

GET UP!

Volume 1, Issue 18

III March 2003

The Message is Getting Out!

The editor of this fine newsletter was quoted in a recent issue of "Muscle Media" magazine. Amazing.

Will this mean that we get free products now...or just instructions on how to shave body parts?

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*.

THE DIFFERENCES BETWEEN OFF-SEASON and IN-SEASON TRAINING

Scott Weiser, CSCS

New Mexico State University



Too many times on chat-rooms, discussion forums, and journals the questions asked and the answers given to the topic of program design gives such a small "snapshot" of the training year. Often I get the question from recruits: "What is a typical practice

like?" I then ask what day, what week, what month? This is the first of a series of articles on transitioning from off-season/pre-competitive training to in-season or competitive training. This article deals with the topic of training management.

SNATCHES BEFORE CLEANS?

CLEANS BEFORE SNATCHES?

There is a lot of training schemes out there nowadays that just don't make sense. Sure "experts" will be quick to tell you that plyometrics offer more benefits than Olympic lifts or that Functional Training is more efficient

than traditional power training or machines are better than freeweights, stretching is no good, stretching is king, med balls are above everything, blah, blah, blah. None of these gurus offer in their books or videos how to integrate everything into a cohesive weekly training program or to integrate the weeks into blocks, or the blocks into weeks. Often if they speak of this they spout periodization dogma from the 70's that may seem new to the lay-person, but to those well versed in training knowledge it is the same mumbo-jumbo you hear in many books and articles. A lot of words that really don't tell you anything. Whatever it is its vague enough that they might as well say nothing. It's no wonder athletes get nowhere with training programs that utilize training modalities that cancel each other out.

Things must be done in a logical order to accomplish the goal of the day or week or month. EVERYTHING HAS TO BE CONSISTENT. You just can't take a lifting program from someone that focuses on high volume training and building muscle tissue and combine that with a throws program that focuses on maximizing speed and further combine that with running mileage for endurance work. All your training modalities have to be geared to working in the same direction and transition to the same direction throughout the year so that everything works together to making you a great thrower.

So, if you rest on Sunday then Monday you are raring to go. How many of you clean on Mondays? A lot probably. According to a survey done recently by Roger Freberg (www.frebergsports.com) a large majority of throwers will do their heaviest lifting on Monday or Tuesday. This centers around cleans, squats, deadlifts, bench. The BIG lifts. Now if you are a thrower and working on technique at the same time you are trying to get strong, how does this heavy Monday set you up for the rest of the week? As we will see there is a time and place for this and that changes as the year progresses.

GET UP!

Volume 1, Issue 18

III March 2003

Introduction to the 3-Day Cycle

If you wish to make major improvements in technique I suggest throwing 5-7 times per week. The frequency will enhance the learning process not the volume. Plus it will be easier to raise the total weekly volume if it is spread out through the course of the week. I suggest using a 3-day cycle in your training. The 3-day cycle will help you to continue making technical improvements from day to day without fatigue taking over. Now I did not come up with this on my own, of course. I originally saw this system in an issue of *The Thrower* on a lecture the Hungarian National Hammer Coach gave on their system of developing hammer throwers. As he spoke of their off-season training he showed a six day training program showing either ascending or descending volumes: 30-20-10-30-20-10 or 15-25-35-15-25-35. From this I came up with the 3-day cycle. It was my opinion that frequency will accelerate the learning process not throws volume of a single workout.

With your daily training sessions containing a throwing element you will not be able to have a sole "lifting" day, but rather the lifting will also have to be spread out. CONSISTENCY. This too maximizes the time spent on each major movement – if it is planned out correctly. Plan your lifting routine to coincide with your throwing regimine. CONSISTENCY. If Mondays are your "speed" days in the weightroom using snatches and variants there of then your throwing should also reflect that same speed element. The next day you might not be able to produce the same speed because of neuromuscular fatigue. CONSISTENCY. Plan that day to include heavier, slower lifting focusing on strength and throwing with heavier implements to slow down the movement and focus on mechanics and specific positions.

Add in plyometrics and running (if you choose) on days that are similar in nature to the activities. Plyos and med ball (power oriented) on the first of the three days. Running comes in many forms. We will do sleds, harnesses, hills on the second of the three days (strength day).

We will then do flat, conditioning oriented running on Saturdays as the very last thing of the week.

After the first two days of hard training you will be due for an easy day. The third day of the cycle for us is a day of upper body lifting and simple, "breakdown drills." These drills are done slow and focused on a singular aspect of the full movement. However, for these drills to have any carry-over to the full movement a high volume of reps must be done. This will be an active recovery day. You may not be as ready for the next 3-day cycle as you had hoped so plan a little flexibility in the second 3-day cycle. Maybe the second speed day isn't as speedy as the first. If throwing is important do your heavier stuff in the second 3-day cycle.

I am a proponent of ascending volumes, descending speeds, and increasing throwing weights as the days progress through the 3-day cycle. Now I suppose one could do the opposite, but make sure you have consistency. This will put more emphasis on the Olympic lifts and faster speeds in throwing. The third day will be very little volume. This might benefit the more experienced thrower whose technique is already set for the most part and now needs to develop speed. For the college athlete they will be their best, neuromuscularly speaking, on Mondays after they sleep off the weekend on Sunday. As classes, tests, papers, and whatever else pile up throughout the week they will have less coordination, concentration, and focus on technical elements or highly powerful/fast training. Whether we have practice or not on Saturdays it is hard to get them to get a quality workout in on Saturday so it is best to keep it simple. Easy to accomplish drills done over and over again, some running and then upper body lifting. Point is, plan the training around your lifestyle.

Off-Season Training

When you have reached a point in the off-season when your training is concerned with high volume you have to manage the workouts

GET UP!

Volume 1, Issue 18

III March 2003

with some careful planning. For spring competitors the fall is the time of the year when you will be maximizing throwing time. Winter will present some challenges for most in this country and the time to make technical changes is in the fall. If you make your major changes to your throw in the fall than the limited training you will encounter in the winter will almost be a maintenance phase until the spring season allows for more time to throw and improve smaller technical elements and timing. At the same time you have probably reached a point at the end of the summer where you feel you have trained enough to now make some serious gains in strength, but with the competitive season still so far away these gains are more overall strength gains rather than specific or special strength. The winter will bring a plan of more focused intent geared to work on the specific qualities needed. A hammer thrower will enjoy gaining upper body strength in the fall, but then turn more attention to lower body and lower back strength during the winter. Periodization is often times a natural process of the athlete getting more focused on the specific needs as the competitive season draws near. So while the weather is good you will want to throw and since it is the fall, lifting will be more voluminous and throwing volume will be high. In fact a lot of things will be going on during the week (throwing, lifting, running, plyometrics, etc.).

First, put your lifts that require the most speed and coordination in the early part of the week when you are, hopefully, at your “freshest” or most recovered. Second, put your heaviest and hardest workouts at the end of the week and then 2 days of total or active rest. Rip up a whole lot of muscle and then use a couple days to recover and reload the cannon so to speak. This kills the Monday heavy lift, but raw strength work doesn’t have a speed component and therefore you really don’t need to be at your freshest.

What about the Olympic lifts? Aren’t they all “quick” lifts? I would classify the clean and partial pulls (not racking) as slower lifts and overhead lifts (snatches, jerks, and their variants) as faster lifts. The snatch requires a higher rate

of force production than the clean and timing is essential especially when you are working at near maximal weights. If there is anything you learn about snatches is that you can’t do easy snatches. It’s all or nothing. Don’t worry, if you clean on Thursday or Friday you will still be able to clean the same amount you do on Mondays. Now when talking about the snatch? Fuhget about it! Because of these demands the athlete in question must be at their “freshest” when it comes time to snatch heavy. We apply the 3-day cycle at New Mexico State like this:

MONDAY

Snatches & Related lifts

Fast speeds

Full Throws

Low Volume

TUESDAY

Squat Variations

Slower speeds

Heavier Weights

Drills/Throws

Other Events

Medium Volume

WEDNESDAY

Upper Body Lifts and related lifts

Super slow speeds

HEAVY Weights

Breakdown Drills

HIGH Volume

THURSDAY

Cleans & Related lifts

Fast Speeds

Light Weights

Full Throws

Low Volume

FRIDAY

Heavy Squats/Deadlifts

Slower Speeds

Heavier Weights

Drills/Throws

Other Events

Medium Volume

GET UP!

Volume 1, Issue 18

III March 2003

SATURDAY

Bench Press
related lifts
Super slow speeds
HEAVY Weights

Breakdown Drills HIGH Volume

Put your special movements early in the week as well. These are lifts that are difficult in the movement not in the load used (overhead squats, zercher lifts, overhead lunges). Back Squats and Front Squats left my lower body with the same feeling, but I recovered faster from the front squats because the load wasn't as high. And as we have learned from our Editor Overhead Squats, although not very taxing to the legs as heavy back squats, build "Dad Strength." You get more trunk strength and special stability strength and easier to recover from.

With heavy lifts the support structures aiding in the stabilization and coordination of your body are fatigued just as much as the prime movers. Heavy deadlifts will make parts of your body sore that you never thought were involved in deadlifting. With this in mind all of our fastest lifts and "weird" lifts are on Monday and Tuesday. Cleans and heavy squats are done later in the week where the athlete can recover during the course of the weekend.

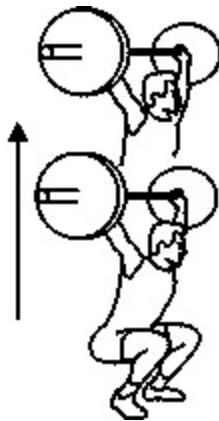
I used to have my throwers do it the other way, but the snatch technique suffered because of the cumulative effect of training daily and mainly because of the upper body lift on Wednesday. A sore chest and shoulders effects the snatch more than the clean. We started to see shoulder pain associated with the rapid external

rotation of the shoulder joint when the athlete tried to catch the bar in the overhead position. Ultimately they began hating the lift and focusing more attention to the clean missing out on all the advantages to training your snatch. Then I was forced to keep the clean as a main lift in the spring instead of shifting to the snatch during the competitive season.

This also helps your throwing. Heavy squats on Tuesday made the rest of the week difficult especially with throws technique. When training heavy in the later part of the week your best practices will be Monday and Tuesday. Wednesday (day after squat variation day) we do break-down drills which focus on just one technical aspect so the thrower can control the drill better. If there is any residual soreness from the Tuesday leg day it won't affect what you do on Wednesday. If you lift after throwing you might not have any throwing workouts affected. We lift at 6:30 AM and then throw in the afternoon so the Friday throwing session isn't always great, but we usually plan a less technical session and work on things that we know the athlete will be able to control.

I suggest using 2 3-day cycles. MONDAY-TUESDAY-WEDNESDAY will contain faster, more coordinated movements that utilize more trunk strength (or core strength as the buzz word is these days). THURSDAY-FRIDAY-SATURDAY would involve the not-so-fast (shouldn't be referred to as slow) and heavier, simpler movements. Throwing should also move from light/fast/low volume to heavy/slow/high volume as the 3-day cycle progresses. You can be the judge as to whether you want to change the workouts from cycle to cycle. Put running, plyos and the like on days that are similar in nature. Try no to hammer your legs in speed, power, strength activities for more than 2 days in a row. So in my example the 3rd day in each cycle is an easier day on the legs than the 2 previous days so that you can catch up a little to prepare for the next 3-day cycle.

Mondays we do a weekly jump test for time and compare that with their best to



GET UP!

Volume 1, Issue 18

III March 2003

determine if they have recovered. It involves doing 5 consecutive double leg jumps for distance. I time the interval between takeoff of the first jump to landing of the fifth jump. I then divide the distance by the time (roughly it is velocity in meters per second). If the test is significantly lower than lifting volume is cut in half until the test is back up to normal or better. This is a very low-tech test so I usually use a range of -0.2. So if athlete A jumps 12.48 in 3.65 seconds the coefficient is 3.42. If their Monday test is lower than 3.22 then we drop the lifting volume in half for the week. In theory, the more the athlete does the test the more efficient they will get at it so that alone keeps the coefficient up plus the fact that they get stronger as the weeks progress (we hope). With all of that going for them if they still can't stay within 0.2 then they definitely are not recovering and adjustments must be made to the training so the throwing does not suffer.

In-Season Training

When the competitive season starts your competitions will be at the end of the week. You will now have to "flip-flop" your training plan to put the heaviest lifting early in the week (some promote lifting immediately after or the day after competition) and the speed related lifts to later in the week to stimulate the central nervous system and "groove" fast/powerful movements in preparation for competition.

Why lift heavy early in the week? Won't this effect the important technical session that prepare you for the weekends competition? One needs different lifting this time of the year. In the fall your volume will be higher. Multiple sets of 5s or even higher is most likely what you will be doing in the fall and if you are using lower reps you will still be doing more sets because you don't need to recover for any competitions. Remember we aren't worried about it because the competitive season is so far away.

During the competitive season you still will be developing maximum strength, but

because half the week is used to prepare for competition your gains come slower. This is where the concept of maintenance comes from. Maintenance, I believe, is impossible and what people think is maintenance is actually very slow progress (this will be touched on in a later article). Speed is more important right now. Lifting will now be in the 1-3 rep range with fewer sets so the damage to the muscles is actually a lot less. The damage is more neuromuscular than physical tissue damage. You will feel sore, maybe tight then next day, but *nothing a good warm-up won't take care of*. Proper warm-down after the lifting will also help. Throwing won't be so bad either. Now Wednesday is when you might be a little messed up in the CNS so use that day as a non-throwing day or recovery day to gain some energy back for Saturday. Watch your volume. If you are doing 3s and find that it effects throwing the next day then drop off a set or 2 or more. Everyone will be able to handle different volumes.

If you are a coach training several athletes start out with 2 sets of 3. Each week add a set and closely monitor their throwing the next day and how they feel on Wednesday and Thursday. You might find that some will stay with 2 sets and some will be able to do much more. Keep the load the same and encourage them to change directions powerfully and accelerate the weight. This can also be done with singles and doubles.

Now I have also tried the throwing day before the lifting day. The throwing wasn't that much better and the lifting was significantly worse. Sure, you're fresh for throwing, but early in the week you should be more concerned with technique and timing not speed. Worry about speed on Thursday and Friday. If you lift on Monday you should be recovered by Thursday to work on speed. This prepares the athlete much better for competition on Saturday. I believe in training through meets for long term development, but an athlete can learn more from a positive competitive experience than he/she can sometimes learn from a whole week of practice. An athlete can also get significantly discouraged from a bad meet experience. If the

GET UP!

Volume 1, Issue 18

III March 2003

athlete identifies this bad experience as caused by their physical state that can damage the coach-athlete relationship because the athlete starts to question if the coach really has the athlete's best interests in mind. Our competitive lifting/training scheme looks like this:

Monday and Tuesday are "Development Days"

Monday

Cleans
Squats
Heavy Stuff
High Volume Throws

Tuesday

Upper Body
Drills

Wednesday...a Rest Day

Medicine Ball Circuits
Drills

Thursday...Prep for Meet

Snatches
Single Leg Work
Jumps or Quick Lifts
Low Volume

Friday

Very Light
Med Ball
Rehearsal

Saturday

Compete

The single leg work is dropped off halfway through the season and just jumps or quick lifts are done to encourage power and speed. You should see yourself or your athletes getting more energy and more excited about competing as the week progresses. Be careful. Extra energy can lead to injury producing mishaps. Get them out of practice as soon as you are satisfied with what they have done. No extras. They will also have to work hard on controlling themselves outside of practice and focus on the upcoming competition. The weekly routine of this prepares them for the bigger meets later in the season when they will be peaking. If

they can focus and prepare for a small meet they can do it for a bigger meet and so on. If they are used to tapering down every week after Wednesday then it isn't such a radical change for them later on when you are tapering them for the conference champs or nationals.



I work under the general rule of: when the lifting is in the lighter percentages throw a lot, when the lifting is in the higher percentages reduce the throwing volume. So as the competitive season progresses and you scale down the lifting in volume first and then intensity increase the volume of technical work. A significant increase in throwing volume will generally result in an increase in throwing distance. High school throwers do this all the time. As the weather gets better they throw more and more and their distances at meets go up progressively. This will only last so long before the volume gets so high that recovery doesn't occur soon enough. Plan the volume increases carefully with a rapid drop in volume and increase in intensity at your biggest meets of the year (conference champs, nationals, etc.).

Applying the 3-day Cycle to the Highland Games

This can also be applied not only to Track & Field throwers, but to Highland Throwers as well. Let's look at a possibility. Use Mondays and Thursdays to practice the events requiring the most coordination and/or speed. This would be your 28lb Weight Throw or Stone Throw if you are a rotator. Use lighter weights for either speed work or to focus on

GET UP!

Volume 1, Issue 18

III March 2003

specific technical aspects within the full movement. Tuesdays and Fridays work on caber. Change the length and weight of the caber if you can. Reserve Wednesdays and Saturdays for Scottish hammer, Weight for Height, and Sheaf Toss. These events are the reasons why Highland Games athletes don't need much work on trunk strength. Weights and volumes can be manipulated again for developing either strength, strength-speed, consistency, or event-specific endurance. A week such as this would look like:

Monday

14-28 lb wt.
Stone
Drills
Full O lifts

Tuesday

Long/light caber
Squats/Lower Back

Wednesday

Scottish Hammer
Weight for Height
Sheaf-like Pud Throws
Upper Body Lifts

Thursday

Stone Throw
Multiple Turn Drills with Weight
Partial O lifts

Friday

Short/Heavy Caber
Squats/Lower Back

Saturday

Weight for Height
Scottish Hammer
Upper Body Lifts

Using a variable weight technique will allow you to practice perfecting the movement with greater accuracy and volume. As your strength levels rise and efficiency increase you will be able to handle heavier weights as the competition draws near. It can also allow you to keep up with your recovery when you are in

periods of heavy lifting workouts. How long do you think you will be able to train if you are practicing with 56 lb weights? While coaching and training at Lafayette College I witnessed many workouts and learned a lot from Highland great Paul Ferency. He trained a lot with 28 and 35 lb weights and only used a 56 once every 2 weeks or even once a month. He felt his best Weight for Height workouts were with a college 35 lb weight. Every week he and Harrison Bailey would designate a different height and target number of throws to be made over that height.



Now everyone is different and will respond to different things. Paul and Harrison didn't work on the caber as much as I suggested. Partly because there wasn't much room anywhere in Easton, PA where they could and also the lack of different length and weighted cabers also contributed. If you glide/hop in the stone you might not feel the need to work on the stone very much. If you use the new rotational technique in the sheaf then you might also need to work on that event more.

What have we learned?

The 3-day cycle technique of training planning is a great way for multiple event throwers to manage event practice and also for specialists to work on specific aspects of

GET UP!

Volume 1, Issue 18

III March 2003

technique without sacrificing full movement practice. I restrict use of this, however, to only in off-season training in the fall (for track & field athletes). The reason for this is that the athletes start to get a little mentally tired of the routine and with good reason. There isn't much recovery built into the system. There is only one true rest day during the week. I suggest training for 2-4 weeks followed by an unloading week where either the training is more limited or where the training pattern is the same, but with a 50% reduction in volume in everything. Looking at the in-season routine you will see 2 rest days (1 or both active rest). Plus the intent of the in-season workouts is different and a lot more focused on preparing for competition whereas the intent of the the off-season workouts are to develop specific parts of the full movement and athletic qualities.

What we learn from the Highland Games is that multiple use of different shaped and weighted implements assist in developing specific strength. Use of a voluminous and comprehensive strength training routine in addition to throwing may not be the best idea. Less exercises and more use of multi-jointed exercises that focus on strength (pressing, pulling, or squatting), power/speed, and trunk strength (static or active) will be a great adjunct to the training effect you will get from the daily use of Highland Game implements.

Applying this to Track & Field we realize that the same concept is true for those who throw the shot, discus, and hammer. The lighter the implements (mostly concerning women) the more lifting volume one can use, but the same idea is true. Even when focusing on technique one can develop rotational strength throwing a hammer, discus, and/or shot. Taking this further lets combine Track & Field and Highland Games training to supplement each other. Remember multi-joint exercises only with maybe the exception of Back Squat, Good Mornings, and Deadlifts. Use 8-14 lb weights for discus throwers, weight for height, sheaf and hammers for general use, etc. The Russians did and most probably still do use "puds" or kettlebells for this kind of training. Throwing is

throwing whether the implement, movement, or weight is changed. Throw for volume, technique, or competition (max distance).

As the competitive season approaches I suggest getting more focused on the needs of the athlete and build in more recovery. Early in the week your focus should be more on development and "fixing problems." After a mid-week pause or rest the rest of the week should be focused on preparing for competition. If there is no competition on the weekend make one up by yourself (breaking your own PRs) or with your training partners (winner gets free steak dinner or the one who PRs the most).

The main concept here is that training has to get more focused as the year progresses and as technique becomes more consistent and able to produce bigger throws one must PLAN more recovery and prepare mentally and physically for competition. Development is more of a concern in the off-season and therefore more development work can be done throughout the week. Train hard, but more importantly train SMART. Use your head and logical thinking backed by what we know in the research. Then apply this PRACTICALLY and realistically in your individual situation.

Fantastic work, Scott. Excellent information...thank you!

Animal Fitness

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.



GET UP!

Volume 1, Issue 18

III March 2003

I've spent my whole life seeking a type of fitness. I wanted to be strong, fast, agile, enduring, and have basically that animal ability. Since I base everything on my ideal view of how primal man lived I needed to base a system on this.

My thoughts were that in primitive times people usually had less food and many times the activity level that modern people tend to have. Most studies show that the men went hunting and the women went gathering. With the women tending children, the village chores, and gathering plant foods then carrying said items back home. I figured they could have ended up lugging 30-50lbs for a few miles, not to mention watching the kids, avoiding predators, making clothing, and everything else they had to do once home (scraping flesh from animal skin I imagine would work the heck out of your upper body). The men had to hike to a suitable hunting area, stalk game, possibly sprint after it before or after wounding it, cutting it into sizes for carrying (maybe 100lbs?, this from friends who hunt), then carrying game for many miles over rough terrain while avoiding predators. Village life for the men would consist of building all items that weren't already done by the women. Everything had to be portable so that everyone could pack it up and move closer to the next hunting ground.



With all these ideas which may or may not be totally accurate I had a basis. I figured I needed to work many different modes separately & combined, but mainly combined. Breaking things down into the various modalities I had strength, strength endurance, agility, and what I

call strength cardio. Strength would be things like deadlifts, overhead pressing, weighted pull-ups, squats, cleans, snatches, etc. Strength endurance would be various short distance carries like overhead, sandbag and farmer's walks plus repeating calisthenics for a set time, club work, high rep swings/snatches, etc. Agility would be hurdles, ladders, cone patterns, and various skill movements, etc. Strength cardio would be long distance carries, mixing sprints, cariocas, bear crawls, duck walks, crab walks, in all directions (i.e. forward bear crawl, backward bear crawl, sideways bear crawl).

Now with the different aspects broken down I needed to do the hard part and that was put all of this together while not separating the different exercises so far apart I would not progress performance-wise. I decided to repeat certain exercises every other time for a few workouts so that I could develop the skill and would not have to relearn this each time I returned to the exercise. Complex things like Olympic lifts and such would be done more often while gross moves like carries could be done seldom. So far I'm in a 5th incarnation of this system. Each time I learn more, so that I can refine my system once again.

One problem I had that was really hard to get around was that there are so many fun things to try out there that if I did them all I would never accomplish my goal of animal fitness. I figured I could do a few of different things to get through this. First I would decide on exercises that NEED to be done (this may be different for each person), exercises I WANTED to do (not always the same as NEED), exercises that were so similar to others that they basically covered it, exercises I could switch and do on next cycle or incarnation of my system. Since I'm a trainer I got a chance to try this out on a variety of different types of people and it is working so far as long as I am willing to fine tune and not get stuck in a mind set that doesn't allow change.

So if you want to go for total fitness try out animal fitness. Just be creative and go for it.

Jim is one of Get Up's favorite authors. His work inspires a lot of email...another great column!

GET UP!

Volume 1, Issue 18

III March 2003

The "Gary Column"

My brother, Gary, lives in San Mateo, California and is a big fan of the newsletter. He often comments on different writers, then asks those "Million Dollar Questions."

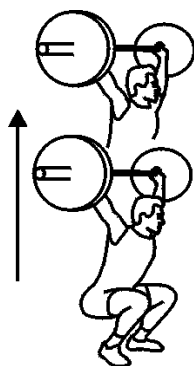
The same questions many of you may have...but are afraid to ask!

What the hell are Tabata Squats...I finally get the difference in Overhead Squats, Front Squats and Back...where is this 'Tabata?'

Excellent Question. In the lifting game, we use a lot of shorthand to write in journals or to learn new lifts. This can be confusing.

No more assumptions!!! First, an Overhead Squat is a squat with the bar held overhead. Although a basic part of an Olympic Lifter's program, we really push this lift for everybody.

Some people think that we/I preach this like some kind of miracle supplement, but experience with a lot of athletes seems to support adding this lift to your overall training program.



Front Squats? Easy, weight held on the neck...in **front**, so to speak. Most people tell us that it works the front of the thighs better, but lots of athletes just like them because you can't really cheat forward (the bar dumps off you), so you have to fight, fight, fight the bar up. A good front squatter is often an excellent jumper, too.

Back Squats...weight held on the back of the neck. You can handle a ton of weight (well, half a ton, anyway) and it is a staple for mass gaining. For some, back squats are the answer to all questions. For some people, of course, they don't even know the questions...



Tabata is not a place, **he** is a Japanese researcher who came up with (and forgive me for using this word...) a **protocol** in which the athlete pushes for twenty seconds and rests for ten...for four straight minutes.

At the Murray Institute for Higher Lifting, we are big fans of Tabata Front Squats... **Tabata**: the 20 on/10 off four minute **HELL!!!** **Front Squats**: Doing them with the bar on the neck.

Equipment needed:

1. Bar with weights. 65 pounds is awesome for women and first time men...95 is a challenge, 115 brings visions, 135 has been done, 155 ...for sets of 8 in the last minute...is a goal.
2. A clock with a sweeping second hand. Be sure it is in the line of sight of the lifter. My clock hangs just to the right of the right squat rack post at about 8 feet off the ground. A simple eye shift gives you your time.
3. A place to lay down ...for a long time.

Goal? Strive for 8 sets of 8 reps. Try to pick a weight that you can still stand up with during the fourth minute. Do NOT judge this by the first minute and just keep going back down...try not to catch your breath...well, you probably can't anyway.

Lane Cannon missed two days of work after his first go at Tabata squats...

Enjoy!!!

Published by Daniel John

Daniel John, Editor
Copyright © Daniel John, 2003
All Rights Reserved
Any unauthorized reproduction is strictly prohibited.