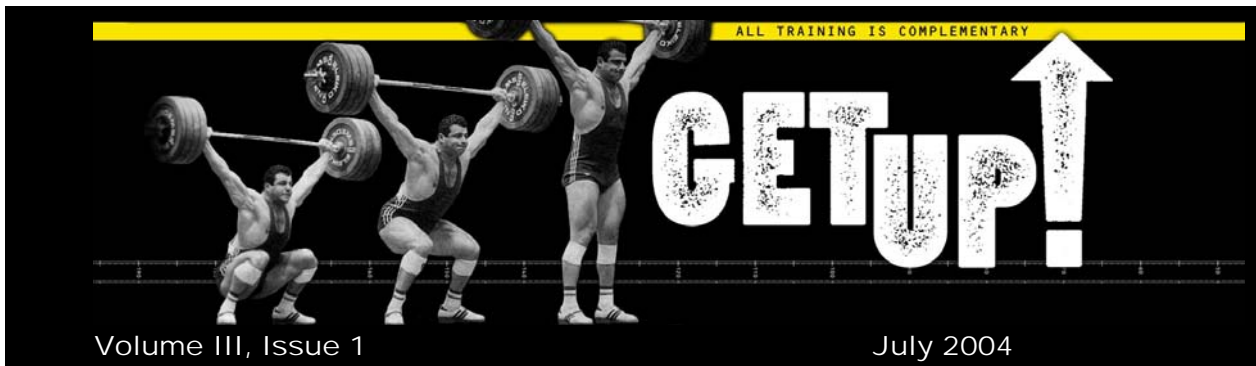
Technically, it was a time to relearn and refocus. John reviewed the usual points of Stretch, Twist, Lift, 1-2-3, 3-2-1 and all the rest, but it takes a few days for the campers to grasp the real key. John wrote it like this:

"It's similar to a line of ice skaters moving in a circle. The person in the middle barely moves, but the skater at the end of the line has to work hard to keep up with the line while it turns. The illusion of arm speed is created by sprinting ahead of the discus. Once the thrower winds, the discus stays in the same relative position, "locked" behind the hip. The arm moves as fast as the foot turns. The faster the foot turns, the faster the arm appears to move."



The best new drill for me was the 360 drill (Turns in one place) with a slide. Simply, after the right foot lands after doing the 360, the left foot slides into the throwing position. This is a great drill to feel the notion of "twist-twist-twist."

John and I spent many hours talking about training. We roomed together (one of us snores) and we talked about a Litvinov's prep for the 1983 Worlds. This hammer thrower would Front Squat up to eight reps, then run 400 meters around 75 seconds. He did this for three sets. For John, this was illuminating as not only was Litvinov strong...he was also *together*. John took this idea and began to incorporate a lot more running (200s) as well as an idea from Brian



Oldfield, the concept of throwing light implements and overweight implements.



We also discussed an idea for discus camp about making an Athletic Pentathlon and awarding points for each event. We discussed using the Weight for Distance (35 lb for males, 20 lb for females: 50 feet), Pushups, Situps, Pullups and a 400 meter run. Scores of Five would be a 50 foot throw, 60 Pushups, 60 Situps, 10 Pullups and a sub-60 400. We felt that these scores, along with a basic understanding of the throws, were “doable,” and we then scaled back very reasonable scores for 1-4...a one point effort would be 30 ft in the WFD, 40 Pushups, 40 Situps, 2 Pullups, and a 76-80 Second 400.

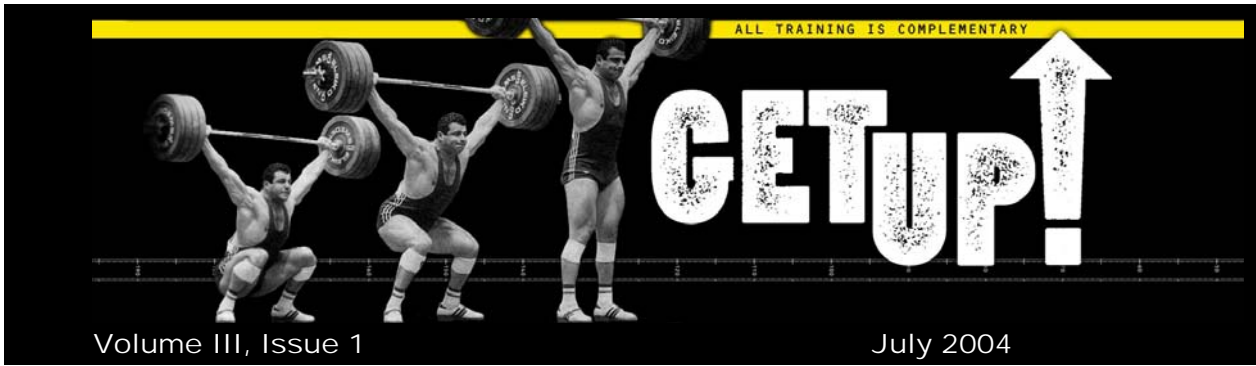
Adding the scores could give you up to 25 points (very much like the Drew Carey TV show where the points have no meaning) and one could reasonably...in a camp setting...strive to improve over the week.

The biggest news from camp is that the video “Discus II” is now available on DVD. I like this format. My favorite part of the DVD is the “Four Step Approach” and I have often watched the sequences just before throwing to get a mental image of what I want to do. The DVD format is very good for this. In addition, the film has plenty of lifting...a nice package altogether. Call John for them...leave me alone...at 1-800-456-SHOT for the DVD.

In the weightroom, Mike and Mindy have really been improving lately. I taught them the joys of Tabata Front Squats. We also came up with something that may have a lot of use for many interested in fat loss: ***Tabata Core Blasters!***

If you don't know Core Blasters, check the previous editions and see Todd Taylor's first explanation and David Witt's “how to” article for Core Blasters under ten bucks. We have been doing them for sets of thirty seconds, but doing the blasters in the Tabata Method really reinforces the need to stay on the heels and hold the central core together. The Tabata method is twenty seconds of core blasters followed by ten seconds of rest...repeated (that means without stopping!) for eight cycles. A real builder of lower backs, I assure you and a perfect exercise for hammer throwers who have gotten lazy about posture.

A “Prudent” Discussion



I went out with Mike and Mindy to Denny’s to gorge on steak and eggs and we started talking about goal setting. Both of them have lofting goals for 2004...and I feel they need a lot more boost from nutrition to do these goals. While I told them to consider drinking olive oil throughout the day, Mike worried about getting fat.

“Wait,” I said, “I thought you just said your goal is ‘X.’” “Yes, it is, but...” It was at this time we started talking about how most people have multiple goals and they often conflict with each other, but we rarely acknowledge this conflict. I often hear people tell me they want to lose fat, but don’t want to give up their doughnuts. That’s a conflict.

The other thing I wanted both of them to spend some time thinking about is the “cost to benefit” ratio of getting their goals...and not getting their goals. For the past few years, I have used a simple chart to help people work through a goal:

Goal Chart	Pain	Pleasure
Do		
Don't		

Simply, one takes a goal and writes down all the Pain and Pleasure they will receive if they get their goal (“Do”) or don’t get their goal (“Don’t). Filling in the chart is odd: one of the first things people ask is “Wait, there might be pleasure in NOT getting my goal?”

Of course! That is exactly why most people fail on fat loss programs and athletics...there are many hidden benefits to not getting your goals. I am always reminded of coaching high school football here: I was told by many of my former players that they were actually happy they lost early in the playoffs just so they wouldn’t have the long days of practice anymore. Certainly, showing off the Championship Ring the rest of their life would certainly be better than a few days of extra time, but, at the moment, there is pleasure in failure. For people who have families or busy jobs, not getting a goal (a vacation for selling the most cars for example) might be easier than juggling a change in schedule with your kids.

The next question is usually “There is pain in getting the goal?” Sure, toss the discus 190 and the first words out of everybody’s mouth is “when do you get 200?” The bar is always raised when you get a goal. Moreover, there is a lot of inconvenience when you get goals: when I lost 50 pounds on Atkins, I had to buy all new belts and pants. In fact, my



clothes didn't catch up to my body for months.

What's the value of all this work? First and foremost, this little exercise brings out one big point: you may not have associated enough pleasure with getting your goal and so you easily succumb to smaller trifling sub-goals...like eating the whole plate of doughnuts before anyone else gets one. In fact, when I work with athletes on goal setting, the most common problem is that they have practically nothing in the box "Pleasure/Do." The more things you can associate with getting the goal that will make you happy, money, sexy, successful, fitter, funnier, smarter or cooler, the more likely you are to make stay focused on the goal.

I think goal setting is the easiest thing to do in the world. I used to teach high school and sophomores would be struggling to figure out if they would star in the NBA or be a doctor or lawyer or simply be extremely wealthy. You see, that is goal setting at the basic level: open your mouth and let something fall out. The real method of goal setting is to spend time looking at the "costs to benefits" ratios of these goals...then, finding conflicts in your life that will stop these goals, then, eliminating the conflicts!

Great camp!!!



The editor throwing in Denison. Photo by Tim Mullner...master thrower.

From my journal...

December 6, 2000

"At the dragondoor.com site, Pavel T has been giving some advice to O lifters and, basically, he is parroting the same things Huzka taught in the 1960's to American lifters. Get lots of reps in around 80 percent of your best, don't lift on "nerve," and don't push the classic O lifts a lot in training. Huzka's programs were a lot more specific, but I think the idea of pushing power snatches (target snatch minus 20 kilos for me), power cleans (target clean minus 20 kilos for me), snatch pulls (target lift), clean pulls (target lift), power jerks (target C and J minus 20 kilos), and front squats in the 80 to 85 percent range is a doable workout."

Published by Daniel John

Daniel John, Editor

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