

GET UP!

Volume II, Issue 9

January 2003

Happy New Year?

Now what? I know that most people despise that annual resolution, but *Rick Ecklof*, one of our more popular writers had the idea of asking Get UP readers to send in their annual goals...to be published!

The rest of us would support you in any way we could, of course, but I think the public unveiling of a goal would do much to increase the pressure on us to get our goals. I have one...a big goal. Interested in finding out? Email your goals to Get UP!

We will continue to provide the world with the best free advice money can buy!

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**.

Lessons I've learned along the way

Or,...

If I had known this then, I would have been awesome



*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.

Back when I was in college, I was of the attitude "if I don't have an hour to spend in the gym today, I might as well not go". Oh how foolish and young I was! I have come to embrace the

concept of **A LITTLE BIT, OFTEN**, and the rewards are just now coming to light.

I have been training on a regular basis now for about 3 years in this my second athletic career. Back then, 3 years ago, I started training for our State Games here in Kentucky using the information I found on Dan's website. One of his key points was a little bit, often.

Many times, life throws obstacles in our path toward athletic greatness. Work, school, chores, anniversaries (don't let my wife see that last one), often prevent us from having that hour in the gym on any given day. I learned that even if I had only 15 or 20 minutes to spend, spend them. I went to the gym and did one lift. My favorites for this are power cleans, clean and press, and power snatches. All three of these lifts work every muscle in the body. Or I went to the track and did 2/3rds of my time at one throw and 1/3 of my time doing sprints. The point is your keeping yourself on schedule. In college I hardly ever missed a workout, I would go for years and not miss one. Even on days I was sick, I would do a light workout and then go rest. But once you're in the habit of working out, it's hard to stop working out. Conversely, it's hard to start working out again when you haven't been. But the longer you can go without missing a workout, the harder it is for you to skip one. Then, if you need to skip one, it won't hurt you so much because you have such a good base by now.

This works very well with the concept of taking time to make progress. In an

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earlier article, Dan quoted some numbers from Dallas Long. Perhaps Dan would be kind enough to insert a portion of that article here for me.

Editor: Here you go...I do everything around here:

“1964 Olympic Shot Put Champion Dallas Long’s High School lifting bests:

9th Grade

Squat 90 Military Press 90 Bench Press 90

10th Grade

Squat 125 Military Press 125 Bench Press 125

11th Grade

Squat 200 Military Press 200 Bench Press 200

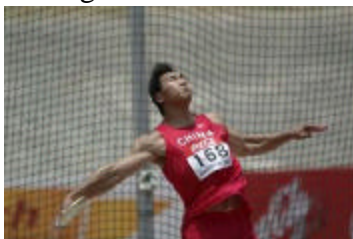
12th Grade

Squat 350 Military Press 275 Bench Press 350

This senior year, he blasted the 16 pound college shot over **61** feet. In 1957!

Prepping for the 64 Olympics, he would bench up to 440 for 3, Incline 370 for 3, and Squat 4 sets of 5 with 400 pounds. These reflect eleven years of training to become Olympic champ. None of his lifts are breathtaking, none of the leaps in improvement unbelievable. A little here, a little there . . .”

So now that I’ve been working hard these last three years, my strength levels are approaching what they were when I was in college. Yesterday, after 2 months of doing power snatches, I snatched just 9 pounds under my best all time snatch. 14 years after my all time best. I am looking toward surpassing that lift and getting a p.r. sometime in the next 30 days. And if I only have 10 minutes, you can bet I’ll be in the gym or at the track during those 10 minutes.



Intensity

Wes Kersey (WesII)

Wes is a 42 year old reborn thrower from Memphis, Tennessee.

This is his first year back in throwing and he competed in two highland games



Our editor and internet Guru wrote an excellent article last year on intensity. Tampa Bay had just won the Super Bowl and he alluded to the intensity in the eyes and face of Coach Jon Gruden. Today I witnessed another amazing example of intensity in the Green Bay Packer win over the Seattle Seahawks. The Packers fought and clawed their way into the playoffs with a little help from Divine Intervention with Arizona winning a game. I think though the reason the Packers is there is the intensity in which quarterback Brett Favre approaches the game. I do not know how many of you have buried your Father as I have and Brett Favre had to after a big game, but it took a lot of guts and mental will to play, must less play as well as he did in the win over Oakland.

Favre didn’t beat the Raiders or the Seahawks today by himself, but I have to believe the intensity and enthusiasm he

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displays has to inspire the rest of his teammates to the same level of intensity and enthusiasm. At 34 years old, he has won playoffs, Super Bowls, MVP honors etc. so what does he have left to prove? He still wants to win and approaches each snap of each game and practice with a child like enthusiasm and intensity that is shy of remarkable. He celebrates each touchdown and each defensive turnover like it was the first he has seen after 13 years in the league. Intensity separates the great ones from the also-rans in every sport and avenue of life. I saw Michael Jordan jump over the bench and into the stands when the Bulls won their 5th NBA title. Are you kidding me? This guy also had done all, seen all and still showed that much emotion after helping his team win a title game. Yes, I know, those guys make a mint full of money to do what they do, but consider this question: **Do they play with that enthusiasm because they make all that money; or do they make all that money because they play with that enthusiasm??** I would have to put my bet on the later.

Very few of us are going to earn the money in our field of work that Favre and Jordon or Gruden do. But how much better would we lift and throw and how much more fun would life be if we approached our work and play with that kind of intensity and enthusiasm? Why don't we all try that this year? Let's approach our throwing, lifting, sled draggin' and living with child like enthusiasm and a burning intensity. Let's approach each snatch, squat, or task at

work like it was the last one and try to make it the best we have ever done and one to remember. Let's keep our eye on the ball (Goals) and take each step with full intensity. If it does not mean that much to us... we should just quit.

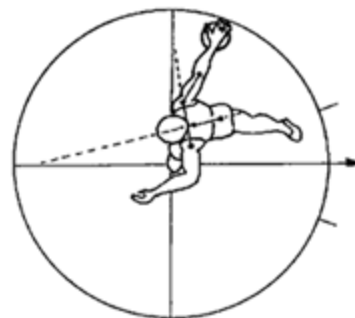
What I did on my Christmas Vacation

Editor in Chafe

While Salt Lake City dug out of an epic winter snowstorm, I had the misfortune of having to spend several days with the John Powell Discus Camp at the National Training Center in Orlando, Florida. Besides the tan, I learned a ton of new stuff.

Technically, it was a time to relearn and refocus. John reviewed the usual points of Stretch, Twist, Lift, 1-2-3, 3-2-1 and all the rest, but it takes a few days for the campers to grasp the real key. John wrote it like this:

"It's similar to a line of ice skaters moving in a circle. The person in the middle barely moves, but the skater at the end of the line has to work hard to keep up with the line while it turns. The illusion of arm speed is created by sprinting ahead of the discus. Once the thrower winds, the discus stays in the same relative position, "locked" behind the hip. The arm moves as fast as the foot turns. The faster the foot turns, the faster the arm appears to move."



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The best new drill for me was the 360 drill (Turns in one place) with a slide. Simply, after the right foot lands after doing the 360, the left foot slides into the throwing position. This is a great drill to feel the notion of “twist-twist-twist.”

John and I spent many hours talking about training. We roomed together (one of us snores) and we talked about a Litvinov’s prep for the 1983 Worlds. This hammer thrower would Front Squat up to eight reps, then run 400 meters around 75 seconds. He did this for three sets. For John, this was illuminating as not only was Litvinov strong...he was also *together*. John took this idea and began to incorporate a lot more running (200s) as well as an idea from Brian Oldfield, the concept of throwing light implements and overweight implements.



We also discussed an idea for discus camp about making an Athletic Pentathlon and awarding points for each event. We discussed using the Weight for Distance (35 lb for males, 20 lb for females: 50 feet), Pushups, Situps, Pullups and a 400 meter run. Scores of Five would be a 50 foot throw, 60 Pushups, 60 Situps, 10 Pullups and a

sub-60 400. We felt that these scores, along with a basic understanding of the throws, were “doable,” and we then scaled back very reasonable scores for 1-4...a one point effort would be 30 ft in the WFD, 40 Pushups, 40 Situps, 2 Pullups, and a 76-80 Second 400.

Adding the scores could give you up to 25 points (very much like the Drew Carey TV show where the points have no meaning) and one could reasonably...in a camp setting...strive to improve over the week.

The biggest news from camp is that the video “Discus II” is now available on DVD. I like this format. My favorite part of the DVD is the “Four Step Approach” and I have often watched the sequences just before throwing to get a mental image of what I want to do. The DVD format is very good for this. In addition, the film has plenty of lifting...a nice package altogether. Call John for them...leave me alone...at 1-800-456-SHOT for the DVD.

In the weightroom, Mike and Mindy have really been improving lately. I taught them the joys of Tabata Front Squats. We also came up with something that may have a lot of use for many interested in fat loss: ***Tabata Core Blasters!***

If you don’t know Core Blasters, check the previous editions and see Todd Taylor’s first explanation and David Witt’s “how to” article for Core Blasters under ten bucks. We have been doing

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them for sets of thirty seconds, but doing the blasters in the Tabata Method really reinforces the need to stay on the heels and hold the central core together. The Tabata method is twenty seconds of core blasters followed by ten seconds of rest...repeated (that means without stopping!) for eight cycles. A real builder of lower backs, I assure you and a perfect exercise for hammer throwers who have gotten lazy about posture.

A "Prudent" Discussion

I went out with Mike and Mindy to Denny's to gorge on steak and eggs and we started talking about goal setting. Both of them have lofting goals for 2004...and I feel they need a lot more boost from nutrition to do these goals. While I told them to consider drinking olive oil throughout the day, Mike worried about getting fat.

"Wait," I said, "I thought you just said your goal is 'X.'" "Yes, it is, but..." It was at this time we started talking about how most people have multiple goals and they often conflict with each other, but we rarely acknowledge this conflict. I often hear people tell me they want to lose fat, but don't want to give up their doughnuts. That's a conflict.

The other thing I wanted both of them to spend some time thinking about is the "cost to benefit" ratio of getting their goals...and not getting their goals. For the past few years, I have used a simple chart to help people work through a goal:

Goal Chart	Pain	Pleasure
Do		
Don't		

Simply, one takes a goal and writes down all the Pain and Pleasure they will receive if they get their goal ("Do") or don't get their goal ("Don't"). Filling in the chart is odd: one of the first things people ask is "Wait, there might be pleasure in NOT getting my goal?"

Of course! That is exactly why most people fail on fat loss programs and athletics...there are many hidden benefits to not getting your goals. I am always reminded of coaching high school football here: I was told by many of my former players that they were actually happy they lost early in the playoffs just so they wouldn't have the long days of practice anymore. Certainly, showing off the Championship Ring the rest of their life would certainly be better than a few days of extra time, but, at the moment, there is pleasure in failure. For people who have families or busy jobs, not getting a goal (a vacation for selling the most cars

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for example) might be easier than juggling a change in schedule with your kids.

The next question is usually "There is pain in getting the goal?" Sure, toss the discus 190 and the first words out of everybody's mouth is "when do you get 200?" The bar is always raised when you get a goal. Moreover, there is a lot of inconvenience when you get goals: when I lost 50 pounds on Atkins, I had to buy all new belts and pants. In fact, my clothes didn't catch up to my body for months.

What's the value of all this work? First and foremost, this little exercise brings out one big point: you may not have associated enough pleasure with getting your goal and so you easily succumb to smaller trifling sub-goals...like eating the whole plate of doughnuts before anyone else gets one. In fact, when I work with athletes on goal setting, the most common problem is that they have practically nothing in the box "Pleasure/Do." The more things you can associate with getting the goal that will make you happy, money, sexy, successful, fitter, funnier, smarter or cooler, the more likely you are to make stay focused on the goal.

I think goal setting is the easiest thing to do in the world. I used to teach high school and sophomores would be struggling to figure out if they would star in the NBA or be a doctor or lawyer or simply be extremely wealthy. You see, that is goal setting at the basic level:

open your mouth and let something fall out. The real method of goal setting is to spend time looking at the "costs to benefits" ratios of these goals... then, finding conflicts in your life that will stop these goals, then, eliminating the conflicts!

Great camp!!!

A Question Got Me Thinking...

One of my favorite places on the internet is <http://crossfit.com/>, the good people from Crossfit. A while ago, someone asked if you could learn the Olympic Lifts while doing the rather intense Crossfit Workouts of the Day. This led to the following response:

I have been freely giving advice about the O lifts for a while, but I had an interesting talk with a guy in Minnesota about training as an adult. He has been overtraining quite a bit and as we talked, I got some ideas that I have taken into my training.

As everyone may know, I blew my wrist apart a year or so ago being an idiot and not letting go of a missed state record in the snatch. "Never Let Go" is a good motto, but bad advice when the bar is off. Two surgeries and a lot of blood letting later, I have been slowly adding what I learned from the "World Class Lifting" videos to an aging tired wreck mess that we call "me."

I had recommended that all new lifters try Dave Turner's lifting program:

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Snatch: 8 sets of 2
Clean and Jerk: 8 Singles
Front Squats: 5 sets of 5
Military Press: 5 Sets of 3

Well, after having all this cool new information and my chains, I adapted an idea from Tommy Kono to do this three days a week in a fashion like this:

Day One

Light Day on all four lifts

Day Two

Medium Day on all four lifts

Day Three

Heavish Day on all four lifts

PLUS...I use chains (I have 110 pound chains that are excellent, so a 175 front squat feels like 285 at the top) on all my front squats and military presses...on the military presses, I sit on a milk crate so the chains will do their job.

What I discovered is that the information I learned from the World Class Videos really worked! I force myself to live on my heels, in the pulls I mentally stick my chin on the wall in front of me, and push my butt back to the back wall. I even make the raptor noises on the pull, too.

I haven't missed a lift doing this, I feel fresher and my technique is really coming around. What is great is that my flexibility is getting better and better...without EVER stretching. I do the full lifts to get my stretches in.

The reason I bring this up is that a lot of

people are struggling to learn the O lifts and I have discovered/rediscovered that it is okay to lighten the load to do the lifts right.

Learn from my pain: it is okay to get some volume in with the lighter lifts to prep your technique. By the way, it is also a cardiovascular workout from hell...without even noticing it!

As I trained last night, I began juggling the lessons since my first "comback" in 1985 when I returned very ill from the Middle East, then snapped my back picking up a typewriter (an ancient device that put letters of the alphabet on "paper," as it was known then).

As I outlined my thoughts between sets of snatches and playing with the dog, I realized that I had forgotten one of my great workouts: the overall weekly "body workout." Back in the 1980's I started this idea of doing a weekly 80% with these lifts:

Overhead Squat

Straight Leg Deadlift

Dips

Chins

Presses

In these workouts, usually the last of the week, I would try to get a solid set or two with each lift with about 80% and just get some quality reps up to 8 or so.

The genesis of this idea was my need to start breaking my body into parts, generally:

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Day One **Push**

Day Two **Pull**

Day Three **Legs (Squats)**

I found that I was training well on M, T, W, taking Thursday off, then train on Friday with that whole body workout, leaving the weekends open to deal with the three girls I was dating at the time (this is actually true, but overstated...I only had three girlfriends for about three weeks).

As I thought about this, I came up with an idea for people trying to mix Crossfit (see crossfit.com for the Workout of the Day) with improving O lifting:

Simply:

1. Do the crossfit WOD.
2. Follow Dave Turner's Basic Program with the following adaption:

Day One:

Snatch

Clean and Jerk

Day Two:

Front Squat

Day Three:

Press...or variation

Day Four:

Off

Day Five:

Snatch

Clean and Jerk

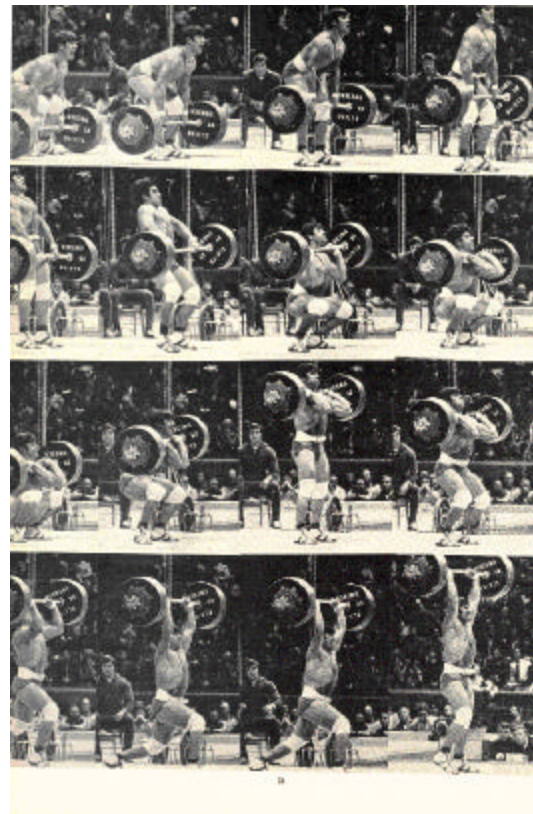
Front Squat

Press...or variation

But, all of Day Five would be at 80% of the week's lifts. If Day one is light, Day Five is REALLY light.

My idea is that you would be touching on the O lifts 4 days a week, in addition to the crossfit work. One could go extremely light on all four of the lifts of Dave Turner's program and focus on training the nervous system and the specific flexibility needed for the O lifts.

Just an idea.



Published by Daniel John

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