

## Something you should know...

On July 3, 2006, Coach Ralph Maughan of Utah State died. He changed my life. Here is the short note I wrote about him on t-nation:

“My college coach, Ralph Maughan, died last night. It is not possible to overstate his importance in my life. He was certainly my coach, my mentor and my friend. He was also the guy we all wished to be:

Played in the NFL (Lions)

Olympian (Hammer)

National Champ (Javelin)

Wounded and medaled at the Battle of the Bulge

and that is only part of it! He never wanted any more than to make his athletes, his Aggies, into better people.

Most of my "tricks," the two day lag rule, the light/heavy/80% training, the year round approach, "everything works...for a time," are all products of his practical mind.

To say I will miss him is an understatement. He never lost faith in me and believed that I could be the best thrower in school history...even as undersized as I was. He understood "forgive and forget" better than any person I have ever met.

He died on my parent's wedding anniversary and all I can think is that the three of them are in a better place continually supporting my efforts...in my small way...to make myself and those I touch a bit happier.

Let Perpetual Light Shine Upon Them.”

A few “Coach Maughanisms” to light your day:

“Be reasonable. Do it my way.”

“You throw with your whole body. So, lift with your whole body.”

“Become a slave to good habits.”

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*.

### Mid-Year Review

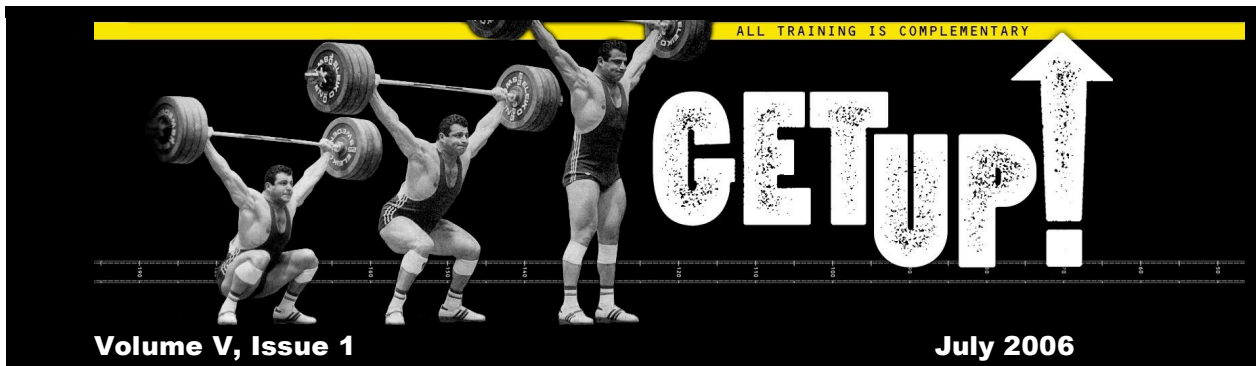
**Rick Eklof**

*“Training with Twins.” “Training with the Olympic Shot Put Champ.” Go ahead...find another author as broad as Rick Eklof! A good friend of Get Up, it’s nice to have him back...*

Well I’m six months into my new training philosophy, so it’s time for a “mid-year review”. The results have been mostly positive, but as always there is room for improvement and modification.

One of the positive has been lowering my bodyweight from 265 to 251 lbs. I really haven’t made any radical diet changes. The biggest change has been replacing most of my consumptions of sodas and diet soda with unsweetened iced tea. I’d like to be around 240 lbs by year end, but it’s really a matter of overall body composition more than anything.

My throwing has been going extremely well this year. At my first highland games of the year in Odessa, I won 6 out of 8 events, threw 5 pr’s and won the C



class. At my second games of the year in Arlington I had 3 more pr's (including a 4' pr in the sheaf) and missed 3<sup>rd</sup> place in the B's by half a point (finishing last in the caber killed me). Congrats to Kyle Speer for winning the class in a close battle with Jonathan "TreeKiller" Irvin. Now get the hell outta my class!!

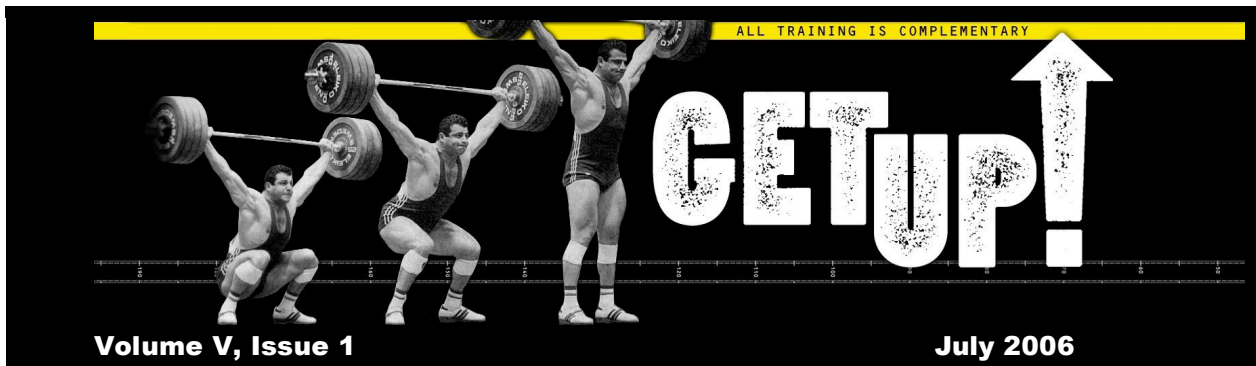
As far as the testing that my friends, Chase and Thomas, and I have been doing the only area where I have made any real improvement has been in my sprint speed. Thomas and Chase have both made improvements across the board. Congrats to both of them!!!

One of the additions that I had added to my routine was cardio. At the beginning of the year most of it came from pushing my twins in their stroller for 1-2 hours on Saturdays and Sundays. One thing that would crack me up while I was walking the streets of my neighborhood was how people would react to me. While pushing the stroller, people I didn't know would stop me and talk to me and people driving by would wave to me. Two or three hours later when I would be throwing at the school 4 blocks from my house, nobody would even make eye contact with me as they walked or drove past. I would run some sprints after throwing or do my "modified" (this is a PG-rated publication) Litinov workout. Instead of front squats, I would hold a WFD implement at arm's length and do as

many squats as possible keeping the ring at eye level, followed immediately by a 20-80 yard sprint.

Most of the changes that I making for the second half of the year came from conversations that I had with the pros at or via email after the Arlington games. The Friday night before the games I picked up Greg Hadley and Will Barron at the airport. I appreciate them sharing some training ideas with me. It was interesting to hear how in some ways their training was similar and how it differed. Greg has posted some serious weight room numbers including a 505 lb front squat, but has not thrown for as long as Will has. Will threw collegiately, but has weight room numbers more along the lines of mine. Both really emphasized the importance of really learn the technique of the events to someone like myself who is relatively new to the games. Friday night at the clinic Dave Brown worked one on one with me on the WFD's. Hopefully the three months that I have until my next games will allow me to put the drills that they showed me into effect and really improve my throws.

That Friday night I got to go eat dinner with the pro's along with Francis Brebner, who was announcing the games. Now for those of you who don't know who Francis is, he is the seven time world caber champion and 1 or 3 (or 4) people who have lifted the Inver



Stone overhead. If there was ever a time for me to shut up and just listen this was one of those times. To hear Francis tell stories of his career was memorable experience. I got a few diet ideas from Mike Zolkiewicz. Where in the past I have used low carb dieting to help me with weight loss, but would generally feel like crap. Z gave me some ideas on the importance of consuming the right type of carbs to make sure that I don't dehydrate in the Texas heat, but watching my fat intake.

Speaking of the heat, it has gotten too hot here in Dallas to take my twins for 2 hour walks, so I've changed my cardio to shorter duration, higher intensity work. Once or twice a week I'm playing basketball at lunch at work. I'm also taking a page out of the Mike Baab playbook and doing 10 minutes of jump rope once or twice a week (still can't go 10 minutes without a miss, but I'm working on that).

Since I'm focusing on improving my throwing technique, I'm going to limit my lifting to 2 days a week. The new plan is to squat and push press one day and do Olympic lifts and back work another day. If Chase, Thomas and I are going to have a testing/strongman day, then one of the lifting sessions will be dropped that week.

Well that's the plan for the rest of the year. The rubber will hit the road when

games start picking up again here in September. Until then it's time to go train!!

## The "Gary" Column

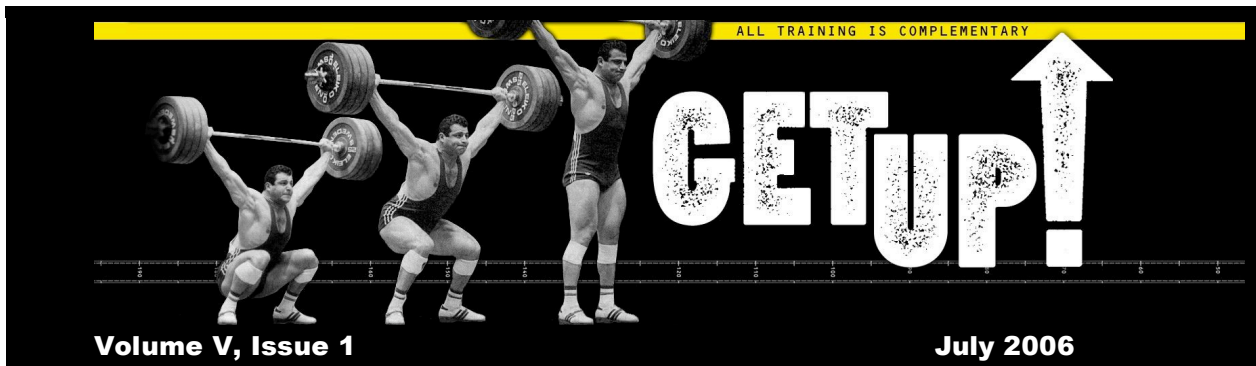
**Gary John**

*Gary is a "young" thrower in his mid-50's. He is also the Editor's brother and so he gets all what is due to a GU writer: free parking, mints and almonds!*

Since I started throwing in the middle of 2003, Dan has been comparing my experience to that of a new high school athlete. From last September, he has been telling me that I would blossom as a thrower, because I was now in my "junior" year. Yeah right!

In Dan's world, I would finally start to get it. All the drills, the throwing, watching videos, competing... would jell and my marks would take off. The hammer and the weight were new, so, of course I was going to get better. My discus had stagnated and I was losing interest in that event. I could still throw 110, maybe even sneak in a 114, but I had stalled out.

Luckily, since I was now throwing the shot, weight, and hammer, my enthusiasm stayed high. Throwing is my addiction. I can go across the street and throw whenever I want. It gets me outside, out of the house, and working out. When the pressure of owning a company gets too much, there is nothing like taking 30 throws with the weight.



With more throwing, I started to notice certain symmetry with the different implements. The need to engage the hips, grind the feet into the ring, and extend the arms at the end of each throw. Less thinking about what I was doing and just let it happen. My practice throws for everything but the discus improved.

In late May, I had a “surprise” meet. The open PAUSTTF championships were about two miles from my house. I found out about it at the last minute, so I just went and threw. I only threw the hammer and discus. Neither were very good, just wasn’t ready. Sometimes, a bad meet is the best motivator.

Spent the next month working hard, especially on the discus. I’d already planned to go to the Hayward Classic in Eugene, and follow the next week with the Masters championship for North California. I kept thinking about this being my junior year. There was a difference, I was finding little flaws in technique and just kept cleaning them up.

In Eugene, I threw great. Did five events and got PR’s by 5 feet in the hammer to 111’2”, by 4 feet in the 56# weight and a pretty discus throw of 116’2”. Ended up with 5 silver medals.

The Norcal Masters was July 1<sup>st</sup>, so I ended up sneaking in a meet at Los Gatos on Thursday, June 29<sup>th</sup>. Only threw the shot and discus. PR’d both

with a 32’5” and a 119’10”. That was almost two feet on my discus.

Finished up at Norcal with another PR in the hammer at 117’1”. Threw everything well, but the weight. We were two hours late with the weight throw, and I was frankly done. Got five PR’s in eight days.

Nice thing about all this, at each meet, another good thrower was pointing out minor technical errors I needed to work on. The quick feedback, put right back into practice, resulted in longer throws. Maybe Dan may have something about this whole “junior” year. I almost know what I’m doing.

### **Instant Discus Camp Review**

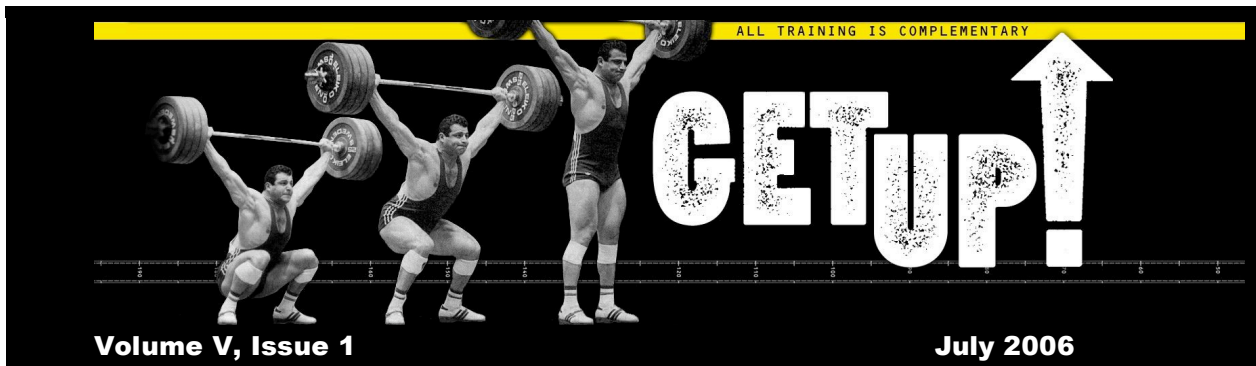
**Editor in Chief**

*I’ll do my best to “flesh this out,” but this is good stuff and needs to get out there!*

A guy from Kentucky, a guy from West Virginia and a guy from Vermont are trying to fix a sewer pipe with duct tape. I kid you not....

That’s my favorite memory from camp...but formally I learned some stuff, too:

Keeping the eye on “different” thinking is very important. We discussed at length a hurdle coaching idea of improving speed...don’t use every hurdle. One workout, place these hurdles on the track:



1-2-3-----5-6-7----

Next time:

1-2-3----7-8-9-

Next time:

1-2-3-4-5-----

(It turns out that you ALWAYS need to do the first three hurdles.) What you are doing by eliminating hurdles is teaching the whole event but reducing the stress while you improve speed...a nice little combo. So, I think the merit of this thinking process is not unlike doing 7 on 7 drills one day in football, the next day do half-line drills, and the third day do another variation..."same, but different."

I also read an article by Dr. Randall Strossen in Milo where Superheavy weight Olympic Champion Hossein Reza Zedah's training was outlined.

Working out twice a day, six times a week, Zedah has a lighter morning workout:

Power Snatch

70 x 3 singles

120 x 3 singles

170 x 3 singles (these are all in kilos, but many of our readers might not be able to do this in pounds...)

Power Clean and Jerks

Singles with 120, 170 and 220 (!)

Front Squats

220 x 2

270 x 2

300 or 320 x 1

Afternoon Workout:

Snatch

Singles with 70, 120, 170, 200

Clean and Jerk

Singles with 120, 170, 220 and either 250 or 260

Back Squats

Singles with 270, 320 and 370

(Also, 12 hours sleep a day and three to four times the normal amount of food!)

Bests: PS 200 with Straps, PC 245

Meet Warmups

Snatch

Singles with 70, 120, 150, 170 and 200 (Opens at 205)

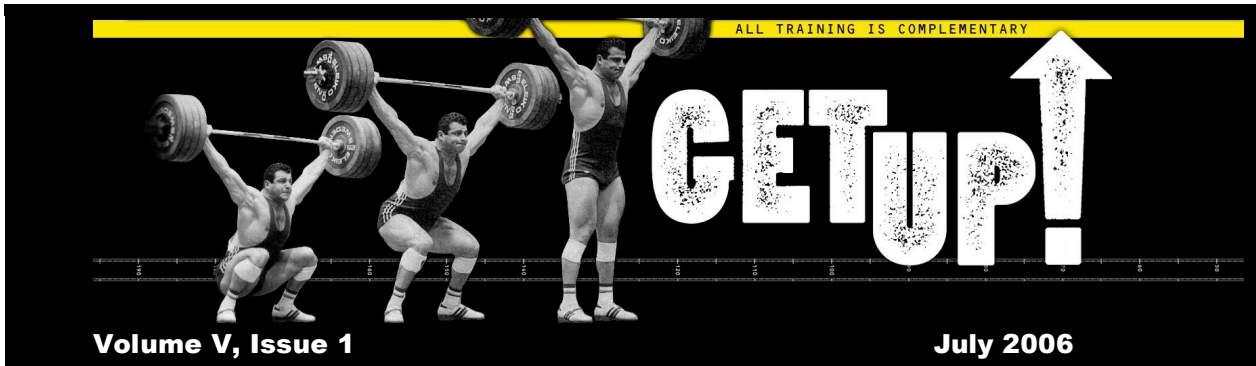
Clean and Jerk 120 (PC, then C and J), 170, 170, 220 (Opens with 250)

I sat back after reading this (Oh, and thanks to Mike Rosenberg for donating ALL the Milo Magazines to the Murray Institute for Lifelong Fitness Archives!) and I realized that I was doing stuff wrong in the weight room. Remember the two "truths" of throwing?

Smooth goes far.

Fit goes far.

So, if 12 or so total lifts in the weightroom are enough...why do more?



From Bill Witt: Javelin needs to be heavy on the thumb, Check the time in the crossover, and ruin the shoelaces...

Great discus drill: two powerballs in the off hand. Do a bunch of turns. Smooths out the whole left side action.

You have to "Dance with the Implement." Think of Fred and Ginger...Fred doesn't get a big lead on Ginger and yank her around...they flow together. Together...they dance.

Quick Idea:  
Backwards Farmer Bars up hills.  
Backwards sled drags up a hill. Best quad work I have done in years...



Ah...Discus Camp! My daughter and her friends discussing the right foot work with Greg....

Switching sides on the Scottish Hammer throw is important: throw right, throw left!

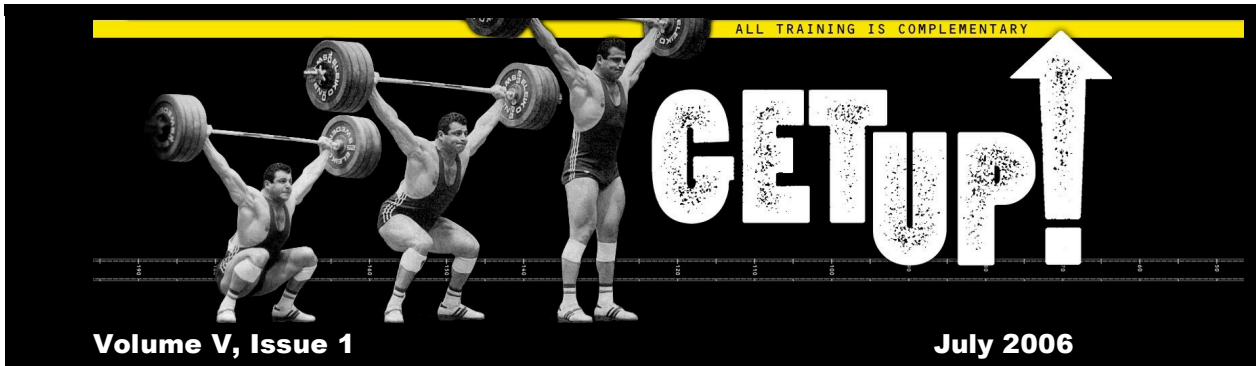
Also, this camp mastered throwing faster than any in history...why? Maybe the next article?

## Results of Brian Oldfield Highland Games 2006



### 72LB Stone

Lonnie – 12' 1"  
 Dan – 13' 11"  
 Mike P. - 16' 2"  
 Dave – 11' 7"  
 Mike R – 11' 11"  
 Greg – 12' 6"  
 Kara – 8'  
 Seth – 8' 2"  
 Chris – 13' 7"  
 Matt – 11' 8"  
 Greg M. – no mark



**60lb Stone**

Lonnie – 15’  
 Dan – 18’6’’  
 Mike P. – 21’8’’  
 Dave – 14’5’’  
 Mike R. – 12’10’’  
 Greg -15’10 1/2’’  
 Kara - 10’  
 Seth – 10’5’’  
 Chris 17’ 1 1/2’’  
 Matt – 15’  
 Greg. M – No mark



*Or crack team of officials attempting to insure victory for the Editor...*

**56lb WFD**

Lonnie – 13’5’’  
 Dan – 28’7’’  
 Mike P. – 36’5’’  
 Dave - 18’ 4 1/2’’  
 Mike R. – 17’  
 Greg – 21’3’’  
 Kara – 9’5’’  
 Seth – 10’10’’  
 Chris - 12’8’’  
 Matt – 19’3’’  
 Greg M. – 18’ 7’’

**40lb Stone**

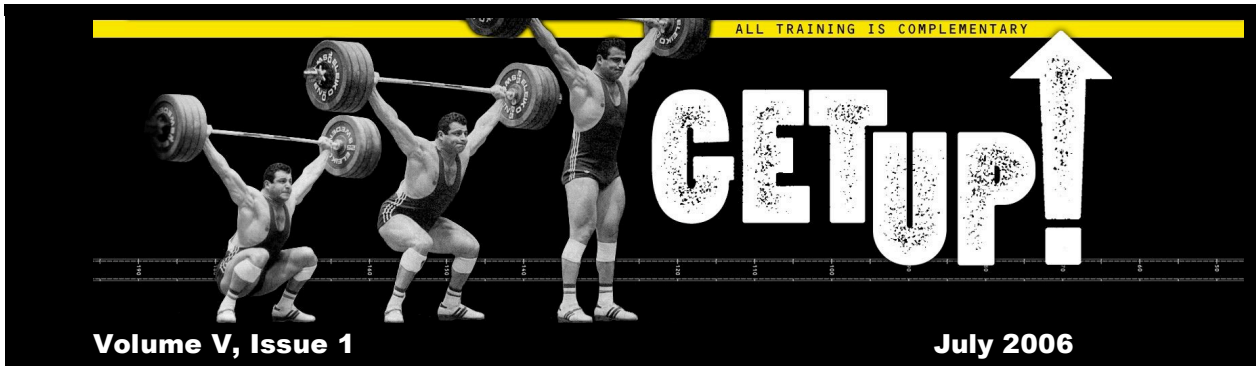
Lonnie 17’2’’  
 Dan – 19’ 5 1/2’’  
 Mike P. – 23’7’’  
 Dave – 15’8’’  
 Mike R. – 15’6’’  
 Greg – 17’9’’  
 Kara – 10’11’’  
 Seth – 11’6’’  
 Chris – 19’6’’  
 Matt – 16’6’’  
 Greg M. – No Mark

**28 WFD**

Lonnie – 34’  
 Dan – 60’8’’  
 Mike P. – 71’3’’  
 Dave - 44’5’’  
 Mike R. - 39’8’’  
 Greg – 48’7’’  
 Kara - 21’2’’  
 Seth - 23’2’’  
 Chris – 36’2’’  
 Matt – 44’5’’  
 Greg M. – 40’7’’

**Light Stone (17.5lbs)**

Lonnie – 32’2’’  
 Dan – 37’9’’  
 Mike P – 46’6 1/2 ‘’  
 Dave – 31’9 1/2’’  
 Mike R. – 27’ 3’’  
 Greg – 35’3’’  
 Kara - 19’4’’  
 Seth 18’9’’  
 Chris – 35’6’’  
 Matt – 31’9  
 Greg M. No Mark



### Scottish Hammer

- Lonnie – 77’9”
- Dan -114’ 9”
- Mike P. – No mark
- Dave 90’1”
- Mike R. – 78’8”
- Greg 81’4”
- Kara – 51’8”
- Seth – 47’11”
- Chris 71’2”
- Matt 93’2”
- Greg M. – 85’8”

### Down, but Not Out!

**Troy Anderson**

*Troy M Anderson is an strength and conditioning coach, based in Tempe, AZ. For more strength and conditioning information stop by [www.liftdragcarry.com](http://www.liftdragcarry.com). Or you can contact Coach Anderson by: e-mail [info@bluecollarathlete.com](mailto:info@bluecollarathlete.com)*

The one biggest fear any athlete has is getting injured more specifically, getting injured before a major competition. Of course I wouldn't be sitting here writing this if hadn't just happened to me.



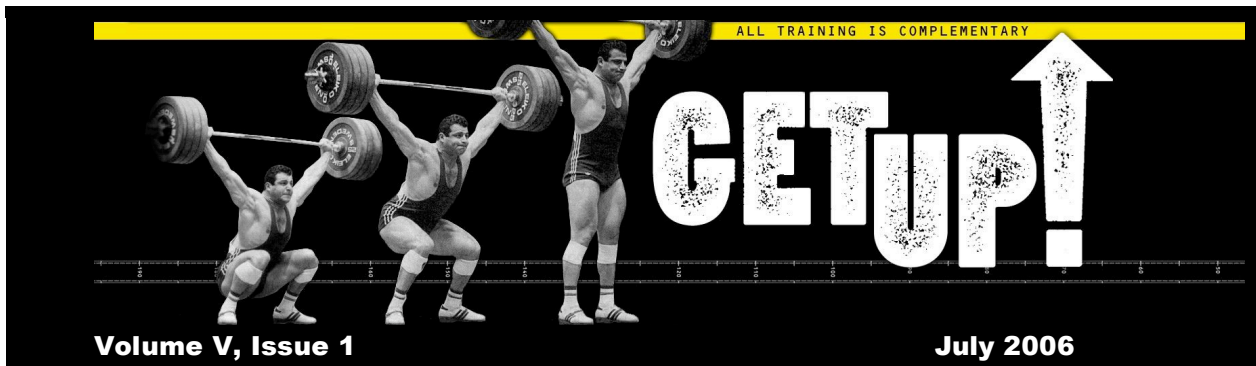
Brian also brought a video of some 8mm films he had from his Highland Games efforts. Fun stuff and it is amazing how important HG is to throwing...



Brian O!

In my sport of Australian Rules Football, it's not a matter of if you pull a hamstring it a matter of when. The following article will describe my injury cycle from beginning to end and share a handle full of tips that helped manage the situation.

It all started a blazing hot (*this is important*) Wednesday afternoon I, was running a few errands for my business and actually getting my pre-competition massage; when everything started to go down the crammer. To start off the calamity I had vehicle troubles, which in turned led to me being late for practice. When I finally got there, I spent a decent amount of time warming up, and "getting into the flow" when it happened, I made lead out for an under kicked ball and I felt that telltale twinge of a pulled hamstring; my first thought was "I hope it's not too bad"; unfortunately it was. Once I realized



this problem I mind started racing on how I was going to get well enough to play in just 2 days time. I figured I was along shot at best and would be lucky to get 5 minutes out of the busted hamstring; but I was going to give it the old college try.

First things were first get home and put of ice on it. (*man, if ice isn't the best recovery tool out there I don't know what is.*)

The next day it was off to my chiropractor's office to get some ultrasound and muscle stim. I repeated the icing and treatment process for the next two days.

Things were starting to feel better but I was still very skeptical; but I wasn't going to be denied. So I packed up my bags on Friday afternoon and got ready to hit the road. Thankfully I was able to borrow a muscle stim unit, and planned using it along with plenty of ice for frequent treatments throughout the weekend.

### ***Just how dedicated to this treatment regimen?***

I was so dedicated that I even put the stim unit during the six hour drive to California; and then iced and used the stim unit again when got into our room at 11pm.

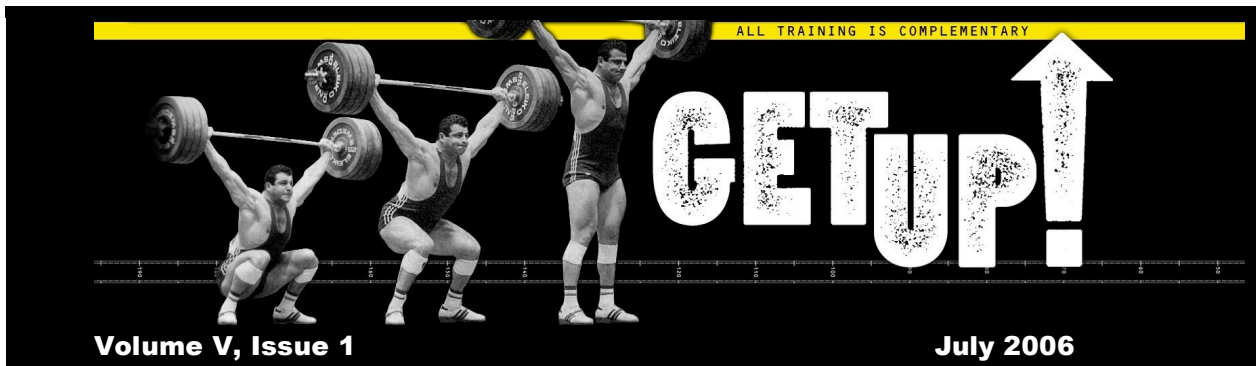
All told over the 3 days prior to/during the competition; I used ice and some type of stim or ultra-sound treatment 8 times, this consumed approximately 4 hours of time during those 3 days.

### ***Was it worth it?***

On Saturday morning I step out on the field at 8:30 warm-up for our game, and after working through a few drills I was pretty skeptical of what kind of effort I would be provide. However, I kept moving through the warm-up in hopes that it would "loosen up". Come game time I stepped into my position, intent upon playing and hoping it would be for the whole game. Much to my surprise was able to. I didn't have much sprint speed but I was able to run and cover ground for the whole game. To make a long story short with a happy ending, my injury seemed to be getting better during course of the 3 game competitions. By the 3rd game the injury was nearly a distance memory and was playing a nearly full capacity.

By the time it was all said and done I had to consider this a successful weekend, based o the fact that: I was able to play in all three games without further injury and perform at a higher level as the competition went on.

Here are few take home thoughts that might be valuable to any athlete



attempting to deal with being injured and not having a lot of time to take action:

- Just because your down doesn't mean you are out. I could have easily given up and just wrote off the competition but I made decision to pursue the best treatment available to me and see where it would take me.
- There's a lot to you can accomplish if you are dedicated to the cause. Were 8 treatments in 3 days a pain the butt? Yep. Was it worth it? Absolutely!
- I understand that not everyone has the same resources available that I had; however at a minimum everyone has access to ice and those little frozen water crystals played as great a role as any in my recovery.

**Here's my laundry list of recovery tools:**

1. ICE
2. Hi-volt/ultra-sound (only in chiropractic office)
3. Portable muscle stim unit
4. Neoprene sleeve (this was another lifesaver)
5. BCAA's (branch chain amino acids) I had some and figured it couldn't hurt so I started to take a full dose every day.

- Stay in the game. I could have easily gone out and push really hard in that first game and the blown my hamstring. But I was smart enough to realize that if I played within my abilities I could help the team that game and live to fight another day. I guess that is part of becoming a "mature athlete"

*I am nearly 100% positive the cause of my injury was a result of dehydration, incurred "running around" during my hectic day. So all you athletes need to drink up, (water that is) especially during the summer months.*

As is the case with a lot of injuries; they kind of sneak up on you when you least expect it. My case was no different I had been training hard and was in good condition; and one small oversight lead to injury. I hope all the readers out there have an injury-free summer; however if you don't I just wanted to share few things that worked for me and to let you know that you can be down but it still your decision to be to be out.

Published by Daniel John  
Daniel John, Editor  
Copyright © Daniel John, 2005  
All Rights Reserved

Any unauthorized reproduction is strictly prohibited.