



Let me talk for a few minutes...

I've been getting emails and forum posts that I haven't been keeping up on the Get Ups. Like Gary said not long ago: "Maybe it is past its time."

It might be true. I do know this: during track and field season, I simply don't have time to keep up. Oh, I try, but what most people don't realize is that I am the Head Track and Field Coach. Every stat, every bus schedule, every roster change, every trophy and medal, every problem with an assistant coach who doesn't come to meetings and misses the bus and everything else has to go through me.

Well, good for me. But, bad for keeping up on the Get Up.

So, with the help of Laree Draper, we open a Dan John Q and A over at Dave Draper's online emporium.

<http://www.davedraper.com/fusionbb/showforum.php?fid/73/keyword/Dan+John/>

I would rather people ask me things there than emailing me, but I'm still happy to help. It's a cordial place and many of the authors from Get Up hang around there (for better or worse, let's be honest here).

So, yes, Get Up will continue. Think about its legacy: an Olympian

writes about training, the first reports from China about their O lifting training, materials from literally every great thrower, Highland Games information before HG became trendy, interviews with world champions, people's journals and insights about Olympic preparation.

And more, too, of course. The thing I have loved is that this little newsletter has allowed me to give back to the community that shaped my life. We have experimented with dozens of ideas on the pages here:

- Slosh Pipes (Invented by Greg Henger no matter how much a certain "coach" claims otherwise)
- Farmer Bars (Hell, Rosenberg and Garcia were the leaders on this idiocy from the beginning)
- The Velocity Diet (Yep, everyone has the self-discipline to do it)
- The Forty Day Workout (It is still the most downloaded editions)
- The Special Coach's Edition (I still refer to it and I wrote the damn thing)
- Gary John's Training (from elite runner to elite thrower...worth reading every article)

Of course, there is more, but that's not the point.

The point is this: last week, I gave Devin Kallas the "High Point Award" for my track program. He had just also broke the school record in the shot put (held by a one sport "throwing only" athlete) and won the State Championship.

So what.

Well, last spring, he was cut by the baseball coach after telling me that "baseball is my sport." The next day, he asked if he could do track. I thought "Hell, no," but said "Yes."

In just a month or so over a year, he went from a 35 foot throw to 55' 1."

Everyone who reads Get Up knows what we did:

1. It was simple.
2. It was repetitive...we did the same things over and over and over and over and over...
3. What he needed to do was "etched" into his head.

He has a massive three ring binder with every article I ever gave him, every photo sequence and every training program. He keeps a journal. He does the basics, he does the basics a lot.

You see, we all "know" what to do...we just don't do it. He goes through a canister of Biotest Metabolic Drive in about a week and takes so much Fish Oil that he has gills. He took one warm up at state and the rest of the competition took as many as they could get and would still be warming up if they could. Devin broke the school record on his first throw at State and told me later "that felt easy."

It's all easy. It's all simple. That's what Get Up is all about. Literally, the name of this newsletter comes from my decision to stop taking

any painkillers after my first wrist surgery and "Get Up" and start training again. It took months to bend my wrist. But, I got up.

Friends, we (and I think I can speak for all the authors here), dedicate ourselves to getting back up.

Our next issue might be reviewing discus camp in Ohio or simply more rantings from me!

Let's remember the mission here:

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*.

Too Little...Too Late

David Witt
Seriously, if you don't know David...Get Up's number one author and friend of many...do you ever read this thing?

I'm sure this happens all the time. A week before the regional meet coaches are still having their throwers spending 2 or 3 days in the weight room trying to get stronger before the meet.

Newsflash! You are not going to get that much stronger in those 3 or 5 days before the big meet! As a matter of fact, I don't really believe you can get strong enough to add any significant distance to your throws even with 3 weeks out of the big meet.

The biggest bang for your buck is going to come from working on your throwing technique. Lets face it, for some athletes at some schools that means going from a standing throw in a meet to being able to use some form of full technique. We've all seen it, the skinny kid beats all the big kids because the skinny kid has technique and the big kids don't. I experienced this my junior year in high school, I was the skinny kid winning a lot of meets against some really big kids.

Let's play with some numbers. Suppose your kid benches 250, and adds ten pounds to his bench in 3 weeks. That's a 4% gain in bench strength. For a 150 foot thrower that would translate into a 6 foot gain. But we all know that a gain in the weight room doesn't necessarily translate to a gain in distance. Sometimes the new strength creates different nerve pathways that need to be learned or relearned. Sometimes because of the new strength, distance can actually decrease.

This is especially true of master's athletes. Many master's athletes start throwing after a few years off and do pretty well compared to their old distances. Then they start training, and lifting, and get their weight room numbers up but find that their throwing suffers, and they don't throw as far as when they first picked up the discus, shot, or whatever.

In Brian Oldfield's notes posted in the picture section of his website, he states that 10 feet = 100 pounds. So on a linear

progression that means 1 foot = 10 pounds. So for our 250 pound bencher that adds 10 pounds to his bench, or his squat, that would be only another foot of distance. I know that working on technique can yield much larger gains in distance, sure as rain.

Many coaches are going to argue this with me, "David, 1 foot can be the difference between first and 8th place in our region". Granted, that is true, and I don't dispute that. But I think you have a better chance of getting that foot, and more, with more focus on the actual throwing. I've beaten a lot of weightlifters because I was/am a thrower and they were not. If you are training to throw, you need to throw, anything else is supplemental.

For June...and Father's Day

Daniel John

*This is another in the sad series
"articles I wrote that nobody would
publish..."*

There is a workshop that I have given perhaps thirty times. I get requests for it nearly every month. It is a simple little workshop really and the philosophy behind it drives my life. It is my "Work/Rest/Play/Pray" circle and I would like to just spend a few minutes discussing the idea.

In the Second Grade, Sister Maria Assumpta, put these four words on the board:

Work	Rest
Play	Pray

Work is simply your job, your training, your chores, your...It's all

those things that make you sweat and make you stress. It's opposite is rest. It can include sleep, but it includes walking the dog for me and just doing something simple like reading a book. She told us very simply that if we keep these four concepts in balance

A man's relationship to other men from the same family tree is, at best, awkward. Men seem to want to share their bonds with a bowl of chips and a game on the television and do not necessarily enjoy a wrapped present. In many conversations and experiences, most of us realize that the Gift of Time is the best gift of all. Being truly present with your father or son is the best present of all.

As someone who has lost his father 17 years ago and raising two daughters, I have a unique insight into the roles of "Father and Son." I coach hundreds of athletes and I watch the dynamics of Father and Son interactions daily. Rarely do I see dad and son connect. Consider taking a month to recommit and reconnect the best way men know how: let's workout. Let's play ball. Let's bowl. Let's go.

Part of this program includes watching three films, "Field of Dreams" with Kevin Costner, "Da," a brilliant 1988 film with Barnard Hughes and Martin Sheen, and, of course, the 1998 film with Roberto Benigni, "Life Is Beautiful." You see, appreciating another male, for example on Father's Day, is more than just another day to give dad a tie. It is also a day to figure out who YOU are. Oh, and watch the films alone: you can claim later that you didn't cry.

Week One:

30 Year Old Son and 60 Year Old Father
Pick up dad and drive off to a park.

Today, the workout is rather simple: Go for a walk. Don't bring a dog today, just you and dad. The key to this walk is three simple questions that you need to ask dad:

One: "What did you do after school as a kid?"

Two: "How did you and mom meet?"

Three: "What is the most shocking thing you can remember in your life?"

These three questions will provide a perfect length walk. Agree to meet next weekend, too.

30 Year Old Father and Six Year Old Son

Take your son bowling. Bowling might be the only sport you child can play that won't have crazy parents screaming at officials and the kids consuming more than 10,000 calories in sports drinks, treats, snacks and happy meals for playing an hour. (And we wonder why kids are slowly becoming more obese?) At the Bowling Alley, they will look at your son and ask "do you want bumpers?" Say, "no." That's right, your son is going to roll ball after ball into the gutter. Every so often, the ball will crawl all the way to the pins and he will knock one down. He will turn to you with a smile of accomplishment.

A few lanes away, a group of kids will be using those bumpers that keep the ball in and you will notice that they soon get it: it's no fun when you can't fail.

As you go home, tell your son, he needs to learn a few things to be stronger. At home, teach him the Push Up, the Plank, a light dumbbell swing and the Goblet Squat. Show him over and over the importance of keeping your chest up and hold perfect positions. For every rep he does, do five to ten perfectly yourself.

The next morning, walk as normally as you can and give him a wink and let him know you are so sore, but you are not going to show it.

This week, watch “Field of Dreams.”

Week Two:

30 Year Old Son and 60 Year Old Father

The single best gift you can give your father for a healthy future is a working knowledge of strength training. We continue to see the research for older men point to the amazing health benefits of lifting weights including everything from increased joint mobility to blood profile improvement. Part of this week’s workout is to find a gym that dad will fit in. Avoid glitz. Avoid meat markets...we are here for dad, not you.

Dad will probably surprise you with a working knowledge of the clean, the military press and a host of calisthenics mastered in something called “P.E. Class.” If the gym is machine based or barbell based, get him to do a basic light workout of three sets of eight.

Work the whole body:

Goblet Squats

Military Press (be a little careful with the Bench Press and older shoulders)

A Pull Up or a Lat Pull Machine

A light Deadlift

An ab exercise or ab machine

Demonstrate the exercises and work with dad set for set in the “You-Me” method, also know as the “I go/you go” system. When one of you finishes a set, the other steps in. Promise to return next week to train again with him and encourage him to come in twice a week on his own. His friends won’t recognize him in a few months.

30 Year Old Father and Six Year Old Son

I asked a number of my friends about this idea: I simply said “can you grab a ball and gloves and go play “catch?”” When I ask this, most people simply smile and remember golden times from youth, then realize there are two problems:

No ball.

No gloves.

So, sometime this week, spend the few dollars to buy low-end gloves and a couple of balls and let’s play catch. Be patient, throwing a ball is as complex and skilled a movement that a human can attempt. The timing of delivery mixed with this standard of accuracy will quickly make you understand when I told you to buy balls not a ball. You will get a workout shagging balls back and forth the lawn. While doing this, ask about his progress with Push Ups.

It’s all about progress. Slowly the number of throws that are within reach will increase. Slowly we will improve both our Push Up and the other lifts. Slowly. Again, try to increase your reps while demonstrating the lifts.

Keep yourself available for playing catch or doing the lifts after long days at work. It is cheaper than therapy and will be a fond memory for both of you.

This week, watch “Da.” I know, most people have never heard of the movie, but trust me.

Week Three

30 Year Old Son and 60 Year Old Father Meet dad at the gym. Encourage him to keep adding plates and to strive for excellent technique on the exercises. Like most dads, if he went twice during the week, he now has new gym buddies and a whole set of insights about training. Bring along two copies of Jeff Volek and Adam Campbell’s book: “Men's Health TNT Diet: The Explosive New Plan to Blast Fat, Build Muscle, and Get Healthy in 12 Weeks.” It is the single best one volume combination of sound diet and exercise advice you can find. Week One’s Workout B is pretty simple to follow and the subtle monthly training changes are easy to adapt to for anybody. Agree to commit to doing a TNT workout next Saturday.

After you finish the workout, drop over to a local Bowling Lane (“House” is the term the cool bowlers use) and play a few games. Most dads have their own shoes and ball. If you have a dad from a climate that has snow or you have any combinations of “c’s” or “z’s” in your last name, prepare to lose. Eat those addictive Bowling Lanes fries and enjoy a couple of games.

30 Year Old Father and Six Year Old Son

You might need to do some shopping again. There are several things a boy needs: a variety of balls (football, soccer, basketball, baseball and a ball that can be kicked around a lot), a dog, a baseball glove and a bike. If your son knows how to ride a bike, well, that is great. If not, it is time to teach him.

I can’t give any better advice than what you will find at <http://www.ibike.org/education/teaching-kids.htm>

Follow those directions and give your son a lifetime of alternative transportation. If you don’t have a bike, why not? I strongly recommend the Cruiser models with the old school coaster brakes and soft seats. Really, unless you are doing the Tour de France or serious rock hopping in Moab, most of your bicycle needs to can be addressed by a low tech cruiser. Keep working on your son’s technique and take a long ride yourself.

This week, watch “Life is Beautiful.”

Week Four

30 Year Old Son and 60 Year Old Father Once again, meet at the gym and experiment with the exercises from TNT’s Weeks 1-4, Workout A:
Static Lunge
Incline Dumbbell Bench Press
Hip Extension
Seated Row to Neck
Prone Cobra

The Cobra will also introduce the issues with flexibility. Now, as great as Hot Yoga can be for the body, it might not be your job to introduce dad to it. Make a commitment to stretching several times a week and take some time today working on properly stretching the hip flexors, the pectorals, and the hamstrings, the three muscle groups that seem to stiffen up more with age. Not a bad bit of advice for a 30 year old but nearly mandatory for a 60 year old.

Finish the workout by gathering everybody for a barbeque. Slap

everything on the grill, steaks, chicken breasts, burgers, veggies and anything else that sounds good. Share technique secrets. Don't have one? Here you go: Always use tongs, not spatulas or knives when cooking meat. Don't cut or poke or puncture good meat. Grab it and flip it to keep the juices in.

Enjoy yourself with your father.

30 Year Old Father and Six Year Old Son

Gather up some balls, gloves and the bikes and head over to the park for a couple of hours of catch and riding around and general goofiness. Enjoy every minute of it because this is what "it" is all about. If you decide to go out to eat, find a place that makes you sit down and order a meal and eat foods that don't need to be supersized. Try to model proper etiquette and treat the wait staff with dignity and appreciation. He's watching you for clues about which knife goes where, when to say "Please" and "Thank you." These are modeled behaviors, so be a good role model. Finish up with a last game of catch.

30 Year Old Father and Six Year Old Son...and your 60 year father

Gather up everybody and go to a minor league baseball game. Buy the best seats you can and get as close to the action as possible. Try to snag a foul ball. Stand up and sing whenever everybody else does. No, it's not a workout, but it's a lot of fun.

The End



This is my family. This year, we lost Jasper, our cat, and just the other day, Lexie, our dog and the star of my DVDs.

If you want to know more about how I think you can help your kids, I have a little booklet in "The Book" section called "From Dad, To Grad."

Let's continue to make "Get Up" the most unique newsletter the world has ever seen.

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