



## Last month: Rethink; This month: Think

Last month, we started off talking about “rethinking” the past year in light of what we all learned. This month’s edition of Get Up! shows some of the discussions that fuel future success. One of the great questions of this year is how so many of our readers and members of the Editorial Board are having banner seasons without training very hard...vis-à-vis early training years. While we don’t encourage sloth, it certainly seems that “less is more” for many of us!

### **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**.

### Another Email Conversation between Rande Treece and Dan John

*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.*

*Dan,  
Hey, Good throwing and lifting.*

*Were you doing any heavy snatches and/or C&Js leading up to the meet? Or was that just based on your posted training program - the drill, front squats, dead lifts and overhead squats and all that GPP?*

*I'd say this was a big year for you. You hit some recent PRs in HG, OL, and throwing? I'm inspired to be complementary, too.*

*I've been training as usual. Lately I've been focusing on the 35 and 56. I actually made a 100# wt with 25# plates, chain, and a handle. I've also been doing core blasters with heavy weight.*

*As I've upped the throwing volume, I've reduced my lifting volume. I'm just doing squats, core blasters, and overhead squats. Over the last few workouts my distances have been falling off a little and I've been feeling very tired. I actually called you at the office to cry on your shoulder, but you were gone for the day. Last night I went to bed early and considered not training today. However, this morning I threw a PR in the 35 and came close in the 56. Who can guess when you go from tired to throwing well?*

*Actually I'm trying to be able to plan it. I'm trying to figure out how early to start reducing volume in order to go to the meet refreshed, but not de-trained.*



*So, I did core blasters with 300# today. I'm trying to train for the ultra weights so that I'm a little prepared for Seattle.*

*We recently talked about peaking and if I remember right you said you don't believe in peaking. Do you believe in reducing volume to lead to increasing freshness, aka supercompensation? There are about four weeks left before the wt & superweight meet and I want to taper enough to be fresh, but not so much as to de-train. Have you noticed your throwing going up with a taper following a heavy phase? How long does it take?*

*Hope your doing well. Any more meets this summer?*

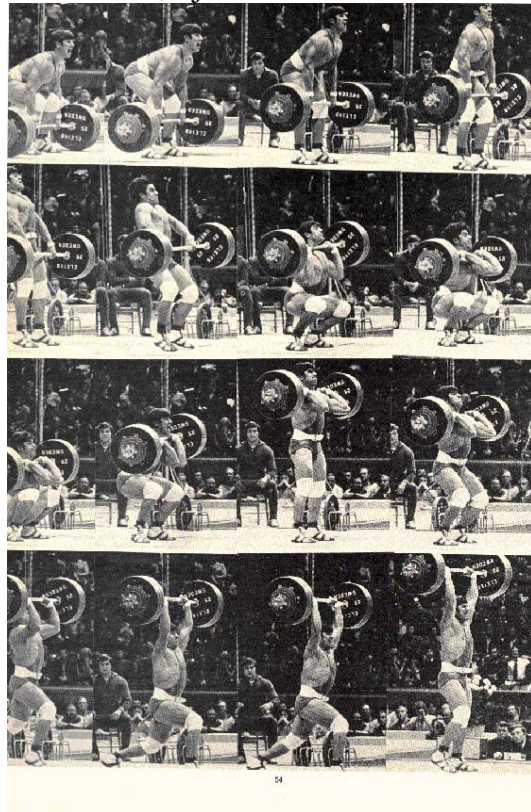
*Later, Dude*

**Rande**

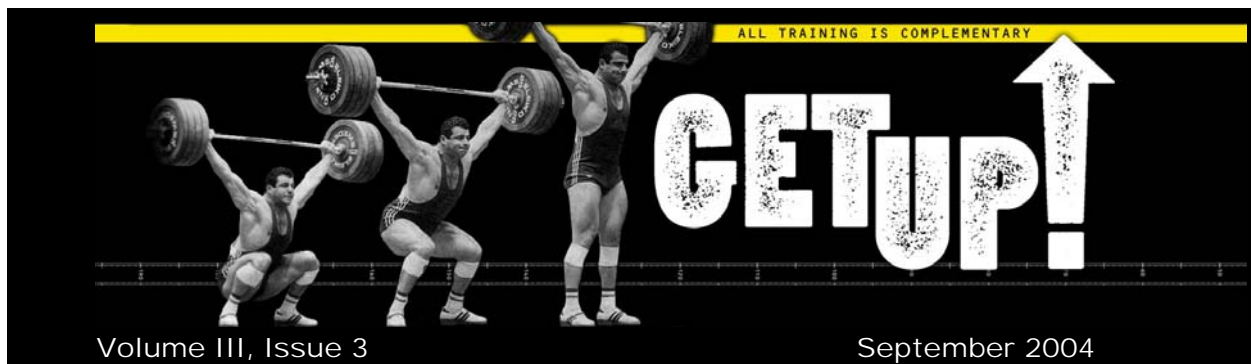


*Rande on the right of the picture and Dan on the left at last year's National Weight Pentathlon. Maybe Dan's freakishly long right arm is the reason for his success.*

Well, I didn't do anything to prep for the O meet. All I did was take about ten singles with 165 pounds in the Clean and Jerk for about five workouts. I was supposed to only C and J as I gave a workshop in the morning, but they had the women go first, so I had plenty of time to do everything. I had not planned to snatch so, I just made the best of it.



My throwing is dropping off each and every day. Of course, I am really training hard and different. Lots of chin up/pull ups and dips and stuff. I just felt the need to change things up.



Here is why I don't believe in peaking: I have never seen anyone do it. Ever. You can say you are peaking, but it doesn't happen. I have thrown in meets with the flu (vomiting just before throwing) and thrown well...and I have peaked and had nothing. I have trained max intensity and max volume through a meet (O lifting or discus or whatever) and competed well and lightened up and competed well.

"Perfect conditions" and "I feel great" are almost a formula for failure. I would rather have a crappy hotel, bad flight, and the runs from bad food...then I know I will do well.

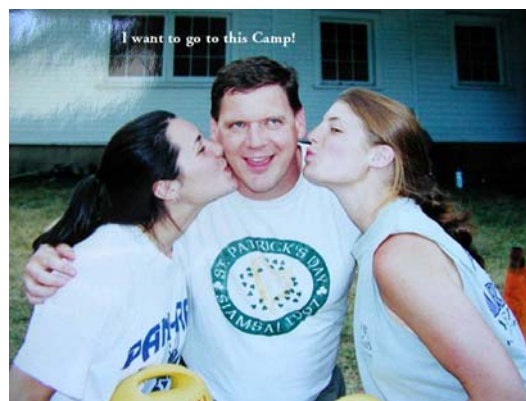
Seriously, show me a peak that worked. Most coaches who push peaking will also tell you that Charlie threw just as well in October after summer vacation...they spend the off-season getting them back into "shape," the same shape they were in after summer recess.

Al Oerter is the classic: ripped rib...PR. Traffic accident...PR.

L. Jay Silverster... "best shape of my life"...discus doesn't go anywhere.

I guess "prove it works" to me would be the key...

**Daniel John**



*True peak experiences have little to do with planning...  
Dan,*

*OK, OK. I knew you would say that. I'm sure you can tell by now that what I'm really trying to do is get an answer to the question, "Is there a way to understand what variables go into great performances and which ones contribute to poor results?" Perhaps the answer is "No!"*

*I hate that. It is difficult for me to accept that performance is purely random: some good days, some bad. If that was the case, then why have some athletes historically risen to the occasion almost every time?*

*Is it a matter of random fluctuations around some type of mean? If that was the case, then ones training goal should be to raise the training mean and flatten out the variations around that number. The goal of the meet would be to do the same thing as in training and hope that the*



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*excitement of the meet raises your distance a little.*

*Unfortunately, my own experience supports your earlier statements. I've had great training distances in the middle of a heavy phase and had great ones after tapering. I've also done poorly when rested and when tired.*

*One thing I would love to know is how do the training distances (weights) and meet numbers differ. Do the greats in throwing and lifting have many of their greatest performances in training? Are they simply so much better than us mortals that they can have a bad day and still easily win the big meets? Would we be shocked by the extremely high level of their workouts and everyday level of their training? Do they also throw PRs in the Fall and then barely get to that point again in the Summer?*

*So, what is the athlete supposed to do? Come on, you're the Internet Guru!*

*On a side note, it is amazing how your willingness to talk honestly about all this stuff has really opened up so many other people to share their experiences. ALL of us benefit from the exchange.*

*Well, keep on going and let me know what you think when you get the*

*chance.*

## **Rande**



Rande,

This is my honest conclusion...I think as one raises the level of "general conditioning"...whatever that means to the athlete: it could be a solid number in the snatch, clean and jerk, and deadlift as well as a excellent base in sleds, hills, sprints or whatever as well as ab work in a variety of ways...in light of a particular number of solid technical correct reps in the throwing implement, it could be 10,000 or 500, combined (the general conditioning and the solid tech reps) with a clarity of mental and spiritual focus. These last two points...clarity of mental and spiritual focus...would be the idea that you have a



single point...a center...as well as a single focus (could be technical: turn the right foot!), but everything else seems to wash over you like white foam waves on the beach. Bad wind...wash over. Bad judges...wash over, turn the right foot. Bad flights, wash over, turn the right foot.

Whenever I peak, I tend to have long laundry lists of "to do's" in the ring. When I throw far, it is one pointed. The general conditioning...overall general "manysidedness" is the layer we dump first in peaking. I'm fat, but I'm throwing far...

**Daniel John**

Dan,

*OK, OK, Wait, Wait. (Remember the Joe Pesci character in Lethal Weapon II?) I want to make sure that I appreciate your last statement.*

*When you say "overall general "manysidedness" is the layer we dump first in peaking", do you mean that it is a mistake to drop that part of training? Do you think that dropping the "manysidedness" leads to decreasing performance?*

*Maybe that all-around physical conditioning and mental diversion can lead to the ability to focus on the one key thing? Perhaps there is a*

*haiku in there.*

*Thanks for your time. You know this drivel may be suitable for a page or two in your Rag! Seriously, I think a lot of people struggle in their mind with these topics. Is there such thing as a peak? How should one plan it? If there is no such thing, how do you plan you yearly training? Worth exploring.*

*You know it occurs to me that the old time lifters just got stronger (and prettier) in the off season with PL and BB and then sharpened up leading to the meet. Is this the burgeoning method in high-performance throwing?*

#### **NEW PROGRAM FOR SUCCESS:**

- 1. Get stronger with a variety of lifts that are changed-up frequently.**
- 2. Get better at throwing (feeling the pendulum, extending the body,...) by throwing a variety of things a variety of ways.**
- 3. Build up your GPP with sleds, sprints, rope climbs, abs, ...**
- 4. Sharpen up on your specific implement leading to the key meet of your choice.**
- 5. Eat well and keep your weight at a good level for you**

*What do you think? I think I just summarized what you've been saying*



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*all along! This is what you've done, right? Wasn't this your program leading to your AR in the Wt Pentathlon? The same plan for your recent HG records?*

Later,

### **Rande**

*Thank you, Rande, for prodding this excellent conversation. I was once told by John Powell that one of the keys to success was to be able to pull out a win when your competition is having their best day and you are having your worst day. Whatever that means. Does it mean that you show up with fifty to sixty foot Personal Record buffer on your competition (like in many Masters Competitions) or do you just "undo" a bad day and turn it into a good day? I think the latter...*

### The "Gary Column"

*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!*

...discus paradox...

***"Throwing the discus is like: That old leather jacket with the fringe on the sleeves. You found one string longer than the rest, so you cut it. Then you trim another one. Next thing you know, you've cut all the fringe off."***



*Perhaps this is true in all elite sports...*

How to watch the Olympics...(trademark; patent pending; copyrights; Clown in red shoes making fun of throws...)

Editorial Staff

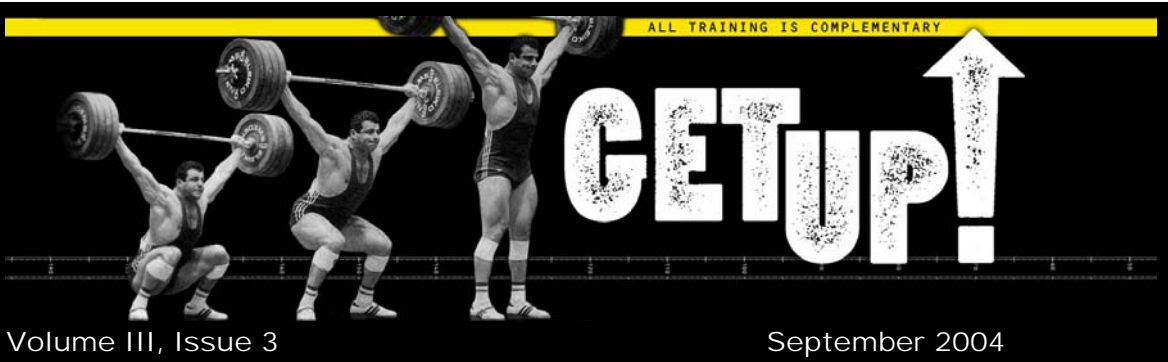
I am not sure how the Olympics do it, but somehow they always transcend the idiocy of the network celebrities that "try" the events ("hah, hah, hah...this is hard!"), the jingoism of American reporting...honest to God, doesn't an event that has a superlative performance *sans* an American deserve coverage?... and the gushy cuteness of people fawning over certain Olympic events that are the Summer Olympics equivalents of women's figure skating (and you know which ones I am talking about).

I watched the women's marathon from start to finish...okay, I couldn't watch the British girl stopping and crying. Seriously, that was too much for me. But, I really enjoyed the post race interview with Deena Kastor, the Bronze medallist...who was being interviewed while the Gold medallist was, well, puking on the ground next to her. "Up close and personal" is more than just a motto!

In the interview, Kastor noted that she...now, wait for this...didn't warm up! "Heresy", the low carb jogging stretch-til-you-die establishment sang out.

"Bronze Medal!" I answered. Kastor rightly figured out that in 100 degree weather with no shade, there is a chance that one might not need to worry about a warm up before taking on a task that lasts over two hours. She used the first ten kilometers as her warm up then picked off opponent after opponent.

What is great about the Olympics is that we get this opportunity to watch people fall apart on the world stage...or, think through things a little and surprise themselves. There are a few things that I have noted that seem to go across all disciplines:



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- First, I am a fan of the book “Alexander Technique,” by Glynn MacDonald from Time-Life Books. This “technique” is based on the simple principle of keeping one’s head go “forward and up.” One thing I see over and over in Olympic sports is that excellent technicians seem to “run tall” or “stand tall,” no matter how much energy the body is expending, the head seems...generally...to be “forward and up.”
- Slow motion is a gift from Mount Olympus. I like to watch the jaws and the cheeks (face cheeks...this is a family newsletter) in slo-mo. The best athletes at the Olympics tend to be the ones able to relax...or “Relax and Win” as Bud Winters called it in his classic text on sport success.
- The Olympics are the ultimate proving ground for a technical idea. “Let’s try this” might be excellent coaching, but to hold up under the pressure of the Olympics, it has to be “better.” Unfortunately, I have no idea what “better” means save that it is something that can help you win and you can hold it together under pressure. In 1968, Dick Fosbury changed the High Jump forever by going with his instincts, but, if he would have bombed, the story of the eight foot High Jump might have been different. The East German throws coaches developed their entire training and technical plan around a personal technique that could hold up to pressure.
- Finally, have you noticed the bodies of Olympians? Elite athletes have very low levels of fat. For those of us who coach, that is something we need to be very frank about with our athletes who want to move “up” in the world of sports. Of

course, how we raise the issue is another thing...

I wasn’t very excited about these Games as they began...but, they sure have captured my attention in the past few days. Of course, in a month, I won’t remember a single swimmer or gymnast’s name or whether the High Bar is an event or a good place to buy beer.

### Archives Article!

*Not long ago, my friends at crossfit.com asked me to write “anything I wanted to” about the “Crossfit Manifesto.” I recently had a telephone conversation and the caller reminded me of my “10K” experience. The Editorial Board thought a reprint of this opinion piece would be worthy of a look. We fully support the training concepts at Crossfit...in fact, it is one of our secret weapons!*

### CrossFit Manifesto:

Regimens built from functional exercises at high intensity and constantly varied structure -

- Produce a superior cardiorespiratory adaptation
- Are essential to fitness and health
- Constitute the most effective rehabilitation from injury
- Comprise the only truly safe protocols
- Elicit an inordinate neuroendocrine response
- Are singularly unique in developing core strength
- Yields unparalleled general physical preparedness or fitness

When my wife’s grandma died, I showed up at the old house with various cousins, aunts and uncles to help move grandpa to a residential community. After living in the same house for sixty





years, they had acquired a fair share of things that may have seen better days...or decades. I pulled up in my pickup truck and immediately loaded it with far too much stuff. I noticed that my wife's cousin Trey's pickup was absolutely empty. It was big, black four wheel drive monster with enough chain mail on the lights to fight Crusaders. I was about to load a device that may or may not have been a washing machine into his truck when I was told: "Oh, we can't use Trey's pickup." "Why?" "He doesn't want it to get scratched."

In a nutshell, this story gives us the insights necessary to understand the "Crossfit Manifesto." Trey's truck was big and beautiful, but completely worthless for the task of "pickup truck."

Throughout my athletic career, I have seen the same problem over and over. In football, we have a motto for it, "Looks like Tarzan, Plays like Jane." I believe absolutely in the concept of "form makes/and function," but in training paradigms, we all too often spend our lives on...well, looking like Tarzan.

A few years ago, I stumbled into bed rather late on a Friday evening. Saturday morning, something I didn't even know existed because I thought Saturday only had an afternoon, I got an urgent telephone call from a friend. She was pretty, otherwise this story would have stopped right here. They were running a "centipede" in a 10K race and needed someone to be the tenth person

and, "oh, by the way," wear a huge mascot head.

Twenty minutes later, I was connected to a rope line and began running somewhere around six miles with an enormous bulldog head stifling my breath. I'm not sure of our time, but I finished strong...but, I am willing to bet no one has ever worn that mascot head again...I sweat just a wee bit.

So what? Nice story, but so what? Well, I had never run 10K in my life. In the year previous, I hadn't run a lap around a track. I simply hadn't run...for distance. I had played flag football, Olympic lifted, and thrown things. In other words, while the other nine members of our centipede had actually run to prepare for the 10K, I trained in short bursts. We all finished together, but I was the one with the helmet on and I did just fine.



While I was at Utah State, I had the pleasure of meeting Mark Enyeart, an Aggie Olympian in the 800 meters. He radically changed the mindset of the incoming freshmen and transfers. The incoming athletes all wanted to "Be Like Mark," but Mark didn't do what they



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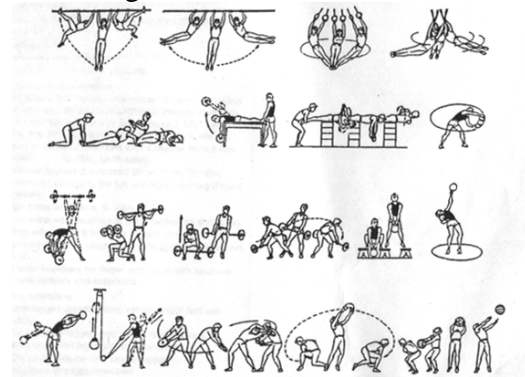
expected. He spent long hours in the weight room, pushing some fairly impressive weights. He also never went s-l-o-w around the track, he only went fast. While others stretched out, he hung with the throwers. The other runners trained like local joggers getting ready for "Eat a Bigger Bagel 5K." Mark, though, was an Olympian.

I was once told by one of our runners at Skyline Junior College that "we (runners) are the hardest working guys on the team." I challenged him to a simple contest: I guaranteed that I could match his workouts before he could match mine. He scoffed. That week, we had a special grudge match during our dual meet with Menlo. The weightmen versus the distance runners in a 4 x 400 race and I smoked him in the 400. True, he said he could beat me in the rematch...he was right, I couldn't breathe, but our coach had made a strong point with this contest: if you train for explosion, you can "pride" through endurance. But, as you can guess, if you train for pure long slow endurance, you can't pull out explosion.

No matter what your fitness goals are for this year, you will find that learning the core lifts, training with variety, mixing athletic movements and competing against time and/or numbers will be far superior to endless "junk" mileage. My brother, Gary, at 55 has learned this recently: after a lifetime of running, he has turned to the discus. After one year of training that centered

around lifting, carrying stuff, throwing, and explosion, he told me simply: "I look buff."

If you want superior athletic performance, don't strive to look like Tarzan. Get a couple of scratches on your pickup truck and join in the fun of lifting, throwing, thrusting, competing, Tabataing, ...



Next Issue...

Lots of promises about articles...we'll see if anyone comes through. Also, by next edition, we should know most of the Olympic results...save for the second guessing by the Russians and South Koreans...and the results of the dope tests...and the...and the...

Only days away from college football and the NFL...then, winter!

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