



As you get closer to a goal...

Set a new goal. That's the best advice I have on long term success in life and sports. Today, I was on the phone with Shawn and I began to talk about my goal of focusing on the javelin next season. Here I am in the middle of a very busy track season and I am already pulling my head out of the trench and looking forward to next year.

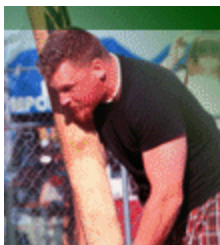
I think that is one of the cheaper "secrets" of success. Caveat: just because you start to align a new set of goals doesn't mean you abandon the ones you are working on!!!

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*.

WHO SAYS YOU DON'T HAVE ENOUGH TIME TO WORKOUT

Shawn Hanrahan



Shawn Hanrahan is the Assistant Director/Co-Owner of Advanced Athletic Performance. A sports conditioning company dedicated to developing the complete athlete. Kettlebells can be purchased from our website at www.aaptraining.net. Please feel free to contact Shawn at 480-206-4434 or at aaptraining@lycos.com with any questions. Stay tuned for additional article with advanced kettlebell training and the introduction of clubbells.

It seems with my busy schedule I can only get in a small workout anywhere from 10 minutes to 30 minutes. What can one do in 10 minutes? Ask a bodybuilder and he will tell you 3 sets of curls of 8 reps. Ask a trainer of the same nature and he/she will tell you 3 sets of 8 leg extensions. Ask me and I will tell you 100 reps. That's right, I said 100 reps. Seems a lot, but when you break it down, it's only 10 reps per

minutes. And when you break it down even more it's 1 rep every 6 seconds. Yep, it's exhausting, but it's only 10 minutes.

The key is to use a variety of one arm multi-joint exercises. One arm movements will allow you to double your reps as opposed to double arm support exercises. Typically this is done on an off day or active recovery day or when you have no time to work out. All you need is a medium/heavy dumbbell or kettlebell. I like to start with swings to warm up during the first few minutes. My last 10 minute workout consisted of 5 swings on each arm twice, 5 clean and press on each arm 4 times and 5 snatches on each arm 4 times. I actually finished in 9 minutes with a 70lb kettlebell. I have in the past accomplished in 18 minutes 100 clean, squat and presses with the 90lb kettlebell. That was very exhausting.

I suggest taking baby steps and start with a reasonable weight that you know won't rip your arms off and is challenging. After 5 minutes you will be huffing and puffing wondering what the hell did I get myself into. There are all sorts of exercises that you can use. Side presses, waiter presses, sot presses, over head squats, pistol squats, one leg RDL, lunge, overhead lunge and the list goes on. What you want to try to do is work on your breathing. When we start moving heavy weight around, we always use the traditional deep breath and squeeze the air against our diaphragm, which is great. But when moving light to medium weight for many reps, we need to have a better breathing pattern to allow for better endurance. Try absorbing the weight and allowing the down force of the weight push the air from your lungs. The same goes when you bring the weight back down. Let the down force expel the air in the lungs and rebound with a breath.

So let's say you have 30 minutes. We know what a trainer and a bodybuilder would say they can accomplish in 30 minutes. What can us hard



working, psychotic, sometimes delusional, taking it the edge athletes do. How about picking an olympic lift and performing as much total weight in 30 minutes. As your endurance increases the lighter weight can be done faster and with little rest during warm up. As you increase intensity, try to maintain a timing pattern.

For example, I picked the clean and jerk last time. I warmed up with 135 for reps of 5 for 3 sets with 45 seconds rest. I then went to 185 for 2 sets of 5 with 1 minute rest between sets. I followed that with sets of 3 with 225. I did this for 2 sets with a minute rest between each set. Then I programmed my body for a higher intensity with 2 reps with 250. So I have used up about 12-13 minutes thus far. I rested for about 2 minutes and put 265lbs on the bar and performed 2 reps for 8 sets within the next 15 minutes. I tried performing the two sets every minute. By this time my grip, traps and legs are fried. That is a total of 9,965 lbs., almost 5 tons. Not bad for 30 minutes. Of course you want to be careful towards the end of the workout. Your body will tire and open the door for injury. That is why you want to keep the reps low so your body has a chance to perform each rep to its potential.

This can be done with any Olympic lift and/or variation. It is very demanding upon the body, but in 30 minutes I have just worked my entire body with nothing left to give. Just as you would with the 10 minute workout, use a load and progression that will allow you to last 30 minutes. You can make variations to this by using two exercises and split the 30 minute time frame.

By working this into your routine, you will find that your rest time between sets will be less and your body will recover much faster. Even on a day I have all the time in the world, I still only use about 2 minutes rest between sets. I feel

fully recovered and will begin to cool down if I rest for more than 3-4 minutes. Try this routine for a few weeks and find out how much your body will change. Find out how far you are willing to go to achieve success. It's hard when training by yourself, but when you introduce the clock, it adds a great ingredient to increasing your intensity.

Editor...rants...pants...

If I were a lawyer, I would simply sit in the bleachers at a typical high school track and field practice and wait for clients. I wouldn't really have to wait very long before watching unsupervised and unprepared adolescents take up a deadly object and began to "have just a little fun" with it.

But, I'm not a lawyer, I'm a discus thrower and I often find myself sharing a field with kids who are being taught that Track and Field is, at best, a joke. The same young men and women who follow year long structured weight training programs for football or volleyball can't seem to find their way to the right corner of the track. The other day, I watched two "shotputters" chase each other around with a woman's javelin. The high jump and pole vault pits are convenient mattresses. Most high school programs also seem to have a "come and go" approach...a kid can join the team anytime they want, show up and leave when they feel like it, and choose whether or not to come to track meets.

I can't fix all of it, but I would like to suggest a few ideas for coaches to



implement some structure into the throws. I have some “givens:”

- We need to be much more professional in our approach to Track and Field. The same kid who throws in work boots in the discus owns an expensive pair of football cleats. Why do we allow improper footwear in track, but not in football or basketball? Could you imagine a young man asking the head basketball coach if it is okay to wear his street shoes to practice? Coaches should not wear baseball caps on backwards...coaches should not get in their jogging workout with the team. Here is an idea: coaches should coach!
- We need to teach the “whole” event. My brother, Richard, once showed me an interesting trick to teach the High Hurdles. He had become a bit of a miracle worker with young hurdlers because of one little thing: he would put pieces of tape where all ten hurdles should be on the track. When he first worked with a hurdler he would have them identify where they had trouble...usually the fourth hurdle. So, without hurdles, he would have them run the race “hurdling” over the tape. Sure enough, they would stumble at number four. Why? Most high school hurdlers only do three

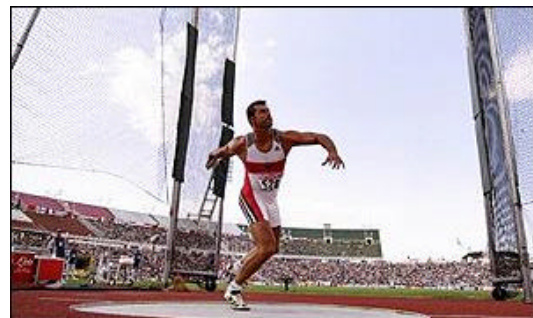
hurdles in dozens of repeats, but rarely do all ten. Rich’s point? Learn to do the whole event! Don’t let throwers do standing throws in the ring...unless you want them to stand in meets!

- Insist...demand...on standards in dress, behavior, and performance. No matter the skill level, the young athlete can look like an athlete, act like an athlete (here is a quick one: don’t make “raspberries” when your teammate is throwing), and attempt to move in accepted track and field methods.

So, how do we train high school throwers? I have been using a method for a few years that I simply stole from my time as a football coach...we rotate through drills, not unlike circuit training in the gym.

Interested in more: Read my “opus:” <http://danjohn.org/book.pdf>

Now, leave me alone!!!





"The Exercise"

Richard Cordaway



Richard is married with 2 daughters (ages 2 1/2, and 2 months). He teaches 6th grade in New Haven, CT. He played a variety of sports growing up has been working out since age 15. "If I only knew then what I know now. I workout a fraction of the time and see much better results. My goal for this year is to OHS 15 reps for 200."

I've been reading the posts at Old School and Power and Bulk for the past couple of years (since I switched from gym membership to my garage), and your website of course. I've messed around with both Oly lifts and want to pursue them again once I get bumpers. To make a long story short, this past six months I've gotten really out of shape (new baby, death in the family, holidays, etc.) I decided to get back in shape by playing basketball with my colleagues and students (I'm a middle school teacher).

The first game I played I was huffing and puffing after a few minutes and had no explosiveness at all. Just last year I was dunking one handed (by the way, I'm 6' 2", 200, 30 yrs.), but that first day I could barely grab rim. Humbled by the experience, I went home and remembered one of your quotes about the the overhead squat, "It makes you one piece, an animal." I also remembered the athlete you coached who only did "The Exercise". I decided

to dedicate myself to these two exercises. 3 days a week total, 2 doing The Exercise 5x5, and 1 doing OHS 3x8, nothing more, nothing less. Well, it's been exactly one month since

I've started this workout plan and I'm tearing up our weekly staff vs. student basketball games. My vertical has increased a few inches (I'm dunking two-handed easily) but my overall body power has increased tremendously! I'm running circles around my students and I'm physically overwhelming my colleagues who are taller and heavier than me. The aches and pains that used to hobble me in the knees and lower back have mysteriously disappeared and my midsection has tightened up. And the great part is no workout lasts longer than a half an hour including warmup! And you're handing this shit out for free! I'm a believer in the OHS and The Exercise. I can picture myself at 80 doing it and feeling strong, flexible and healthy. Thanks for sharing your insight with me. Keep up the great work.

Welcome aboard, Richard. The "exercise," the name Tony Nielson gave it, is the Power Snatch and Overhead Squat combo.





Health First!

I keep reading that flossing your teeth is not only good for your teeth, but it also turns out that that flossing might be good for your heart. It seems that those little mouth infections may have a great drain on your heart health. Many older people notice that their blood profiles improve AFTER losing teeth.

So, last month, I found myself in my doctor's office with a nasty ear infection. I had middle and outer ear issues and the pain radiated all the way down to my neck. The doctor thought I had been swimming, until he found out that I was a "Q-Tipper." Yep, stick 'em down there...pay the price. On the cover of the box, it says to NOT do this, but I ignored it. Doctor Ross gave me Cipro, the anti-Anthrax drug, and warned me that this little practice (the ear digging) could end up with nasty long term problems: heart issues.

So: dental floss and not digging in my ears may be one of those daily small details that will keep me on this planet a lot longer than I deserve.

For years, I have advocated several "Health First" points for my athletes:

- Don't smoke.
- Wear a seat belt (these first two are the most important)
- Drink water (maybe that is the only thing you should drink)
- Keep an eye on your relationships.

- New one: Floss daily (at least once)
- New one: don't dig in your ears!

Simple stuff, but this has been the base of my training period for two decades. If you don't have your health, it doesn't matter you're your creatine candy or macrocyclical periodization program is doing!



Health First!

"I would still argue that everyone should squat, but perhaps we need to keep the proportions in check. At the USOC training center, we were told that all you needed to have the strength levels for a world record throw in the discus was a 250 snatch, 300 clean, 400 bench (I thought that was high in comparison to the snatch, but others guys thought it was low...) and a 450 squat. John Powell got a silver at the worlds with a yearly best of a 220 snatch and 286 clean."

Old Forum Post

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