

GET UP!

Volume 1, Issue 10

II October 2002



<http://sportkilt.com>

If you like Highland Games...throwing heavy stuff, but you can't see dropping over \$300 for a kilt, see our friends at sportkilt.

Off Season!

I officially started my "off-season" this weekend. Even with a fractured wrist and surgery, I still managed to lift in five Olympic lifting meets (including the Masters Nationals in Baton Rouge), compete in three Highland Games, and throw in two track meets (including the Superheavyweight Throws Championships in Seattle). What did I learn?

Dunno. Maybe next issue...

I do know that I need to take a little time off to rethink and recover, before pushing ahead again. First, let's think about our mission!

Let's not forget our mission:

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**.

Waiter's Walk and Stone Throw Shuttle--GPP Training

Todd Taylor

Todd is quickly becoming our number one author!

Todd is a senior citizen hammer thrower who does some coaching and helps anybody who is interested in improving. As a master's competitor, he has won USA Track & Field Masters National Championships. He states: "By nature I am an "analytical" type and I have also had the benefit of some of the best coaching available. My purpose is simply sharing what I have learned, what I think makes sense in terms of ease of comprehension, and what verbal and imagery cues work for me. I hope that you find it beneficial in being able to learn and enjoy this unique event. I have made attributions to coaches/athletes where appropriate."

***The Taylor Throwers**—my wife, Joyce is also an accomplished thrower and Masters National Champion. **Mighty Mite Throwers**—the unofficial club for the super stud hammer throwers who are less than six feet in height; especially those of us in the 67"—69" vertically challenged category with short levers. **Portland Masters Track Club**—great camaraderie and great fun to compete with and against others and cheer each other on.*



The Inspiration

Inspired by Dan John's Waiter's Walk as a variation on the Farmer's Walk, I decided to try a Waiter's Walk Shuttle, i.e., repetitive walks for distance while hoisting a heavy object overhead. On one of our beautiful, sunny Fall weekend days in Oregon, we drove the pickup truck to a local river (shhh!...this is environmentally correct Earth Liberation Front Country...don't want them blowing up my house) to look for big boulders. Oh...the "we" is the Ironwoman who trains with me.

Stone Selection

So...here we are with the Fall leaves in gold and red floating by in the cascading water and the midday sun reflecting off the surface. Since rain has been nonexistent for awhile, the riverbed was quite exposed and broad with an ample selection of boulders. Originally, the thought was to just grab a boulder that one could pick up comfortably and hold overhead without too much tension. I grabbed one that felt about right and so did my wife, but then I went to grab one more that I thought would challenge me. Keep in mind that at this point, I wasn't really sure how this Waiter's Walk Shuttle was going to work except that I planned to do multiple carries of different weight boulders. So one of my selection criteria was being able to pick up the boulder and have some angles or holds for a comfortable grip while fully extended overhead.

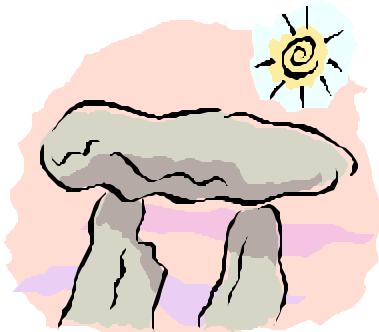
Once the selection was made, then there was the traverse over the rocky shore and path in the woods

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back to the pickup. I found out right there that this was going to be something different for a General Preparation Phase (GPP) exercise, as I tried to do a modified Farmer's Walk of both boulders at once with one on each hip...not! Abandoning that plan, I took the heaviest one first and then went back for the second. The boulders sat on the patio for about a week and then I weighed them...100#, 70#, 38#. The 100# is basically flat about 8" high and 22" in length and roughly the shape of the state of Texas...had a little tip at the end. The 70# is about 18" in length and shaped like a big jelly bean; it was smooth but also had some indentations here and there that would assist with gripping it. The 38# my wife selected is shaped somewhat like a snail's shell.



Waiter's Walk Shuttle

Couple weeks later at the start of the 2nd Microcycle in my GPP for next season, I decided to have my first training sessions. For a workout warm-up I just did a few arm circles and bodyweight squats. I first established a baseline distance by picking up the 100#, cleaning to the chest, pressing overhead and then walking as far as I could before I felt uncomfortable balancing it with my arms. The baseline walk was 129', so I made it a nice round 130' and set the 70# at the other end, then carried then 38# up with the big boy. My gut hunch was that I could go 50 yds (150'), and I probably could have for the single walk with the 100#, but since I was going to do a shuttle with all three boulders I wanted to make sure I got through it without killing myself, i.e., a triceps failure that would result in me being pile driven into the ground or TKO'd on the spot!!

I decided that I would time myself for the elapsed time of all three boulders. Since I was using my sports watch on my wrist with the stopwatch feature, I pushed the button then dropped down to pick up the 100#. Upon reaching the line, I glanced at my watch and noticed 40 seconds had gone by and then bent over to pick up the 70# for the return trip. By the time I got back to the other line and picked up the 38# I

was ready for the lighter weight. Finished round one in 1:46.26 as I pushed my stopwatch button.

In terms of cardiovascular and muscle exertion, I felt just like I had done a heavy set of some Olympic variant lifts, and thus decided to take a full 3 minute rest before taking on additional "sets". I fully expected my times to increase for however many additional sets I might do, but interestingly enough that was not the case. For Round Two, I got off to a bad start as I had trouble gripping the 100# and had to drop it from chest height and start over. Quickly glancing at my watch as I completed the round two leg with the 100#, I was 9 seconds slower because of the fumbling on the grip at the beginning. However, I made up the time with 38# and actually finished about 1 sec. sooner (1:45.20).

I rested up my full 3 minutes and started on Round 3. Overall, I felt pretty good but had all I could do to get the 100# the last few feet; and ten feet from the line with the 70# my triceps were shaking and buckling so bad I sprinted to the line. At that point, 38# overhead never felt so good! I was sure my time would be slower, but I finished a full six seconds faster than the first round (1:40:08). At that point, I was ready to go in and watch U of Oregon Ducks play USC on television—yeah I was a football guy too. About sixty minutes later, my lower back felt like it had done some "good mornings" with the free weights and my triceps/traps/shoulder girdle felt like I had done some "high pulls."



Stone Throw Shuttle

At halftime, the Ducks were leading the Trojans and so 90 min. later from the Waiter's Walk Shuttle, I headed out to do stone "throws" with the boulders. I intended to do a few sets of plate twists and bodyweight squats as a warm-up, but forgot all about them as I was returning from the mailbox intimidated by the powerlifting totals of the World's Strongest Woman, Jill Mills, as I was thumbing through the current issue of *Long & Strong Throwers Journal*!! I quickly pondered how I would actually do it. I would use the same 130' legs and make multiple throws from

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one line to the other. I decided to clean and push press/release the 100#, throw the 70# back over my head, and throw the 38# just like the weight throw. Somehow, I thought I wanted to keep track of both reps and elapsed time. I figured each leg would be a pretty good exertion level and I would give myself enough time to record the time after walking back as recovery and go right away with the next boulder.



I got off to a “rocky” start with the 100#, as it took me three attempts to get a good enough grip to pick it up to chest height comfortable enough to do a push press and then release. I found the first few throws to be taxing, and lost count of how many throws it took to reach the 130’ line. I also fumbled a little bit with technique on the 70# overhead throw; eventually, I settled on a deadlift to the waist then a knee re-bend and clean curl back over my head. On the first 38# I had a bad grip and it went more lateral than behind me. Needless to say, my throws and times were less with the lighter boulders to cover the same distance.

I got some good momentum going with Round Two on the 100# as I kept my body away from the boulder and just used grip and arm strength to do an actual pull and get under it like a power clean. Even as a flat-shaped stone, when I got a good push press/release with 100# the sucker would roll a couple of times from the force when it landed. For the 38#, I alternated throwing to my left and right. It took me awhile to find the “sweet spots” with good gripping edges for each of the three different sized and shaped boulders. I only ended up doing Two Rounds, and the times and number of throws actually decreased from the first round—attributable I think to better technique.

Now the Stone Throw Shuttles definitely felt like a workout and I had a meal replacement drink 30 minutes afterward. At that time, my biceps & forearms felt like I had done curls/rows and my upper body and legs felt like I had been doing sets of power cleans.



Final Thoughts

In case you’re wondering, there is a field next to the house so I wasn’t putting craters into my nice green lawn. Anyway, this could be a great challenge for somebody looking for a little different approach to a GPP workout session. Unlike sitting there in a rest period thinking about that next set in a weight workout, you get so focused on the goal of getting to the line and then completing it with all three boulders that you just go for it and don’t think about fatigue until you are done. I’m sure some readers will snicker at the wimpy weights of my boulders, but you have to cut this senior citizen a little slack!! Go try it and give the rest of us some feedback; better yet, come up with some more interesting variations. Happy bouldering!!

A Power Wheel Experience

Jim Smith

Jim Smith lives in Yorktown, Virginia. Jim has been lifting for years and is always ready to experience new techniques and ideas. Jim’s forum, “Animal Ability,” is a place where people meet for polite conversation about all kinds of health and strength questions.

First off let me say I get no money whatsoever for promoting this product. At the end of this article I’ll tell you where you can order one if you are interested.

When I first heard about & saw the power wheel I thought, “Yeah it looks okay, but it probably isn’t that great”. Especially when I saw that it cost \$40. I thought that I could make one for a lot less and it would work just as well. I tried a few different variations of attaching my feet to a small bike tire. This was a disaster. So I sucked it up and shelled out the cash.

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When I received it & tried a few exercises on it I was thrilled. This was the best \$47 (S&H added) I had ever spent. You could not only do the basic stuff that you can normally do with the cheapo wheels you can get just about anywhere. You can do all kinds of neat and unique exercises. Like pike holds, hip up holds, push-ups, pike-ups, hip-ups, walking on hands, alligator walks, inchworms, plyo-jumps, etc. My personal favorites are the power wheel™ walking and power wheel™ alligator walking.

I have only had this device a little over 1 month, but I have seen great results from it. Also I reached my goal of walking non-stop 100 yards on power wheel walks. Now I'm trying out power wheel™ sprints for 20 yards. I'll try a few other distances I'm sure. I'll give a brief description of the exercises I named.

All are done with feet attached to wheel.

1. Pike holds- hands on floor so that you are in a top push-up position. Roll wheel as close to your head as you can so that your butt is to the sky. Hold for 30 seconds.
2. Hip-up hold- lie on back with hands palms down close to hips (if desired you can bend arms and push elbows into floor). Curl feet in towards body like doing a leg curl. Keep hips up glutes flexed. **NO HIP JOINT BENDING!** Hold for 30 seconds.
3. Push-ups- perform push-ups
4. Pike-ups- same as #1 but move into butt up position and back to top push-up position.
5. Hip-ups- same as #2 but moving into top position and returning to position close to floor. **DO NOT LET BUTT TOUCH FLOOR!**
6. Walking- get in top push-up position and walk on hands desired distance.
7. Alligator walking- same as walking, but each time you step forward do a push-up (your hands will be diagonal).
8. Inchworms- perform a pike up, but instead of rolling feet back walk out with hands so that you move forward each rep. **DO NOT LET WHEEL ROLL BACKWARDS!**

9. Plyo-jumps- get in walking position and instead of walking hop forward with arms. **KEEP BUTT UP A LITTLE**, you'll know how much when it doesn't hurt low back. This is a very advanced exercise!

You can check on-line at mattfurey.com or lifelinefitness.com. Both are the same so go with the least expensive. There you have it all of my experiences so far with the Power Wheel™

The "Secret" to Success in Sports!!!

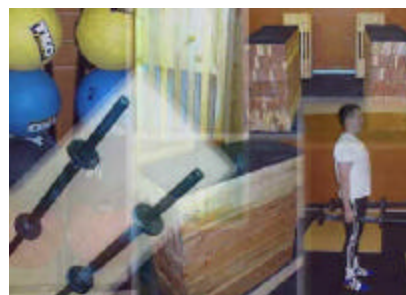
You will ignore this point, everyone does. The first thing to do to increase muscle mass is to sleep more. Cover your windows in your bedroom with an additional blanket, toss a towel over your LCD on the alarm clock, and stuff towels under the door to block out light and sound. Quit talking to sexy_vixen in the chatroom, stop watching reruns of "Friends," and go to bed early. Now, when I went through my growth spurt, I had a helluva time falling asleep, but couldn't get up in the morning. I later "taught" myself to fall asleep with Bud Winter's book, "Relax and Win." There are dozens of tapes and books available now to help one fall asleep faster. I combined several of my favorites and made a "sleep tape." Now, I can fall asleep quickly and anywhere.

From the "Muscle Gain" Article

From our Sponsor Page:

<http://powerathlete.com>

Have you checked out Eric's Coaching Page? Great Stuff!



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