

# GET UP!

Volume 1, Issue 16

I March 2003

## Spring looming

Track season, Highland Games, State Weightlifting Meets...all just around the corner! This issue is a mishmash of stuff that people send in...or promise to send in...and we just have to go to press!

If you have a "mistakes I learned from" article...send it in!

### 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*.

## Mistakes I've Made And What I've Learned From Them

Lane Cannon

*Lane, a product of Judge Memorial Catholic High School in Salt Lake City, is 5'8" and currently weighs #215. Lane received a football scholarship at Mesa State College in Grand Junction, Co. after walking on and he played inside linebacker there from 1990-1994. Lane was Mesa State College's Student Athlete of the year in 1994. He took 1<sup>st</sup> place in the #220 class in powerlifting at the 1999 Utah Law Enforcement Games, and he recently won the men's amateur all around at the 2002 Loch Aisle Highland Games in Utah.*



### Introduction

I began strength training in 1986 at Judge Memorial Catholic High School. At the time, my goals were to improve my size, strength, speed, and

endurance to become a better football player. Sure, I wanted bigger muscles to impress the girls, but there was a definite focus on the functional aspects of getting big, fast, and strong, with the hope that someday it could lead to a football scholarship. I was fortunate to work with someone as knowledgeable about training

as Dan John, and consequently, I was doing things like heavy squats, quarter squats, power cleans, and other compound movements by the time I was a freshman and sophomore in high school. I made rapid progress on this type of approach, and ended up winning a state powerlifting title while gaining a solid 30-40 pounds of muscle. In hindsight, the major mistakes I made at this time was extreme overtraining and spending too much time doing less productive isolation exercises that simply cut into my recovery. However, due to my young age, my mom's great cooking, and a lack of overall stress in my lifestyle at the time, I was able to make great progress in spite of my mistakes.



### College Experience

Due to having a solid training background in high school, I was able to make the football team at Mesa State College as a walk-on, and I ended up being the strongest freshman on the team. One of the major regrets I now have is getting away from what got me there. I went to a team with a number of excellent, genetically gifted, chemically assisted athletes. I saw a number of players bench pressing over 400 pounds, several squatting a great deal of weight, no one power cleaning, and not a single individual who had heard of a snatch, overhead pressing, etc. The physical attributes of the athletes I was training and competing with were very impressive, and I desperately sought the large bicep, big bench, big quad, washboard abs, fast 40 time type of athlete that seemed to excel at this level. However, the training that appeared successful for this type of

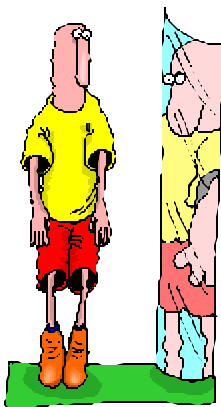
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genetically, and often chemically, assisted athlete was not applicable to me.

My training at this time consisted of heavy benches and squats, 4 days per week of strength training, lots of bodybuilding exercises, a huge food intake, and lots of running, sprinting, and conditioning work. The results of this type of program were mixed. I did gain a bit as expected on the bench and squat, my speed improved over the years, but I really didn't get any bigger. Fortunately, I slowly learned more about the game of football and my skills improved as a player. I ended up receiving a scholarship and, by my redshirt sophomore year, I had earned a starting position on the team. I was eventually ranked #2 on the team in a strength/speed/power rating system that included various power lifts, power cleans (we finally got a new strength coach who at least knew they were a lift and not a laundry detergent), agility drills, and sprints of different distances. While I had made some progress, I know I remained severely overtrained, and again, I was wasting way too much time and recovery abilities on the bodybuilding movements. I also now recognize a number of dietary mistakes that resulted in an excessive body fat gain in the off-season with little functional size and strength that carried over to the season.



## Post College Bodybuilding And "Staying In Shape"

From the experience I had observing friends and acquaintances that had completed their high school and college careers in sports, I noticed one of two things. Either they didn't train at all after their eligibility was up, or they trained to "stay in shape." The "stay in shape" crowd generally started doing more cardio to drop bodyfat while focusing on the isolation and bodyshaping type of movements. The "no training" crowd generally drank large

amounts of beer, had the Domino's pizza numbers memorized, and were developing bodyfat percentages and physiques comparable to sumo wrestlers. I decided to join the "stay in shape" crowd and did some distance running, eventually bought a home gym with some free weights to tone and bodybuild with, and figured on trying to keep my weight and bodyfat down and generally doing some "toning" type of weight training, with lots of bodybuilding and isolation movements to get "sculpted" and "buffed." The result of this type of routine is that I basically maintained an acceptable overall level of condition, but I didn't get any stronger, and my "pretty" body parts like chest, abs, and arms didn't change at all in spite of my attempts to make them "prettier." Overall, I was generally dissatisfied with my lack of progress and I slowly began to look for something different that could increase my level of motivation. At this time, I was reading some of the muscle magazines out there, and still wondering why I couldn't make any progress while considering what new, "scientific" routine might make the difference.



## High Intensity Training/Hardgainer

Although a lot of the material on the internet can be criticized by those of us who read publications such as "Get Up," I've got to admit that I feel very fortunate to have been exposed to some of the excellent information available out there on a few web sites. Getting on the net and finding some of the excellent sites such as Stuart McRobert's "Hargainer," "Cyberpump," Kubick's "Dinosaur Training," "Old School Strength Training," and Dan's website to name a few, is what got me back on track and motivated to start training hard and heavy again. I started out in 1998 with a "Hardgainer" or "HIT" type of routine centered around a few compound

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moves, with a focus on small poundage progression each workout. Each set was pushed very close to failure, and I was doing stuff like 20 rep squats and trap bar deadlifts, as well as lower reps on other basic, compound movements. I got rid of the isolation stuff, and focused more on taking care of things on the recovery front, by trying to sleep more, eat better, limiting other activities that may reduce my energy for training, etc.

The result of an abbreviated routine over several years time was phenomenal. I pushed my bodyweight up about 30 pounds over what it had ever been without a great deal of extra fat, and all my lifts went up beyond what I had thought was possible for myself. I eventually managed a 20 rep squat of 357.5 to parallel, followed by a trap bar deadlifts with 407.5 for 20 in the same workout. I later worked up to deadlifting 500 for 19, and as described in my previous article in "Get Up," completed 450 for the 100 rep challenge in the deadlift. My bench and overhead strength was way up, and I felt good about my overall gains. The problem that eventually occurred with this type of training was eventually coming to dread my workouts. I was fearful of the next onslaught and would actually lose sleep the night before my squat and deadlift workouts. My body was also taking a beating. I was having lower back pain nearly all the time, and the stressors in my life were severely cutting into my recovery ability and level of motivation.



## Dinosaur Training/Olympic Lifting

After deciding I needed a change, but still being unwilling to regress back to the

"Chrom, fern, spandex, curling, peck deck, bunny crowd," I decided to start to incorporate more Dino and Olympic type exercises into my routine, which included more singles and lower reps, with a slightly lower overall level of intensity. Please don't confuse this with not working hard because I really do still push myself, but I no longer fall on the ground gasping and puking after heavy lifts. What I'm currently doing is alternating four workouts and training 2-3 times per week with weights. I've chosen a variety of exercises spread out over the workouts such as power snatches, overhead squats, bottom position squats, trap bar deadlifts, one arm dumbbell cleans and presses, bench lockouts, dumbbell incline presses, bent over rows, thick bar curls, and power cleans and push presses with a 2 inch barbell. I try to increase the weight each workout when possible and I'm doing a lot of singles. On the weekends, I try to make it to Dan's house to do some odd object work and throwing. I also ride a stationary bike several times per week, hit a heavy bag and speedbag occasionally, and pull kids in sleds or do something active with the family.



## Low-Carb Dieting

One of the most important concepts I've learned is the effectiveness of low carbohydrate dieting. Some call it "paleo," or describe it as "eating like a caveman," "Neanderthal," "Protein Power," "Atkins," or Dan and Tiffini's "meat, leaves, and berries," but it all basically seems to come down to eating large amounts of non-starchy vegetables, fish, meats, low-carb dairy for some, seeds, nuts, tons of water, some oils, and some seasonal fruits for others. I have found that the low-carb dairy works for me, but I stay

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away from most of the fruit and other high-carb foods during the week. My weekends are usually more flexible as far as diet is concerned, and I've recently been experimenting with some brief weekend carb loading followed by a low carb phase during the week, which is similar to the "Anabolic Diet" material from Mauro G. Di Pasquale, M.D. Dr. Di Pasquale argues that this type of diet results in "Changing your metabolism to a fat burning one, and cycling from low carbs to a short phase of high carbs, allows you to naturally maximize muscle mass and minimize body fat." (Mauro G. Pasquale, B.Sc., M.D., M.R.O., M.F.S., 2002, The Anabolic Solution). Although his explanation for this process is quite complex, my own anecdotal experience seems to indicate that there is some merit to his argument.

The result of eating this way the majority of the time over the past several years and training with slightly lower reps and doing the Olympic lift/Dino type program is that I have lost about two inches on my waist while gaining approximately seven pounds of bodyweight and a pretty fair amount of strength. Surprisingly, this improvement has been made in spite of numerous personal stressors that have greatly impacted my training, including, among other things, working two very stressful jobs in the field of corrections, raising two young children, losing my father to a traumatic accident, having my daughter get attacked by a dog resulting in plastic surgery, as well as dealing with a lawsuit and several other serious problems. My performance in Highland Games competition has steadily improved, and, with some recent work at Dan's house pulling sleds, doing heavy farmer's walks, overhead squats, snatches, throwing the 56 for distance, throwing tires, etc., I expect even greater progress. My lower back is feeling better as well as the rest of my body, and I have a higher level of enthusiasm than ever before.



## Mike Stulce Training Program

*Rick Reklaf, former training partner of Olympic Champ Mike Stulce, has been carrying on an email conversation with me about their training program. Simple stuff here...but isn't that the champion's secret?*

### In-Season

Throws Before lifting (off season, lifting and strength were the focus).

### **Two Basic Workouts:**

#### Day One

Incline Bench Press (Always done first as Mike felt it was closer to the throwing motion)

Bench Presses

This workout usually finished in 45 minutes or less.

#### Day Two

Snatch or Clean (Power Versions)

Squats (sometimes add leg presses and curls, too)

Between sets of squats...repeat Standing Long Jumps or Bounding

The key: repeat this workout as many times as you can in a row without days off. They would sometimes train only two or three days in a row, once Rick and Mike did eleven. If only one was tired, they still trained. BOTH had to be tired. There was no air conditioning or heat in the gym they trained.

Rick saw Mike clean 500 with straps and 540 on video (which he thinks Randy Barnes has a copy of this video lift). Mike tossed a lot of overweight shots in the off season and once raced Andre Carson (a NCAA champ sprinter) and kept up with him for the first 40 yards.

Rick promises us more in the future.



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## Men's Shot Put Final. Olympic Games 1992

1. Mike Stulce (USA) 21.70
2. James Doehring (USA) 20.96
3. Vyacheslav Lykho (CIS) 20.94
4. Werner Gunther (SUI) 20.91
5. Ulf Timmermann (GER) 20.49
6. Klaus Bodenmoller (AUT) 20.48
7. Dragan Peric (YUG) 20.32
8. Aleksandr Klimenko (CIS) 20.23



## "Weird Stuff That Works" File

*I wrote this for the Juggernaut Weightlifting Forum after I mentioned I had learned more in the past few years than in my entire athletic career. It is still true...I'm still learning, but I liked these four ideas...a lot!*

**Thick Bar Clean Pulls/Deadlifts.** I have missed a lot of lifts in my career. Almost always the same basic reasons. Mike Conroy from Team Idaho gave me the hint to "wiggle my toes" so I pull full footed at the start. Thick Bar Clean movements go one better: if you raise your butt up at all vis a vis your shoulders, you lose your grip...NOW! It is amazing. I have deadlifted 628 in a contest, yet I struggle, seriously struggle, with anything over 250. Wiggle your toes, stay "uncomfortable," be patient and you can whip the finish of the pull. Cheat a little...no bar in your hands.

**Thick Bar Farmer Walks.** As I walk down the street, with my head and chest up, struggling to hold on...I am learning that a strong grip is connected straight to the human brain. Brooks notes this in his book, but I learned it the hard way. Oscar Chaplin III has been really emphasizing squeezing the bar in the last few years, I understand why. Besides being great for the grip, the walks fit my belief in "one piece" exercises. Overhead Squats, Snatches, Clean and Jerks, and Farmers Walks make the whole body

work in concert. I think that is the key to great athletic performance. They don't work a bodypart like most lifts in a gym...they work the whole system.

**Tabata Front Squats.** I got this idea from a speedskater at a party and have used it "a little." It is a 4 minute Drill. Bar on the floor, clean it, now do front squats for 20 seconds, drop the bar, rest for ten seconds ONLY, repeat for a total of four minutes. I strive for 8 sets of 8 (right...). I had been doing them with 65 pounds, but Sunday I used 95. It is the single best "meet ready" training I know...as you get the reps, you soon find a perfect front squat groove ...at the same time your lungs are screaming. Tiffini did these with 45 pounds (the bar) and wanted to puke, then ate a huge meal. About an hour and half later, she said: "Now, I am starting to feel normal. I used these every two weeks in 1999 to get ready for a lifting meet. I hadn't been on the platform in 8 years and hoped for "maybe" "around" 300 clean and jerk. All I had to train with was 165, but I shot out of my 308 Clean and Jerk like I sat on a nail. I trained with 65 pounds to clean 308...it is at least worthy of discussion...especially for busy guys.

**One arm lifts.** I talk about these a lot, but what is great about these is now that my wife, my neighbors and my kids train with me...we only have one bar. So, I can attack my one arm snatches while Tiff and Vance Clean and Press. For time pressures, these are a gem. They also really help you "feel" the long pull. Finally, as Basanowski claims, you need awesome obliques to O lift. The one arm movements build this system.



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## The Plane Flight to Disneyworld

*A couple of issues ago, I wrote about the importance of keeping a journal. I had a long email discussion with a young lifter who wanted more information on planning a contest...using a journal. On my flight to Disneyworld last year, I spent an hour planning the upcoming National Masters. This is taken from that worksheet. Amazingly, I was right about a lot of these ideas.*

**12-27-01**

### Goals Sheet for National Masters

First, Review Last Four Meets

#### Christmas Invitational (December)

Sn	C & J
226 miss	275
226	297
248	314
	Total: 562

#### Record Makers (October)

Sn	C & J
226 miss	286
226	308
242	320 miss
	Total: 550

#### SLC Invitational (September)

**Goal: 6 for 6**

Sn	C & J
209	264
220	286
231	297
	Total: 528

#### State Meet (April)

Sn	C & J
220	286
248 miss	325 miss
248 miss	325 miss
	Total: 506

**My first analysis:** the Snatch opener is the key! Since my warm-ups had almost no impact on the platform...keep them short and easy. Snatch warm ups should simply be: 60 kilos x a couple; 80 x 1, 90 x 1. Clean and Jerks: 60 and 90 for singles and GO!

**My second analysis:** When I did a 315 Deadstop Front Squat, I got an easy 314 Clean and Jerk. The 248 snatch was easy; I had done 265 for 3 in the Snatch Pull a few weeks earlier. The question is this: are my Deadstops 1:1 with Clean and Jerks or does the smooth clean make it easier? I also found that Snatch Deadlifts and Thick Bar Deadlifts helped as much as anything.

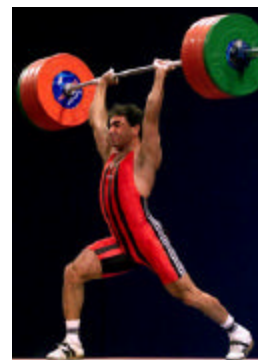
In addition, keep pushing those Tabata Front Squats: the more I do, the easier meets have become this year.

**Goals:** Stay fresh and loose. Keep weight around 220-231. Get the Snatch Pull up to 285 for three and a Deadstop Front Squat of 365.

#### Great Tidbit from Mike Cayton

This was in Denis Reno's Newsletter as a letter to the Editor:

*"I am still in Bulgaria, still working out on Saturdays at Slavia Gym, where I sometimes see and chat with world champ (69K) Gulabin Boevski. Besides the lifts themselves, I only see him doing squats (front only). Works up to 200-210 Kgs which he does pretty easily. He also seems extremely consistent on the lifts, each one virtually a carbon copy of the one before..."*



There it is folks, the secret to success!

Published by Daniel John

Daniel John, Editor

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