



## Competition

It is time for most of our readers to compete. This is the time of year for State and National championships for O lifters, HGers are going outside, and the track guys are starting to compete.

It is time to get serious again. So, we start our issue with some humor.

It's time to compete!!!

### 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**.

## Witt and Wisdom

Just for fun...



### 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.*

About a year ago I told Dan I would write an index for GET UP! This was to help people find articles close to their interests amongst the volumes of stuff that has been submitted through the last couple of years. But, with work and training and working on my administration certification, I haven't found

much time to undertake such a monumental task. But in going through the issues, I had a cute idea. What if each volume of GET UP was referenced like books of the bible? Then some of the various Danism's could be cataloged and reference until it would resemble something like this....

The Gospel according to John,  
Dan John

John 1:1 "the problem with being a Master is the loss of muscle mass"

John 1:1 "what did you have for breakfast?"

John 1:2 "20% of your training leads to 80% of your competition efforts"

John 1:2 "little and often over the long haul"

John 1:2 "they can't all be gems"

John 1:3 "the body is one piece"

John 1:7 "I will add thick bar waiter walks to my next step aerobic class"

John 1:8 "Looks like Tarzan, plays like Jane"

John 1:9 "The best piece of equipment for the home gym? The wall clock"

John 1:10 "sleep more"

John 1:12 "Sometime, sooner or later, you need to stand alone"

John 1:12 "you are only as strong as your weakest link"

John 1:15 "the athlete must strive for a "Bow and Arrow" every time they attempt to master a sport"

John 1:21 "fix it with repetitions"

John 2:3 "I am a fat pig"

John 2:3 "Stay with the plan!"

John 2:4 "In the off-season, I believe that you need to eliminate your weaknesses"

And some ruminations from the sermon on Coaching Beginners

"I talk about two things: technique and, well, technique"

"Beginners need to compete early and often"



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“You can’t force an athlete to perform a program that they are not suited for either in terms of experiences or athletic maturation.”

“Training beginners must focus on the correct repetitions of the competitive sport.”

“We need to be ruthless in cutting to the core of what works and spend all of our time repping those things that work.”

“I have my mantra from Coach Maughan: I always throw best on my last throw”

“No matter what happens, until it is over, I never judge and event.”

“Magnesium and Potassium are my two secret weapons”

Some of these are gems, some are just for fun. You decide. Spread the word. Now go forth, and train hard. Multiply your reps. Prosper your throws.

## Why I Don't Want To Power Clean 315 Pounds



### Coach Charles Staley

*For fun, type in “Charles Staley” into a internet search engine. The poor machine will be working overtime. Charles is a prolific writer, a sought out coach and strength expert, a discus thrower, and an all around great guy. Recently, the Editorial Board of GET UP! visited Charles in his top secret strength training lair and stole tons of secrets. Charles has been mentioned before in previous newsletters...this is his first article...welcome aboard!*

Do you think that motivation is a fundamental issue when it comes to successful exercise or athletic training programs? I don’t. In fact, I KNOW it isn’t!

How can I say this? Easily, often, without hesitation, and with supreme confidence.

Look: You are exactly where you want to be right now. You’ve already taken the steps necessary to achieve your station in life, and not one bit more. And you’re completely satisfied with that station in life. Even if you know you could be much leaner, stronger, faster (or whatever trait or quality that applies most to you) than you are.

Now you might say: “Well, that’s not true, I know someone who is 100 pounds overweight and he’s miserable!”

To which I say, no, he’s satisfied. Clearly, the benefit he’s deriving from his behaviors still outweighs the drawbacks, or else he’d change those behaviors!

OK, let’s use me as an example. I’m reasonably lean and my goals revolve around physical capacity< strength, speed, and so on. And I’ve got a particular affection for the power clean, probably because I’m fairly good at it relative to other lifts. Anyway, I sometimes catch myself telling someone that I’d “love” to be able to power clean 315 pounds (my current best is 275 pounds).



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But whenever I say that, I'm lying. Why? Because, quite simply, if I REALLY wanted a 315 power clean, I would have already taken the steps necessary to accomplish that particular feat!

Now, if I wanted to find excuses for my inability to clean 315, I could probably find them. I'm 44 years old. I've had several very serious knee surgeries. I'm ectomorphic. I don't use performance-enhancing drugs. I got picked on a lot when I was in elementary school. Come to think of it, this could end up being a pretty big list!

I'm not really interested in excuses though. The fact is, I'm healthy, knowledgeable, athletic, my profession provides me with ample time and energy to train, I know lots of great Olympic weightlifters and coaches, I have a great gym right in my home....OK, this can potentially be a bigger list than the excuses list!

Which leads me to the following conclusion:

***I don't really want to have a 315 power clean.***

Man, that really hurt. But you know what? It's absolutely true. I simply cannot escape the plain fact that I have not done what it takes to achieve a 315 clean. Perhaps, someday I will, but for now, it's obvious to me that the

enjoyment I get from not having to train in a way that would permit me to clean 315 outweighs the enjoyment from being able to actually do a 315 clean.

And that's OK! And there's a great lesson here: maybe some of your goals aren't appropriate for you, because they don't really mean enough for you to take action.

Question: What's your #1 goal? Right now. Do you have one? Statistically, you probably don't. But if you do, here's what I'd like to have you consider: how important is that goal to you? Have you arranged your entire life in a way that supports your accomplishment of that goal?

I certainly haven't (in the case of the 315 pound power clean).

This article is primarily meant to inspire some self-analysis, not to provide hard and fast answers. However, if you'd like some avenues to pursue some serious reflection, here are a few:

1. Develop self-reliant behavior, create the mindset that all of your limitations are self-imposed (because they almost certainly are)
2. Get out of your comfort zone, and find a way to enjoy it. When your stomach is growling because you're hungry, think: "Perfect! This is what



I need to experience if I'm going to drop that extra bodyfat!"

3. Find out what works, and then do more of it. Find out what's derailing your efforts, and do less of that.

4. Cultivate dissatisfaction. After all, that's why you're where you are now, you're satisfied with it

5. Seek out and cultivate empowering personal relationships. The people you spend the most time with have a profound effect on your life. Make sure it's a profoundly POSITIVE effect.

I hope this article has been instructive for you.

Perhaps you're thinking that the psychology of motivation is a lot more involved than the way I've presented it here. Of course, people who are excuse-makers always think that way. As long as you've got enough reasons why you can't succeed, you never will.



*This is a pic that Charles sent me with Mindy doing Bulgarian Split Squats...one of the best Quad builders I know. Do them!!!*

## Eric Lindquist's Program

*Eric won the state meet last year after an intelligent multi-year approach to training. Now at Villanova, I found this little post I sent out last year discussing his training...which I consider rather "brilliant" for a high school senior!*

"A bunch of us have been discussing the old East German training theories. It really interested me because so many of these ideas have surfaced among the resources that I use and respect. A quick and inadequate overview:

1. Squat once a week, generally with 5 sets of 5. For part of the year, all five sets are the same weight, other times, one increases all five sets.

2. "Hip Snatches," or High Hang Snatches into the split are done twice a week. The reps are 3-2-1-3-2-1-3-2-1.

3. Presses are done four days a week. Bench, incline, decline and military are rotated through each week with lots of the lifts done off of "pads" or cushions, so when they come down, the bar has a little "pop" off the pads.

Reviewing the programs, as well as some of the throwing drills, I started to understand why Eric Lindquist has made such progress in a year. His dad bought him a set of chains and O weights and he has started this interesting little cycle of:

### Day One

Squat with Chains

Press Behind Neck with Chains (sitting on a low Box)



## Day Two

Clean

Press with Chains (sitting on a low Box)

He alternates this M-W-F, so one week he squats twice, the next once. Then, when he visits me, we always work on the snatch, generally, Power Snatch followed with an overhead squat, followed with a hang snatch, then a full snatch from the floor. We also pull sleds, farmers walk, toss heavy stuff...the usual.

As I looked over my “Transformation Program,” one of the criticisms I would now make is the need for additional pressing. So, I will be reconsidering this in the next few weeks. Although this may only be interesting for thrower types, I thought that the insight of squatting seriously once a week, pulling twice and doing a variety of presses four times a week paralleled my personal and coaching experiences with overtraining by squatting too often.

It just seems something to think about.”

Found this at [dragondoor.com](http://dragondoor.com)

*Dragondoor is your one stop shop for kettlebells, martial arts, strength stuff...you name it! Pavel Tsatsouline often responds on the forums and he answered a question about “how to train for the discus throw.” Great piece of work!*

“Com. Lebowski, try performing throws nearly daily, mostly for specified distance, occasionally for max distance. Then do some Kb throws from all

conceivable directions and a focuses exhalation (power breathing). Add one limb drills such as pistols, one arm pushups, one arm DLs. Vary the load on the lifts constantly. For two weeks grind with and for two use compensatory acceleration. Report what you came up with.”

Good stuff! Let’s review:

1. Throw daily...but play with effort. See <http://danjohn.org/book.pdf> for the Soviet Drill
2. Throw other stuff...Highland Games, Kettlebells, Puds, Powerballs, whatever
3. Try the one arm stuff...including cleans, snatches, jerks, and presses
4. Play with your lifting loads, too, cycle the weights constantly.
5. Two weeks of heavy power lifting and bodybuilding moves...two weeks of snatches, cleans, jerks, and fast stuff.
6. Report!!!!



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