



It is nice to see...

How popular this little newsletter has become. The Editorial Board didn't realize that there was NOT a February edition...that can happen when people have several full-time jobs.

Any how, it is almost time for Highland Games, Track Season, State lifting meets and the excitement that comes with summer training. It is time to brush off the snow and get going.

**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*.

**Rosenberg Meets Spiller!**



**Mike Rosenberg and Matt Spiller**

*Mike is the most famous author of Get Up! Mike is slowly learning Highland Games, Strongman, Olympic Lifting and Throwing...the old fashioned way by actually doing the events! Mike is from some place called "Indiana." Matt, the author of this short piece is also a popular Get Up author as well as thrower, expert on spines and newlywed.*

The legendary Get-Up writer, Mike Rosenberg, was in the San Francisco area visiting family and came to Richmond to train some Strongman

events. Proving that all training is, indeed, complementary, Mike jumped right in and was soon split jerking a 10" metal log.



It had recently dawned on me that many of the Strongman events fall neatly into the three kinds of Get-Up approved training. For putting weight overhead you have the log press. For picking weight off the ground you have the tire flip and stone lifting. For carrying it for time or distance you have Conan's wheel, Farmers walk and the yoke.





Initially, I saw the Strongman events as a demonstration of strength, a lift to max out on. But, I soon realized maxing out events every week wouldn't allow me to progress. So now I train the events lighter with more speed. This should carry over to Athletics better and is similar to what Dan does with his rock runs, sled pulls and juggernauts.



I'm looking forward to seeing Dan get a 500# tire for his backyard training center.

### Matt Spiller's "Workout Template"

*Matt put together an excellent "Heavy Throws" workout overview that will provide a lot of guidance for those of us who are trying to balance the needs of heavy lifting and overweight throwing...and fun...this time of year.*

**Monday**  
Off

**Tuesday**  
Light day:  
X-drill (5 steps) x5  
Tire overhead x5  
80% DT 2.25K x10

**Wednesday**

**Weights:**  
OHSq 1, 2: 3x3  
(Medium 3, 4: 3x5  
Effort) 5, 6: 3x8

Speed press 3x3 with ~60% max / 95#

LE 1: Squat  
2: Power Snatch  
3: Front Squat  
4: Power Clean  
5: half squat  
6: RDL  
7: Turkish Get-up

**Throws:**  
X-drill x5

**Technique** 1, 2, 3: Knickerson's  
4, 5, 6: Tire 2-3 in hand

**Heavy Throw** 1: 7.5# plate "discus" throw  
2: 9# Med ball throws  
3: 20# "heavy hammer"  
4: 35 WT  
5: 56 WFD  
6: BFR throws

80% DT 2.25K x10

Turbojav x10

Run x2-3 sprints

**Thursday**  
Off  
**Friday**  
Same as Tuesday  
**Saturday**

**Weights:**  
OHSq 1, 2: 3x3  
(Medium 3, 4: 3x5  
Effort) 5, 6: 3x8

Speed squat 3x3 with ~60% max / 225#  
To bench



- UE
- 1, 2: Press
  - 3: Push Press
  - 4: Push Jerk
  - 5: Incline Press
  - 6: CGBP

Throws:  
Same as Wednesday

### Sunday

Strongman event day

- 1: Log Press
- 2: Tire flip
- 3: Farmer's Walk
- 4: Yoke or stones
- 5: Conan's Wheel
- 6: Sled pull

Roll dice to choose one event to go "heavy" on  
go light/medium on the other five

Throws:  
Same as Wednesday, no running

For UE and LE weight lifting reps:

- 1: 2x5
- 2: 3x3
- 3: 6x1
- 4: 2-3 1/2/3 ladders
- 5: Tabatas
- 6: 50 reps in +/- 20 minutes

*Matt is using the "Roll the Dice" method to determine his lifting. "UE" is "Upper Extremity" and "LE" is Lower Extremity.*

*Overall, this is a very solid program. Nice work, Matt.*

### The Gary Column: Illusions and Delusions

All is not lost. I went out in the rain today, to throw at my local discus ring. I figured that the only way to find out why I started out with two fouls at

yesterday's track meet, was to fix it with repetition. However, I broke out my 200 ft. measuring tape, to exactly mark my throws. Guess what? My estimated 100 ft. mark was short. I ran the tape out to 120 feet, and placed an empty soft drink cup at 113 feet. That is what I threw yesterday. This worked out to 42 strides, which I've been figuring was 120 feet. Long story short, I guesstimate all my practice throws. This means I'm "gaming it" in the meets. And after relaxing and enjoying it, my best throw today was 117.

Of course, the whole reason I've been paying attention to my practice throws, is that you added one little wrinkle to my style. For your readers, Dan and I talk to each other over the phone about all kinds of things. I live in California, Dan is in Utah. So I have to explain what problems I'm having with my throws. Last week Dan sent a picture of where my arm should be just prior to the release. I needed to raise my arm, or "put it on the shelf". I saw an immediate 10- foot increase in most of my throws at practice.

Living in the Bay Area, I have a chance to compete every weekend. My best throw, until this weekend, was 111" 3". For a 55- year- old novice, that isn't bad. With the new technique, I was ready to make this huge jump. Because of the illusion I was throwing 120 in practice, I had the delusion it would come easy in the meet. Like I said earlier, my first two throws were fouls.



Then, I was lost in the ring. I finally just relaxed and got the 113.

Taking all this back to what I now need to fix the fouling problem. Mainly, I need to slow down at the start of the throw, or what is called the “one” position. Secondly, I need to relax while I’m throwing. If I try to “muscle it up”, my form falls apart.

Finally, I’m excited that you will be out to compete with me on February 28. I will be something to have two brothers and your nephew David, all competing together. We will represent “GET Up” well.

*It will be epic!*

Did you notice the new masthead...the banner?

Get Up! reader and strength enthusiast **Christian Salas** designed this new banner to inspire and enlighten others about the message of this newsletter...well, get up.

Thank you Christian...this is really far too nice for this newsletter!

Christian also wants to be part of the Get UP! Goalsetters. His list:

My goals this year:

- a. Become a Master's All- American by shot putting 47'7" (30-35 age group)
- b. Support the throws community more, however I can, including being a teacher and advocate locally
- c. Do more agility and plyometric training, including bounds, triple

jumps, quick feet drills and slam dunks (if I still can)

d. Tear down our garage and build a new one featuring a higher ceiling for the highest jerk. Also build an Olympic lifting platform to go in there. Yes, I may be the first homeowner ever to build a garage specifically around an Olympic lifting platform.

e. Build a strong foundation of Olympic lifting to enter my first Olympic lifting competition in 2005.

*It is nice to once again see a list of “doable” goals. How can the rest of us help him?*

Another GoalSetter!

1. Learn the Olympic Lifts
2. Close the #2 COC gripper, Close the #1 COC gripper x 20
3. Standing Overhead Press 135 x 10
4. Push Press 185 x 5
5. Dips x 20
6. Chin ups 20 by May 1st, 40 by Sept. 1st, 50 by January 1st 2005
7. Overhead Squat 135 x 20, 185 x 1
8. Squat 350 x 5
9. One leg Squat (pistol) x 20
10. L-sit x 3 minutes
11. Handstand Pushups x 10 freestanding, 20 w/ support.
12. 100 Days of skiing in the backcountry
13. 500 Pitches of roped climbing 5.8 or harder.

Scott McAndrews





## Forum for GoalSetters

*Thanks to our friend, Andy Fochtman, and the gang at Old School, GoalSetters can meet and talk at this location on the EZBoard site. You will need to be sure to register (free) and have you PopUp Stoppers activated.*

**<http://pub26.ezboard.com/foldschoolstrenghttraining70757frm20>**

This is an ideal place for us to share ideas and support in a faster medium than this newsletter.

## Random Thoughts...

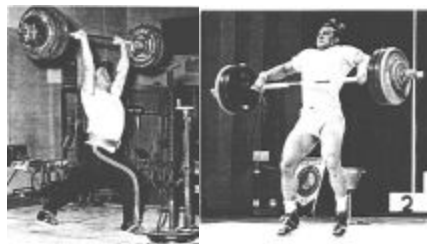
- I bought a copy of Scott Connelly's book, "Body Rx," on sale for three bucks. It advises that people wanting to lose fat need to look at two things: increasing protein... which I am good about...and increasing fiber. So, I am now "experimenting" with two bowls of Fiber One every day and one or two servings of sugar free Metamucil. You know, I've increased my exercise (attempt at humor), but I do look leaner, too.
- Good piece of advice from a free copy of "Body for Life:" start the day with two glasses of water upon first arising. Excellent way to rehydrate after eight plus hours of no liquids.
- I saw a picture of a Hungarian O lifter doing Core Blasters in his last workout before the Olympics...the 1968 Olympics.

- I also just finished reading all the 1969 editions of "Strength and Health." Lifting knowledge must have died in the early 1970's because there is NOTHING new. Of course, in the early 1970's machines showed up, too.
- It's time for me to start going heavy again. Trying to knock out some big lifts lately...all with chains on, too.

## Just got the News...

Bob Bednarski died this past weekend...one of my heroes.

Rest in Peace.



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