

Email Conversations...

I'm always amazed when people write to the Editorial Board and complain about Get Up! Often, however, a gem arises...like one reader, who is quite famous and should know better, who mentioned that the "email conversations were very good because the reader gets drawn into the questions and answers that make a training program."

Randee Treece and Dan John recently had a great email conversation. They both worried that they would be divulging all their secrets until they both realized...nobody cares!

This issue obviously is being written as snow shovels are being put away and a lot of athletes are getting ready to compete. Look for not only the *intensity* but the *urgency* of our authors.

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**.

Moving up to the next level...

Randee Treece

Randee 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.

Hey Dan,

I'm doing well. My training is moving along the path I've set in my goals statement from the beginning of the year. I said I wanted to become more athletic and improve my

technique this season. So, I've started jumping and put more effort into tech.

I've attached a recent training throw (it was a season's best training throw of 50m). I feel like I am sitting back on my rt foot better, and staying on my rt toes better. I've really tended to let my rt foot go flat on the ground. Even when I tried to keep my heel up, it would go down. That's why I added the jumping and jump rope-I'm trying to teach my legs to react to the ground better.

My strength is OK, but I'm not pushing that. (I recently did a box snatch of 95k, but I wasn't pushing.) Yuri threw 70m with my current strength levels, I should at least be able to throw 55m.

I'll keep some more stuff coming.

Take care,

Randee

Randee,

That is a pretty video. Seriously, the dark contrasts really show up well. You look very good overall. I would encourage you to continue focusing on the athleticness of training as it appears that your tech is excellent and you need more "general mansidedness" as the Germans used to say. Wholeness training, if you will. Lots of throws and athletic moves. You have the tech for a much bigger throw.

Dan

Dan,

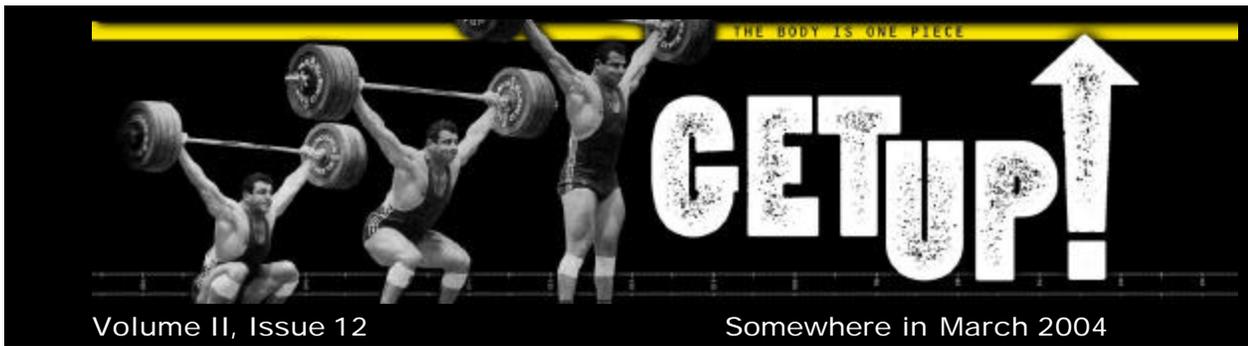
Thanks for the encouragement. I have been doing what you suggested last fall. I'm still trying to make my legs springier.

BTW, I'm impressed with your 2004 goal of qualifying for the trials. You have a shot. Of course, you would make us all proud and every friend and reader of yours would say "I know that guy."

What are you planning on doing differently this year to throw farther than you have recently? More throws? More running? More what? Or, less what?

Like to hear.

Randee I>-----O



Randee,
"More running?"

It's like I don't even know you any more...

Actually, I have changed quite a few things. First, you have to get into my head: I believe you improve doing two things: 1. Find your weaknesses. Take a honest look and find them. Then, focus on them. 2. Next, realize your strengths...and hang your hat on those gifts!!!

So, technically, I jump too much in the disc. Going into "two," I need to have my heel pointing in the direction of the throw (my right heel) so I don't blast past the axis. I know this...but I never fix it. So, this year, I fix it. Lots of no reverse throws, lots of thinking about the foot, lots of drills with that foot. I have to have the courage to not just use all my speed, but to throw the discus, too.

Physically, I am still a fat ass. I have upped my fiber to 60 plus grams a day, added cinnamon to coffee and Fiber One (slows insulin rising...good for us throwers), upped my protein. I am also "bodybuilding" this year. I have added floor presses (bench presses on the ground) with chains to build the top end of my pecs and triceps...a weakness...lots of volume in arm and leg and back work...basically, I am trying to get a little hypertrophy everywhere and build my general strength. I have the O lifts...I probably don't need them as much as others. So, I do odd things: on my back work out, I finish with supersets of three sets of core blasters for 30 seconds and overhead squats with a light weight for 21s. I am trying to build a "system" that will hold together on big throws. I have the explosion, but not the steel to hold it together.

Meet wise, I have gone to California twice, threw the discus 163, hammer 174, weight 53 or 54 and superweight like 34 or so. I will continue to plot out select Highland Games, a single O lifting meet and quality track meets. I won't throw in crappy weather, though.

Last year, I threw the discus in comp six total throws: three in Colorado with you and three at the Weight Pent in Las Vegas. The conditions in both meets were very good, but I didn't have chance to really lighten up and throw. So, volume will help.

Emotionally, I dropped teaching at the college at night and I am down to only two full time jobs, that is helping. Moreover, I am "Comping" my time very well and leave at noon a lot and train. It seems to help.

Dan

Dan,

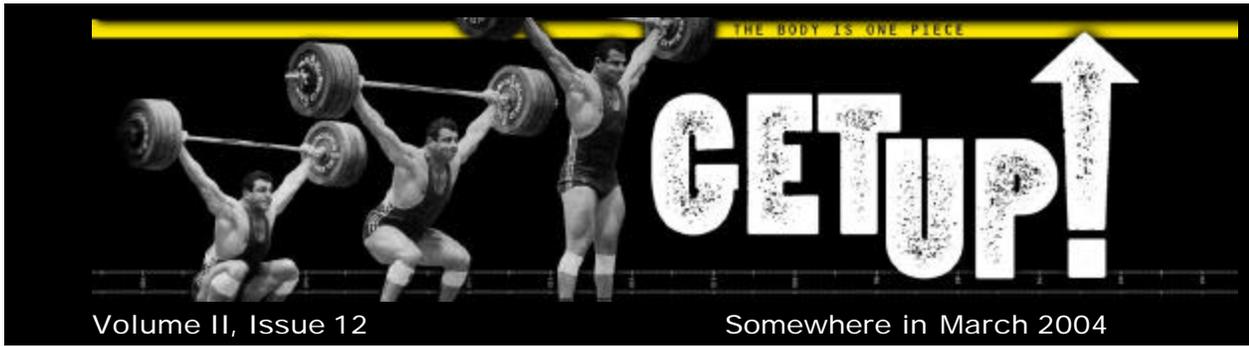
Wow! Very thoughtful. I'm impressed with your conclusions and plan. Dealing with weak points and riding strong points requires discipline. Your marks sound good, and they will go up as you work on your tech issues. It's cool that you have stayed in shape and kept healthy so that you can make a push like this and have some reserve gas in the tank. I'm trying to keep some gas in the tank, too.

Do you have a target body fat %? Or target weight? How will you judge that? I'm thinking about reducing fat too. In hammer there is some mechanical advantage to having more body weight as a counter. HOWEVER, one pays a penalty in strength to weight ratio if one adds fat that can't pull or push. I think I was too fat last year, but I did lift more and throw farther. This year I'll find out if I can do even better with less.

Randee

Randee,

I'm not sure about % of body fat. It is more of how I look. About two weeks ago, Tiff flat out told me that I was looking pretty f---ing good. I was getting really cut, then I noticed that I was overtrained, too. I measure a lot of little



things...mostly if I am "bitchy" it is a sign. So, I dropped into a couple weeks of hypertrophy.

Most older guys miss this, Rande. We ignore hypertrophy. But, it is really the key for us. Sure, you need to squat and O lift, but you will get a lot...more???...from bodybuilding. This is heresy, I will be burned soon, but consider it. What holds us back? Injuries, burnout. What helps both? Bodybuilding and fun.

So,...it might be worth your time to take three weeks off and get "buffed and bronzed" WHILE throwing!!!

D. J.

Dan,

Well, I'm not going to be the guy to light the fire under the heretics. You're safe.

I think I might be like you in that my Olifts are good for my age, but I have no hypertrophy. I look more like Sedyhk than I like, and I have no physical conditioning. Getting out of my chair causes shortness of breath.

I'm going to get buffed and bronzed - I might even throw farther.

Thanks - This is helpful for me.

Rande

Rande,

I tell you, it is really a "secret" worth considering. Most guys dismiss it...but I only recommend it to people who do the O lifts and know the techs for the throws, the O lifts and the basic lifting/throwing movements.

It is contrarian, but it sounds like this:

1. I can't help you until you stop doing that BS bodybuilding and do the O lifts.
2. I can't help you until you throw in competition.
3. Now, I can help you...go do Bodybuilding.

The point is this, the learning curve on O lifts tends to make you lose some of the excellent qualities that bodybuilding gives you, but you MUST do and master the O lifts...at the expense of some joint protection and some hypertrophy. So, now when you go back in and do five sets of 13 in a general lift, you will

handle a helluva lot more weight than you did before you learned the O lifts...because, let's be honest, I am not going to do bent over rows with 65 pounds after snatching 300...my ego won't allow me to do anything less than real plates.

In about two or three weeks, you will actually see and feel the carryover in the throws...a general feeling of "wellness," too. Those are good signs. If you do my "tap tester" you should see your numbers inching up a little...a really, really good sign. Your blood tests should look a little better in the HDLs, too.

Danny

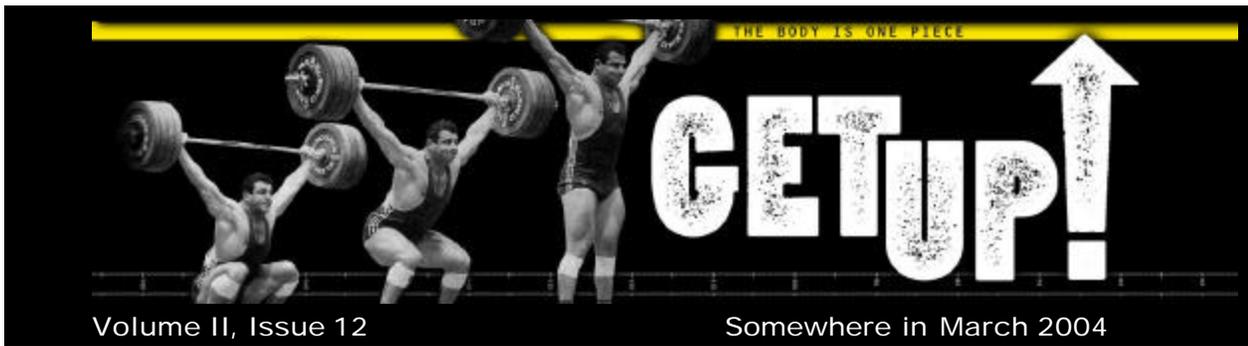


Pictured here are Rande and Dan at the end of the Masters Weight Pentathlon in Fort Collins last August. Use this picture either for inspiration or a dart board.

Okay, what I'm doing...

Recently, Charles Staley of <http://www.staleytrainingsystems.com/> mentioned to me (the editor in cheap) that "you need to write more about what you are doing in your newsletter." I tried to tell him it is all Top Secret, like "Buy Low, Sell High," but he insisted. This little article overviews the thought process and training that I am doing **right now** based on problems and issues that have leaped to the forefront these past few months.

It has been a long couple of months. I have been working my full-time day job, teaching four sections of Religious Studies 101 on-line (with 23 students per section), plus teaching "History of Early Christianity" two nights a week (a junior level class) as well as



teaching workshops and seminars. In the midst of all this, I have a family and an athletic career.

This fall, I stepped back and realized that my “General Prep Conditioning” wasn’t what it should be...I literally got “tired” throwing the Highland Games implements or the Weight Pentathlon stuff. I needed to “up” my ability to handle loads over time. So, I went into a very interesting period of dragging sleds, farmer walks, carrying 150 pounds, fast multi-exercise weightlifting workouts, and various strongman challenges.

You can’t really measure whether or not something like this works. You can merely guess and I guessed that by the time I was shoveling snow daily in December, it was time to move on. As much fun as I had, which general training is for me, I needed to start doing the O lifts in a bit of a structure. But, I also was told by John Powell (and I listen to World Record holders) that “I” thrive on variety. So, I needed strict workouts that had lots of variety. In a past issue of Get UP, I outlined my “roll the dice workouts.” To be honest, they were fun.

Then, I just hit the wall. I’m not stupid...well, yes, I am stupid, but I have experienced this before...I decided to hit my journals. I noticed that *even though* I had been very good about having easy weeks and lots of variation...I had been burning the candle at both ends...professionally and athletically.

How do I know this?

- *When I overtrain, my stomach hangs over my belt, even though I may have little actual abdominal fat. (Lower back is exhausted, core muscles are weak or tired or both)*
- *I get bags under my eyes and bags under my chin. Whether it is water retention or lack of muscle “tonus,” I don’t know...but I can see it.*
- *I start forgetting details and get confused about things as simple as what week it is.*

- *I don’t feel like training...then, I force myself to train...which makes me not want to train....which makes me...*

As a proud follower of John Powell and Brian Oldfield, of course, I see this and look at all the advice out there on the web and in print for these conditions: just before track season, the athlete should “march to the right.”

So, I went “left.” I completely restructured and rethought my diet and training and decided...as Rande and I poked fun at it, too...to “become buffed and bronzed.” To regenerate interest, enthusiasm and big throws, I decided to engage in basic hypertrophy combined with fat fighting diet. What? I going to do some bodybuilding exercises with a different diet and up my throwing volume.

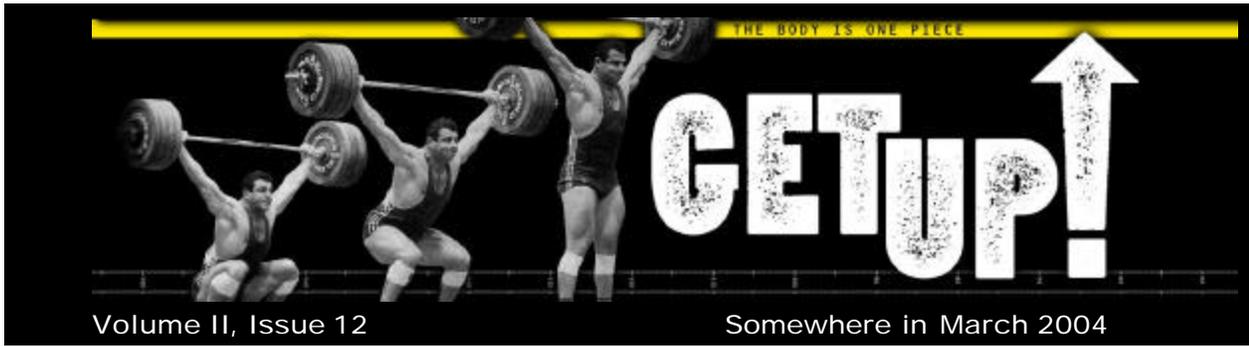
The Diet Specifics

First, I believe what Coach Maughan told me in 1977... “Make yourself a slave to good habits.” I believe the key to dieting is habit. It isn’t all the fancy crap and goo you eat and drink, it is the daily habits. My first goal is to eat “three meals” by 9:30 each day.

Meal One

7:00 Upon arising, I drink two glasses of water. It is a trick I picked up years ago and it starts the wonders of hydration going. I also pour myself a cup of coffee and sprinkle cinnamon in it. Charles told me that cinnamon has a great ability...along with fat and fiber...to slow a spike of blood glucose levels. A year ago, my Fasting Blood Glucose was 129 and I have brought it down to 88 with some simple diet changes. I then walk over and pour myself a bowl of Fiber One and again sprinkle cinnamon on it. Yep, this isn’t meat, leaves and berries, but my goals require me to think “outside the box” again.

I am not sponsored by Fiber One (hint, hint, hint), but it tastes pretty good and it has a nutritional chart that is amazing:



Calories: 60
Fat: 1G
Sodium: 130mg
Potassium: 230mg
Carbs: 24G
Fiber: 14G
Soluble Fiber: 1G
Sugar: 0
Protein: 2G

I don't even count those carbs...I mean, really, once you try it you will understand the point here. Give it 24 hours...

As I read the local rag of a newspaper, I eat my cereal and deal with whatever.

7:20 I eat my traditional breakfast now.

Basically, I eat anywhere from three to seven eggs. That's it, although I "used to" eat grapefruit with this and I may or may not return to that.

9:30 I drink my Atkins "Advantage" Shake. It has four more grams of fiber as well as 20 grams of protein.

So, while much of my competition may still be simply having coffee, I have already consumed a "load" of protein and fiber. I also sip Olive Oil at my desk several times a day, too. I also add cinnamon to my coffee throughout the day and usually drink two cups of green tea, too...on the advice of Charles, a perfectly legal "fat burning" cocktail.

Lunch, dinner, and snacks are easy now. I simply revert to "Meat and Leaves." I have a new meal called "Meat Salad" which I eat upwards of four times a week:

Ingredients

One Greek Salad from Costco

Two one pound steaks...cooked and chopped into bite sized bits.

Olive oil.

To Make:

1. Put chopped up steak in a salad bowl. Add a dash of Olive Oil. Add Greek Salad.
2. Toss for a while.
3. Eat.

In the evening, I have a lot of options. Recently, Men's Health's "Best Body: 2004" discussed using Metamucil (I would recommend the no sugar brand) to combat High Cholesterol. The recommendation was up to three servings a day. I use one...perhaps, at most, really, no way I could do more...maybe, two servings a day. Or, I may have an additional bowl of Fiber One and cinnamon.

The whole principle of this diet approach is to make it habitual and make it easy. I just don't have the personal discipline to wait until the last minute and still make good decisions. This "high fiber, high protein" approach has been successful for a lot of people in both studies and practical use. I always trust people who try things more than hospital tests. I think the "real world" makes it hard to diet and exercise.

The Hypertrophy Program...or, How I became Mr. Murray Institute for Lifelong Fitness without Really Trying.

Day One:

Floor Presses with Chains: 5 sets of 13

Strict Curls: 5 sets of 13

Nautilus Curls: 3 sets of 21 (if I can get the reps)

Day Two:

Clean Grip Snatch: 5 sets of 8

EZ Curl Bar Triceps Extensions: 5 sets of 13

Bent Over Rows with Chains: 5 sets of 13

Nautilus Triceps Extensions: 3 Sets of 21

Day Three:

Squats with Chains: 5 sets of 13

Romanian Dead Lifts: 5 sets of 13

Core Blasters: 3-5 Sets of 30 Seconds

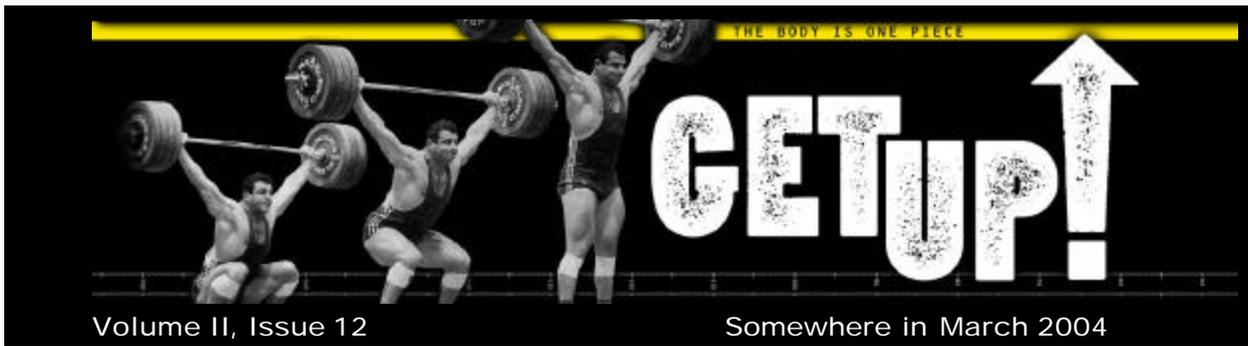
Overhead Squats: 3 sets of 21

Day Four:

Military Press with Chains: 8 sets of 8

Ab Wheels: 5 sets

Armstrong Swings: 5 sets



Witt...and Wisdom

David Witt



*As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer and Pep Stidham (God rest his soul, he died young in his 40's of heart problems). Going to college that **didn't** have a track program, David has competed as an open and*

unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math.

Ah, spring. Time for serious throwing. Also time for more of my tips for coaches. These come from my experiences coaching, but mostly from my experience as a high school thrower and what I saw or liked my coach doing.

Tip #1. One point a week. Have your throwers focus on one aspect of the throw a week. This may be turning the left foot at the back of the ring, or turning the right foot at the center. You should not tell your throwers to only do standing throws for a week. The point is to work on something within the full throw. You can't think about too many things during the throw, so keep it down to one at a time. John Powell used to try to integrate one new concept a year. You don't have that long. So one a week seems like a good idea for the high school season. Your throwers' should be throwing 5 days a week, so they should get some good time with each new item they work on.

Tip #2. Tape your throwers. We never know what we're doing wrong or what we look like until we see ourselves on tape. If it

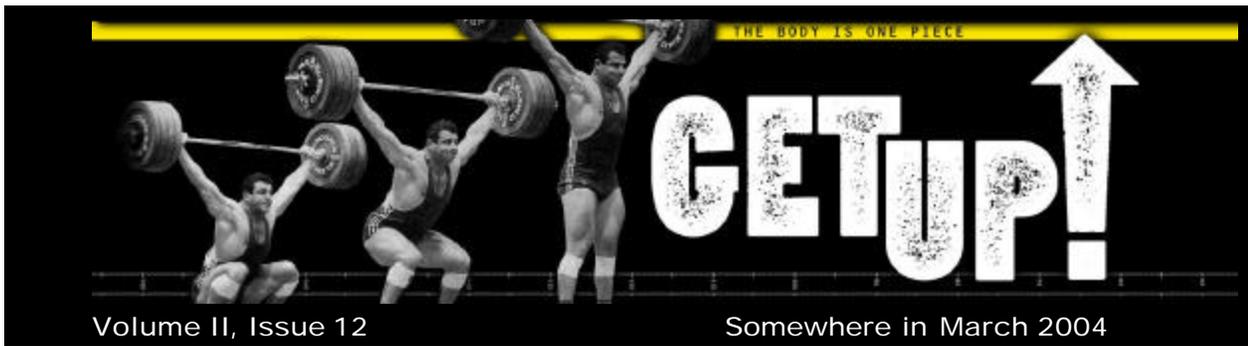
is only once a year, do it. It really helps. Serious throwers are very self critical, especially when looking at themselves on tape, so...

Tip #3. Tell your throwers what they are doing right. When we used to look at tapes of ourselves, my friend Gary and I would always spot what we were doing wrong. Coach Mayer would always say "yes, but your doing _____ right." He provided balance for our own low self images as throwers and kept us going.

Tip #4. Tell them to go home. Our distance runners would take off and go on some long run, and come back late. They used to say, "first to go, last to leave". Yea, right. Long after they had come back and gone home, I was still throwing. A serious thrower obsessed with the sport will throw long after technique breaks down and fatigue has set in, so send them home. Bodies need to recuperate. Of course, my coach would send me home, and I had my own area to throw at at home. Kinda like sending a kid to their room, what kind of punishment is that, that's were all the fun stuff is.

Take this to heart coaches, and your athletes will think you're geniuses.





Our "Header" Artist joins the "Goalsetters!"

Christian is a 34 year-old masters shot put and discus thrower. His personal bests are 44'/13.41m in the shot put and 139'6"/42.52 in the discus. In high school he was multiple state champion in the long and triple jumps in Washington state.



However he always enjoyed the challenge of throwing more than jumping, especially now that he's getting older and heavier. He also enjoys performing the Olympic lifts in the gym and the quizzical/scornful looks he receives. During the day he's a graphic designer.

My goals this year:

- Become a Master's All-American by shot putting 47'7" (30-35 age group)
- Support the throws community more, however I can, including being a teacher and advocate locally
- Do more agility and plyometric training, including bounds, triple jumps, quick feet drills and slam dunks (if I still can)
- 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.
- Build a strong foundation of Olympic lifting to enter my first Olympic lifting competition in 2005.

-Christian Salas

Welcome aboard, Christian. Your work on the banner is excellent...far too good for the rest of this newsletter!!!

I answered a question at a forum...

The Soviet discus throwers would do one quick lift per block, a block being a couple of weeks to a month. I think three weeks would be ideal, in my setting.

Block one: Snatch from high boxes

Block two: Snatch from hang

Block three: snatch from floor

Block four: clean from high boxes

Block five: clean from hang

Block six: clean from floor

Block seven: clean grip snatch from high boxes

Block eight: clean grip snatch from hang

Block nine: clean grip snatch from floor.

Now, they would also be varying all the other exercises and throws, too. The idea was that the body adapts quickly to one method of intensification, so by changing the exercise you keep adapting. It works, but you need a background.

When I coached high school football and throwing, I soon discovered the importance of "accumulation." I needed to work with an athlete over a few years to teach them all the O lifts, the powerlifts, various odd lifts, all the throws variations, games like speedball, flag football, and soccer, plus the specific parts of their sport. Sure, some kids came in knowing soccer really well, but they had no idea how to clean and press, for example. So, part of the learning process is simply "accumulation."

I thought it was worth repeating...

Published by Daniel John

Daniel John, Editor

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