

# GET UP!

Volume 1, Issue 1

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## Welcome Aboard!

In the past few years, those of us in the lifting and throwing game have seen a number of newsletters and magazines come and go. Many of these were excellent, but the “market” was too

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small to make anything pay off.

“Get UP!” is dedicated to all those who lift and struggle on the field and weightroom. The upside of Get UP! is that it does not expect to break even, nor make a profit. It is free. The downside is simply that the first few issues will be written...mostly...by the Editor.

Oh, “Get UP!” has no true meaning, just a phrase you hear a lot in lifting meets and football practice. The focus of the newsletter will be the same as the websites...real information that works for most strength and power athletes. There will be an emphasis on “complementary training,” competing in one discipline to help another, like Highland Games to help discuss throwing. Throughout the newsletter, I will include short blurbs about nutrition and training.

## “Phase Training” for the Master Athlete

About two years ago, John Powell and I had a long conversation about training past the age of forty. John, for those of you who may not know, is the former world record holder in the discus and holds two bronze medals from the Olympics...as well as a Silver medal from the world championships at *age forty!*

John broke down “past forty” training into two basic “phases:” Phase One, which may last from 30 days to 30 years, and Phase Two,

the key to superlative performance in **not only** the Master Athlete, but everyone else, too.

Yet, none of this came clear to me until after the Northwest Regional Masters Track and Field meet when George Mathews mentioned that “the problem with being a Master is the loss of muscle mass.” He noted that at a certain age, you suddenly become frozen, it seems. Hypertrophy, the building of muscle mass, seemed to be the answer.

The problem? The traditional means of periodizing, building up one’s training over a few months was shaped like this:

**Period One:** Hypertrophy (Good old Bodybuilding)

**Period Two:** Basic Strength Time (Go Heavy, Go Hard, Go Home)

**Period Three:** Basic Power Stage (This is when one starts lifting faster in the weight room, more emphasis on speed on the track)

**Competition**...compete

**Period Five:** Recovery (an active rest period of a few weeks where one backs way off and lets the mind and muscles heal.

For the older athlete, this may still work, but John noted that there was a key element missing *Passion!* George also pointed out that the loss of hypertrophy (muscle mass) was the missing.

An overview:

### Phase One

This could last as long as a whole career. Basically, it is the “nerve and muscle” stage. One learns the techniques of the sport and ingrains a simpler and smoother method of performance. Ideally, one would begin with a full blood profile test, I would argue for HDL and Triglycerides to be monitored throughout one’s adult life. John Powell added testosterone and DHEA levels for men, too.

During training, one strives for, first, correctly performing all the movements...from lifting to jumping to the competitive movement. Second, John recommends repetitive, but rhythmic, sets of “big lifts,” i.e. squats, cleans and snatches.

John had an illumination in his throwing career when he talked with World Shot Put champion Peter Sarul and then members of the British Javelin team...who were very

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successful at the time. They told him about this workout:

**Power Clean: 60K x 10**

**Squat: 70K x 10**

**Power Snatch: 50K x 10**

**Front Squat: 60K x 10**

**Crunches: 25**

You did these in a circuit, one after another, then tracked your heart rate on completion. You did this cluster for three sets. As your heart rate would go down (over time), obviously your



conditioning was better. Also, your total circuit time should try to go down, too.

John discovered that these “fast” workouts focusing on speed and condition, led him to his lifetime best throws. (On the left, John at his peak.)

For basic training, John believes that repetition is the mother of instruction in Phase One. He thought any drill that one could do over and over...while focusing on making the technique simpler and simpler... would be the key. For a discus thrower, he recommended doing the turn forwards and backwards (without throwing) with an overweight implement, then going through a workout.

In every sport, there are drills that ingrain technique. Here is a basic “learning to snatch” routine from internet guru MLL:

## **Every workout:**

1. A set of 20 snatch drops, settling into the low position, trying to feel the stretch and attempting to do ‘em with 10 under your heels and then 5’s and then nothing (if you could wear shoes with a heel it would be great).
2. 50 snatches from the high hang. You are training yourself to explode with the bar.
3. 20 snatches from the high hang while attempting to jump under the bar. You have to train yourself to jump the bar up and then at exactly the right moment jump under the bar
4. Overhead squats: 2 sets of 5 with bar  
2 sets of 5 with 65  
2 sets of five with 85  
2 sets of five with 95.

You should be able to do all this in a half hour.

Not a bad idea. But how to move on?

## **Phase Two**

John had only one word: *Passion*. From the Latin, “to suffer,” I can’t think of a better word to describe the Love/Hate/Suffer/Fury that is required to improve as an athlete. Sadly, many young athletes have all the physical gifts, yet no passion. “The Love of the Game” is a perfect title...for a disappointing movie.

Passion. Well, how do we get it? Master athletes can teach the youth here:

1. Travel to a lot of meets.
2. Hang out with your competition for long periods afterwards.
3. Read everything, watch everything you can about your sport.
4. Travel some more. Hang out some more. Learn more.
5. Spend **your** money on your sport!
6. See number four above!

Yet, something is missing. I think George hit it on the head when he discussed hypertrophy. For Phase One, we can focus on speed and technique (nerve and muscle), but in Phase Two...as we build passion in our hearts...we need to build muscles in our body.

As a matter of interest, short spurts of intense training increases the natural Growth Hormones of the body...the anti-aging drugs. In Phase Two, a serious attempt to both raise GH and build muscle are a yin-yang relationship!

The research, although it is tough to discover, seems to point to several things, if you want to increase GH (and hypertrophy).

1. Eat some protein before lifting...ten to twenty grams.
2. Monitor rest periods between sets (one minute rests have shown, in some studies, to spike GH)
3. Use “full body” lifts, such as my favorites:

*Power Clean and Front Squat*

*Power Curl*

*Clean and Press*

*Overhead Squat*

*Good Morning or variations*

*Clean grip snatch*

*Power snatch*

4. Don’t be afraid to “bodybuild.” Get those arm curls, triceps extensions, lat pulls, whatever.

Put your time in during Phase Two building your **Passion and Body**.

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"Magnesium is essential, not just for relaxing muscles and thus avoiding muscle cramps and spasms, it is also necessary for the maintenance of hormone levels, especially testosterone."

Ori Hofmekler

## Donate Blood!

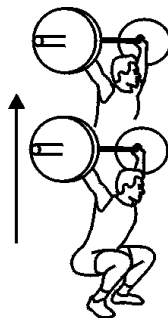
As you guys who have been around know, I give blood as often as I can, four or five times a year. I usually pass out, but I have been giving blood since 1978 and I keep coming back. I had a great talk with all the nice gals at the Red Cross, believe it or not, I usually get into conversations about health, lifting and theology.

Well, the research is getting clearer and clearer (of course, the Red Cross would push this point anyway) that giving blood is one of the healthiest things a man can do! It lowers the blood iron levels, a good thing: you don't want "rust," and it helps the blood flow "easier" through the system. The nice young girls (don't tell my wife about my "nurse problem") also sang the praises of high protein diets for health and the evils of sugar, simple carbs, and, one even included, starches.

My point: for long term health benefits and free drinks, give blood. I feel great after I do it because it is over, plus it is good for the community. I figure when I die, I will stand before "The ONE who made all" and I will hear a litany of all the great sins I have done. A long litany. I am hoping someone will yell from the back: "Hey, I got some of his blood." And I will hear: "Okay, whatever, come on in."

"One of Tommy Kono's more famous sayings is "less is more." Due to this schedule change I'm gonna find out. Mike Huszka said a few years back that if he could power snatch 70 kg for a triple in training that he could start in the snatch with full confidence with 90 kg. The trick as a master is to find out how much work gets a decent result without turning you into a pile of rubble in very short order. You can't train if you're hurt...so unless you have an unfulfilled death wish, it makes much more sense to train moderately than to beat yourself up continually. Results are good and you feel a whole lot better. As a master that's supposedly what I'm after anyway. So, enough of my theories...I hope that you are able to train and that things are well with you."

*From Fred Lowe's post on Go Heavy. Fred is one of USA's finest lifters ever...and continues to amaze people as a master.*



## The Overhead Squat

"I would only do one exercise, if I could do it all over again," Chris told me. "Really? Which one?" "Overhead Squats." I thought he was joking. Sure, I had done a few and I thought they never really amounted to anything. "This coach in California won't let his guys throw until they can do fifteen reps with bodyweight." What? Fifteen?

"It makes you one piece, an animal." (From "The Overhead Squat Article")

## What did you have for Breakfast?

This question: "What did you have for Breakfast?" is the answer to all questions and the question to all answers. "I want to gain weight, I want to lose weight, I want to lift more" were all answered by Dick with "What did you have for Breakfast?"

**A good breakfast: Meat, eggs, other stuff**

**A bad breakfast: Not meat, eggs, other stuff**

Note: the all-time answer by a young new lifter: "I had a great breakfast: seven bowls of Cheerios!"

*From "The Dick Notmeyer Glossary."*

## Adam Nelson on Throwing

When you do your stands, your primary concern shouldn't be the distance you throw but the distance you push on the ball. For example, the longer you push on the ball the more force you apply on it, the farther it will go eventually.

Always keep an idea of how you want to throw in your head. Never lose sight of that. Personally, I don't do a lot of drills. I do stands and overheads for timing and to check my power. For the most part, I do all my technical work out of the full, because I find that when I break it down I can't stream everything together to fit in the full."

*Nelson is currently the leading shot putter in the world.*