

GET UP!

Volume II, Issue 2

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NFL...College Football...

Finally, the long wait is over. Here in Utah, all the sports talk stations keep talking about the Utah Jazz, but in the Real World, football is the topic! By the way, Utah and Jazz in the same sentences ...does that bug anyone else?

Any way, Rosenberg returns with his long awaited review of discus camp. It gets better every year.

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**.

How I spent my summer vacation

Mike Rosenberg

Mike is a Highland Gamer from Indiana and coach at the John Powell Camp. In the last edition, we got the wrong state for Mike and this seemed to bother him. No one at the Editorial Meeting knew there was any difference between Illinois and Indiana because they both start with the same letter...

Year Three, the saga continues. What can I say; I just keep coming back for more. This is the third year I have attended John Powell's Shot Put & Discus Camp as a guest of my gracious host Dan John. For me this year is kind of special in a way; 1) I brought along #1 son, my 12-year old Seth and 2) I had recently been laid off and had way too much time on my hands. Camp was not only an opportunity for me to train hard and non-stop for 10 days, but it presented the chance to introduce my eldest to the time honored sports of shot put and discus. It was also quite cathartic in that it took my mind away from this rotten economy and my current employment predicament and allowed me to focus on something I truly enjoy – throwing. Many thanks to John Powell, Bill Witt and Dan John for allowing Seth and I to participate in the 2003 camp.



Mike Rosenberg ...doing his fling

As always I brought a wonderful array of toys. This year I brought: two 55# dragging sleds and harnesses, two sets of farmers bars (4-bars) at 65# each with handles courtesy of Joe Garcia, the 60# granite ball from Atomic Athletic, 20# shot, 56# Highland Games (HG) throwing weight, 28# HG throwing weight, 22# heavy Scottish hammer (from The Old Celt) and as an added bonus 100KG of Eleiko bumper weights and a Chapman Grizzly olympic bar. And of course, I brought 2 fifths of Scotch. One of 15-year old Laphroaig (Gaelic for: "The beautiful hollow by the broad bay") and one 15-year old bottle of Glen Dronnach – aged in a sherry cask I'll have you know.



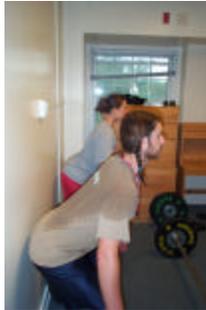
The Laphroaig was offered to Dan upon arrival so that he may have mercy upon my weary bones and we proceeded to unload the Durango and set up mine and Seth's room. The first order of business was to create a "salon" so that we may lift when we so desire. A younger counselor graciously "gave up" the room that adjoined ours to take residence on the 4th floor so that Dan & I could Olympic lift without having to trudge down the hill to the Dennison gym. Dan and I neatly disassembled the bed frame and stacked the desks on top of one another to create enough floor space. In 15 minutes we had a lifting salon - 20kg, 15kg, 10kg bumpers, 5kg,

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2.5kg iron weights, collars, straps, a bar and chalk. With squat stands and it would have been perfect. We then drove down the hill to unload the remaining toys next to the training field.



I met up with John Powell, Bill Witt, Ben Thuma, Greg Hanger (Coach Pain) and Brian Oldfield and did a little catching up. It was good to see the crew ramping up for week 1 of camp. I also had the opportunity to also meet Stephanie Benight, a counselor who attends some little school out west called Stanford. When she is not being really really smart majoring in chemistry, she throws the discus.

June 16th:

AM Session – I assisted with the tire drills. In this drill, a tire is held overhead and tossed with the emphasis on footwork and holding the “X” to get the most out of the rotation. The campers did standing throws, step and turns, South Africans and full turns with the tires.

After the morning camper session, Dan, Ben and I turned to the 28# weight for distance (WFD). Per usual, I didn't keep up with my throwing so it was the first time since March I had taken a weight in hand to give it a go. Brian O. sat on the sidelines to watch us and make sure that I was to get an earful of feedback. The first few throws were in the low 30' range. Dan tweaking my time such that he wanted me to wait until the weight came around to be in front of my face at head level before beginning both the 1st and 2nd rotation. Remember, this is Highland Games (HG) style. It is not the same as used for field events. Voila, a 37' throw followed by a 38' throw followed by a 40' throw. A personal best for me in the 28# WFD. As expected Dan looked to the sky and proclaimed, “Man, can I teach or what!” Yes Dan, you can indeed teach.

By waiting for the weight I was letting Coach Gravity do a fair share of work for me vs. pulling the weight through the ring 100% of the time. If you are respectful of Coach Gravity he will be good to you. Anger him and suffer the consequences.



After lunch Ben, Coach Pain, Steph and I adjourned to the lifting salon where Ben introduced us to the German Javelin Training Protocol. It is quite simple yet very effective.

- 1) **Clean Grip Snatch x 8**
- 2) **Front Squat x 8**
- 3) **Power Curl x 8**
- 4) **Back Squat x 8**

At face value it does not appear to be so remarkable of a complex. But when you perform each of these movements back-to-back as fast as possible for some give amount of weight, it can run you ragged. After a circuit, you wait for your pulse to drop to a certain level (an article in the July 2003 issue of Pure Power Magazine www.purepowermag.com cites 124 bpm as a good recovery target) perform the circuit again. Do these as many times as you can manage. As for the weight to use, check you ego at the door. We used 40kg for this drill. It was more than sufficient to give us a quality work out. There is a similar program in Dan's first edition of Get

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Up! Check it out at this link...
<http://danjohn.org/gu1.pdf>.

For the question that everyone asks with German Javelin Training - when I can I use more weight? As your time to recover (time to get back down to 124 bpm) improves, bump up the weight.

Then Dan joined us and “re-trained” us on the snatch lift. He presented a simplified approach to the lift that distills the lift down to the essentials. Best of all – no technical terminology. If you have been fortunate enough to read Art Dreschler’s epic tome *Weightlifting Encyclopedia* (www.wlinfo.com) you can find an expertly detailed breakdown of the Olympic lifts in all of their glory. Dan with all of his Utah common sense and simplicity broke it down to:

- 1) **Put your weight on your heels the whole time**
- 2) **Put your butt on the wall behind you**
- 3) **Put your chin on the wall in front of you**
- 4) **Throw your chin on the ceiling for just a brief second (look at the ceiling for a moment) and shrug**

And voila, you have performed the snatch. As you will see later, there is much carry over from the Romanian Deadlift (RDL).



Anyhow, we began from the low hang, bar starting just below the knees and worked on butt and chin positioning. Stretch your bum back as far as possible and at the same time; try to put your chin on the wall in front of you. You must really work for the stretch. All the time remember to keep your weight on your heels. Then with all your might, throw your chin on the ceiling (give the sky a quick glance with your eyes) and shrug.

Dan showed us that it is a good basic non-technical introduction to the snatch.

In the evening, I spent a little time on the quad doing hammer turns with the 22# Scottish hammer then went down the hill to catch Dan John and John Powell in the midst of one of their “qualifying” meets. The weapons of choice this evening were the 4K and the 1K disc. John won the 4K contest with a toss of 92.5’ vs. Dan’s 91.8’. Dan however prevailed in the 1K with a 203.5’ toss vs. 193’ for Mr. Powell.

I went off to throw the 28# WFD. I had six throws consistently in the 35’ range which is a nice improvement for me.

In the evening we partook of the malt.

Not bad for day 1.

The next day (6/17), I ran the “carry and drag” station that is a part of the training regimen. The same basic concept applies each session but we vary it up a bit here and there. Some combination of towing a sled and carrying a weight or farmers bars is performed. Sometimes the carry and drag is done together, other times they are sequential. It is still great to see the kids get instantly competitive with one another when a timed event is a part of the rotation.



As for myself, I did a lot of footwork drills today. The one I hate the most, but get the most out of, is rotating with a tire up and down a

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hill. I can really say I truly despise this drill because it is so damn difficult. Yet, I can not think of a single drill which flushes out your rotation flaws and shows you what to fix as well as this one. Then do them under the watchful eye of Brian O. and one can really appreciate the full depth and breadth of his colorful and quite expressive vocabulary.

The hill is short, less than 10' feet in length where we practice, but the rise is very steep, about 5' feet or so. You start several feet back from the incline holding a tire in one hand and rotate up the hill. If you so much as under or over-rotate by even a little, the hill forces you off course immediately and you can easily determine what needs fixing. Additionally, if you are not "sprinting through the ring" so to speak, the steep incline will bring your forward progress to a grinding and abrupt halt.

Rotating down the hill enforces the Bill Witt metaphor of "screw spring" (see last year's notes). If are too upright as you rotate down a steep hill, you feel as though you want to tip over. Again, it exaggerates any over or under-rotation issues you may have.

Then I took the 28# WFD for a spin, so to speak to see if I retained any information from yesterday. I had 8 throws consistently in the 35' range which is an improvement for me. I took 7 throws with the heavy hammer and hung my head in shame. I need to work on maintaining a good orbit and solid foot position in this event.

The evening session included more 28# WFD and an introduction to the Romanian Deadlift (RDL) by none other than Dan John himself. The joy of working out with Dan is that not only does he enjoy training, but he wants to understand the why's and wherefores of a given movement. Then he wants to make their application more efficient.

Dan Sterba, Steph, Coach Pain, Dan and I retired to the lifting Salon to undertake the RDL. The way Dan explains how to do it and the manner in which you see most others do it are completely different animals. Most lifters do

something along the lines of a limited range stiff legged dead lift (SLDL) instead of an RDL. The RDL is not a ballistic movement and in my opinion requires a fair amount of focus when doing them.

- 1) **If possible start from blocks or on the pins outside of a power rack. This curbs the desire to mimic the SLDL.**
- 2) **Utilize a snatch grip.**
- 3) **Shins should be vertical to your feel the whole time. (Don't bend your ankle joint at all!!)**
- 4) **Unlock your knees – just a little.**
- 5) **Slide the bar along your thighs. Keep contact.**
- 6) **Your weight should ALWAYS be on your heels. (lift your toes to get the feel)**
- 7) **Move the bar down by pushing your bum back as far as it can go.**
- 8) **Simultaneously, as you push your bum back, try to place your chin on the wall in front of you. Really work to jut your chin out there.**
- 9) **But moving your bum back and your chin forward, lower the bar to your patellar tendon and then stand up.**

If you are doing these right, you should attain the feeling that your hamstrings want to pop off the back of your legs. I highly recommend doing these for the first time with an empty bar. Trust me, it is enough weight to tie up your hammies. If you "feel it" in your lower back, you are either moving your knee or ankle joints too much and not your hips. You should only be moving your hips, your ankles should be fixed and even though your knees are unlocked, you should not be moving the ankle joint. Again, if you feel an "X" forming across your hamstrings and they want to pop off the back of your legs. You are doing this correctly.

We then cleaned up and partook of the malt.

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June 18th

Today like everyday began with stretching, breakfast and the morning session. I would like to focus on the highlights of the day vs. a detailed recount.

Today Counselor Josh met the Big-21 program. Many of the weightlifting programs that Dan espouses are quite simple in their composition, yet if you do them right (with good intensity and giving it your all), they work to kill you. The Big-21 is one such program. It combines volume and progression in one protocol such that it embodies the Friedrich Nietzsche mantra – “that which does not kill me makes me stronger”.

The details of the Big-21 can be found at :
<http://danjohn.org/page73.html>

It is built around three movements; the clean and press, snatch and the clean and jerk utilizing the following rep scheme.

Starting weight for five reps
Add five pounds and do five reps
Add five pounds and do five reps
Add five pounds and do one rep
Add five pounds and do one rep

After you C&P it, break it down to the starting weight and snatch it. Break it down again and C&J it.

It is just that simple, 21 reps per set, 63 per session!! Do it three times a week for three weeks and each time start 5 pounds heavier than the previous session. Trust me, it is about all your body can take.

What separates the men from the boys is the selection of week one's starting weight for the first set. The boys will put one something close to their 5RM. The men will have enough

common sense to know that the 21st rep will be 40 pounds heavier than the first and your body will be in a different place after 21 reps. Oh yea, I forget to add – minimal rest between sets!! The opening weight for your last workout will be 45 pounds heavier than rep one on session 1!! Keep that in mind and check your ego at the door.

After three weeks, you will be a new person. It is an excellent off season workout.

Anyhow, Josh was introduced to just one session of the Big-21 and became a believer. He put in one heck of an effort and made it though. Dan let him select an opening weight that was a bit high to emphasize that this is a 9 session program, not a 1 session quick fix. By the last rep, Josh clean & jerked over 200#. Not bad for the morning session! He was a real trooper and a new believer.



In the afternoon, I again attacked the 28#WFD. I took six throws for 42', 44', 37', 39', 35' and 39'. My first time over 40'!! Not bad for a little guy who never practices.

After dinner I hit the heavy hammer for 7 throws. I really focused on the orbit and tried to make my winds consistent. I took a few more tosses with the 28# and put two over 40' with the remaining six in the 35' range.

We then cleaned up and partook of the malt.

June 19th

Again the day started off with the usual morning stretching session followed by breakfast then the morning session. Today we focused on

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Olympic lifting. The post AM session workout centered on the snatch. Dan is converting me over to the “new” style of flat footed pulling vs. coming up on the toes. The idea is espoused in an excellent video offered by World Class Coaching LLC (<http://www.worldclasscoachingllc.com/>). The idea is that by staying on your heels during the pull and leaning back a bit, you can elevate the bar to a higher point prior to transitioning under the bar. As noted in my recollections from 6/16, I worked on throwing my chin on the ceiling. It takes a bit of getting use to. For a brief second, you need to glance at the ceiling and shrug. If you do it right, voila, you are under the bar.

After lunch it was overhead squat and RDL time and after dinner Mickey and I worked on a couple of complexes. One was the clean + FSQ and the other was the RDL + snatch + OHSQ. One thing I have learned working out with Dan – if it is broken, you can fix it with more weight and more reps. It is kind of the philosophy of the entire Powell Camp. Make training heavy and complicated with a strong focus on technique, then when it comes time to compete, let your muscle memory take over.

June 20th

The First Annual Dan John Powell Highland Game Throwing Extravaganza



As highlighted in issue 22 of Get Up! (<http://danjohn.org/gu22.pdf>) we held a highland game on the beautiful grounds of Dennison. As Dan noted afterwards, you had to come with you're A-game or it wasn't going to happen.

We threw the 20# shot, 60# granite ball Breamar style, the 28#, 35# and 56# weight for distance (WFD), the 22# heavy hammer and the juggernaut for time (towing a 55# sled whilst holding a 2.5" diameter x 4' steel bar in each hand). The bars had to be gripped with an overhand grip which can only be done by squeezing with everything you have.

In keeping with the tradition of Powell Camp, if you're not doing something, you're doing something wrong. We completed all the events in just under 2 hours. As a collective group is it fair to say we were beat up.

What did I learn from our morning in the sun? I need to keep my arms long in the heavy hammer and move with faster feet over all. Even though I belonged in a division below all of the other guys it was still a worthwhile experience to get out there and put it on the line. The best way to learn is to compete. And I still hate the 56# weight for distance...

Later that day I practiced hammer winds with the heavy hammer and turns with the 56#. After that, I will pretty well shot.

As per the end of week #1 tradition, Dan's better half Tiffini arrived as did Ben's girl friend Katherine (with a "K"). On Sunday Mindy Ramsey, a shot putter from Michigan came to train. Having the three ladies present was a welcome break from the sweaty men-folk.

June 21st

To celebrate the Powell Camp day of rest, I went back to practicing rotating with a tire up and down hill. I spend nearly an hour working out the kinks. I really hate that drill but it is incredibly valuable. Then I spend about an hour working on hammer winds and turning with the 28# weight.

Dan then spent some time tweaking my 28# WFD. He focused my efforts on the initial cast. Dan indicated that I should come out stronger and pull the weight through the initial

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turn. Then after completing the first rotation I was to have “courage” to wait a brief moment to let the weight catch up. Dan likened the waiting period to a “jerk recovery”. Dip the knees a bit and for what seems like an eternity – wait just a fraction of a second. What this ends up doing is it allows you to guide the weight forward and use it’s inertia vs. muscling the weight through space. It makes a big difference in how you use your energy.

While we were training John was over in the ring tossing a 1K about. #1 son – Seth walked up to John and asked for a discus lesson. John gladly obliged. I mentioned to Bill Witt a bit later in the session, “How old do you think Seth will be when he truly appreciates the opportunity he was given today?” Bill just kind of shook his head and said, “he is getting a million dollar lesson and doesn’t even know it.” Seth was 2 for 2 today. Earlier while I was doing tire drills, he was getting a shot put lesson from the Big-O himself. Some time later in his life he will appreciate the time these two men took to introduce him to the basics.

As always, we festivated with fine malt beverages in the evening.

June 22nd

Week #2 began. Seth and I went down the hill to throw some more. He worked on the skills John and Brian showed him on the previous day and I worked on my initial cast with the 28# throwing weight. I got in a dozen or so throws and was consistently putting them out between 35’ – 40’, but with much less effort and before. As we all know, Dan can teach.

It was nice to spend some time with my son and watch him take a liking to throwing. These will be memories I will hold dear for many years to come.

In the late morning, I assisted with registration set up and processing. That lasted until 4 o’clock or so. After dinner we opened up

the weight salon and worked on snatches and RDLs. Mindy was shown the RDL technique. It took a bit of getting use to for her as she kept bending at the ankles vs. the hips (remember keep the shins vertical). After a few trials, she had the technique down pat.

One of the things I appreciate at Powell Camp is that I get the opportunity to be with people who enjoy training, who train hard and who share their insights as to how we as a group can train more effectively. It is one of the few places where I can lug 125kg of bumpers, set them up in a dorm room and have people say it’s great vs. getting a vacant stare. There were times during the week we had lines 5 and 6 deep to knock out a set in the salon.

By this time, like everyone else who had been there a full week already, my body was in a perpetual state of...something. Sore, tired, run down, no spring, etc. Of course, in Dan John’s world, this signifies that your glass is most definitely half full. Why? Because when you are run down and your strength is sapped, you must push forward with better technique because you sure as heck don’t have enough gas in the tank to muscle it. Thus we trained more. Snatches and overhead squats for everyone was the order of the evening.

One thing John added to the program Sunday evening was an impromptu demonstration of the Scottish heavy hammer. All the campers assembled down the hill for a demonstration by Dan, Ben and Mickey. After the demo, John gave an open offer to anyone who wanted to throw it – as long as they put on a kilt (which was supplied). Several of the campers gave it a whirl. Hopefully some of the campers will look to Highland Games as an opportunity to throw more and supplement their schedule when they are “out of season”.

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Monday June 23rd.

It was fun to watch Seth during the drills today. Unlike the other campers, he had already put in a full week plus some overtime on the weekend. He was dog tired and could barely make through the morning warm up and field session. As for me, I pretty much felt the same. I got some hammer winds, 28# for distance and some puts after the morning session. Later that afternoon I did some overhead squats and some footwork drills out on the quad.



Seth finishing the Sled Pull...

It was Seth & my last night at camp so we celebrated by ordering Seth a pizza. I settled for more traditional offerings, namely malted beverages.

The next morning we packed up said our goodbyes and made the 5 hour trek back home to South Bend, Indiana.

I would really like to thank John Powell for allowing Seth and I to have an extended camp experience as well as Dan John for his hospitality and perpetual enthusiasm for training. I would also like to thank Ben, Bill, Coach Pain, Mickey, Stef, Dan, Becky, Tiff, Mindy and of course Brian for making it a fun and memorable learning experience for the two of us.

See you all next year.



Fantastic stuff, Mike!!!

Program that is working...

What can you say after Mike's article??? Well, I will simply mention that I took some of Rick Ecklof's ideas and moved to a two workout format and I try to keep alternating them for as many days in a row as I can...good results so far:

Day One

Snatch (Generally 8 sets of 2 or 3)

**Front Squats (5 Sets of 2 or Tabatas)
with chains**

Day Two

Military Press with Chains

Thick Bar Deadlifts (Just Singles)

Until next issue!!!

Published by Daniel John

Daniel John, Editor

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