

GET UP!

Volume 1, Issue 19

I April 2003

Wow...

Three weeks? As I type this, statues of Saddam are being pulled down all over Iraq. Amazing...

I couldn't hold back this information any more from this edition. Once again, our writers are bringing Get Up! readers the best...and cheapest...information anywhere.

One of the things we are striving for in Get Up! is timeliness. Unlike magazines in the drugstore, our authors write with a freshness that seems to still have sweat and chalk still on their hands.

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*.

An Idea for Charting Weight Loss



David Witt

As a high school thrower, David ended up third in Kentucky's State Meet under the coaching of Marty Mayer and Pep Stidham (God rest his soul, he died young in his 40's of heart problems).

*Going to college that **didn't** have a track program, David has competed as an open and unattached thrower for years in and around the Kentucky area. Married to Pam with two children, David teaches high school math. This is his second "Get UP!" article.*

After the excitement of having my first article in "GET UP" published, my next thought turned toward "what am I going to do now"? Searching my brain for what I could further contribute to the lifting and throwing community I decided to share my experiences last fall with weight loss.

In high school I was a skinny 150 pounder at 6 feet tall. I had a very successful junior year winning most all meets I entered throwing the discus. Technique made up for lack of size and

strength. Then in the fall of my senior year I found out what had been holding me back from gaining weight, a bad appendix. After having that removed in September, I got up to 190 by track season. I maintained that weight through my freshman year in college and eventually averaged 212 pounds of body weight at 6ft 1.5 inches, I had one of those late growth spurts, throughout my college years. Whenever I went in for a checkup at the doctor's office, the nurse would invariably guess my weight being 50 pounds lighter than I was by putting that top weight on the scale at 150 instead of 200. I never had a body composition test in college, but obviously I wasn't carrying much fat on my frame.

After college, work started and my throwing career started to wane. By my honeymoon, my weight was at a then high of 228. My weight would bounce up and down depending on how much I was working out at any one time. Fast forward to last fall. After our state games, my weight reached an all time high of 234. Yikes! Gotta do something.

I decided this time to start charting my weight, much like I chart my workouts. I decided to write down my weight from each morning's weigh-in. You are at your lightest in the morning, so this gives you extra incentive. It wasn't until the third week that I discovered something interesting.

The first week's numbers looked like this:

228	226	226	225.5	225	224
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I started on a Monday, August 12th. The second week looked like this,

222.5	223.5	222.5	222	222.5	221
	220.5				

Wonderful! My weight was going down, 7.5 pounds in two weeks. The next week:

223.5	225.5	223.5	223	223	222
	223.5				

Huh? I was slipping back! That 225.5 was on Monday of that week, really depressing. Then, being the math major that I am, I started wondering, how do the averages of the weeks look? I compared the first three weeks looking at the average weight for each week.

- Week 1, average weight 225.75**
- Week 2, average weight 222.07**
- Week 3, average weight 223.4**

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My week 3 average was almost a pound and a half heavier than week 2, but it was almost two and a half pounds lighter than week one.

Suddenly I didn't feel so bad about my slip in week three. Now my focus changed, now I wanted to beat my average for each previous week. The next week:

225	224.5	223	221
221.5	221.5	221	

Average 222.5,
Mission accomplished.

The next weeks:

220.5	221	222	221
221.5	221.5	221	

Average 222.5

220.5	221	222	221
221.5	221.5	221	

Average 221.21

222	222.5	220.5	220.5	223
220.5	219.5			

Average 221.21

219.5	222	220.5	222
221.5	221	222	

Average 221.21

On any given day, weight can fluctuate by 5 pounds naturally. What I found with this was that my focus was no longer on day-to-day weight, but on the weekly average. This made small setbacks, like the 223 in the second to last week, not so monumental.

I know, we shouldn't confuse weight loss with fat loss, and the scale is not the best judge of fat loss. But during these weeks my strength was soaring and my muscle mass was increasing. I found this little exercise in data collection very helpful in keeping me motivated to keep dumping the sugar and drinking more water and getting more sleep. I basically try to follow Dan's Meat Leaves and Berries philosophy, so nothing new there. The 10 pounds you lose off your body, especially if it is fat, represents 10 pounds you can add to your lift of choice. Or, more lift at the end of your throw.

Excellent point about averages... would this hold true in training?

Warning: Reprint Article!

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.

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.



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Rick's "Conversations with Mike"

"Sorry for the delay. Mike owns his own business and works 7 days a week and I'm working 10-12 hour days, so we've been playing phone tag a lot. Since you already posted our basis lifting routine, I'd thought that I'd put together an article focusing on training philosophy, best lifts, and throwing info. One thing that I forgot to mention previously is that we often did plyometrics in between sets of squats in the off-season. Typically it consisted of sets of 5 rapid standing long jumps across a basketball court. Always trying to get farther across it than previous sets. If you need any clarification or more info, let me know. Feel free to post my email at the end of the article, if anyone has questions."

1. Have a plan and work your plan. Mike would plan a year's worth of training. Not down to the exact number of reps and weights, but what the focus of that month's training would be (strength, speed, throws with over/underweight implements, number of reps in lifts, etc).
2. Focus on the task at hand. Conversations in the gym or at the track were kept to a minimum. They were basically limited to "what weight do you want next", "how many more sets or throws" or perhaps some coaching on a lift or asking for a spot.
3. Knowing what motivates your training partner. Mike was an underdog going into the Olympics. So anytime that I would make a pr, I would say "I just pr'd, so what do you know Timmerman, Beyer, Gunther (or any top thrower) are doing the same. I had told Mike and some of the other throwers at Texas A&M that a girl I had met at a bar had describe me as massive. At 6'1" and 220 lbs. I was far from massive, but having been a skinny 163 lbs weakling when I had graduated from high school., I was after all the size and strength that I could get. So any time that I would hit a sticking point, Mike would respond with "Don't you want the girls to think that you are massive?" The verbal jabs were meant to be a reminder of what our focus in the gym was.
4. Having a good support place away from

training. There has to be a special place in heaven saved for Mike's then-girlfriend, now-wife, Katie, who was a 4 time Montana state javelin thrower. She would often cut her workouts short to go home and cook for us, so that we would be able to eat immediately after training.

5. Be a competitor. Mike threw 3 pr's in a row at the Olympics. You have to be able to come through when the pressure is on. Too many people leave it in the gym or training.

6. Rest and nutrition are as important as what you do in the gym. Not that Mike was on a specific diet, but he always tried to eat as clean as possible. He couldn't talk me out of drinking Cokes and Dr Pepper, but did talk me out of drinking sugar laden orange juice with my breakfast. Sundays after lifting was the big break from strict eating. We would hit the all you can eat pizza buffet, which of course would turn into who-can-eat-the-most buffet.

I also learned the benefits of naps. At work I would eat my lunch in 15-20 minutes and take a nap for the rest of the hour. On weekends when I didn't work, an hour or two nap did wonders for helping my recovery.

7. Warmup properly. Regardless of the exercises the first set was always done with an empty bar. One winter day I was riding the exercise bike to get the blood flowing since the gym had no heat. Mike felt that the pedaling motion was not of benefit for athletes training for explosive sports.

Best lifts

These numbers are the best recollections of Mike, Katie and myself. They may be off by 5-10 lbs. They numbers listed below were ones that at least 2 of us could remember. For those wondering, squats were done below parallel, but not rock bottom.

Squat 760

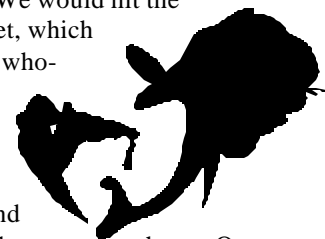
Front Squat 585

Bench 585

Incline 545

Power clean 540

One-handed snatch 245



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Throwing

Mike would vary the amount of throws that he would take in a session depending on time of year and focus of the session (technique, quickness, etc). Typically he would take between 30-50 throws per session. Mike would throw overweight implements (18 and 20 lbs shots) in the preseason and early in the season. Mike's best throws with those shots were around **65' with the 18# and around 61' with the 20 #.** (Editor's Note: !!!!!) His best training throw with the standard shot was between 71-72'

Influences

I asked Mike who were other throwers that influenced him. He said that he felt that Ulf Timmerman had the best technique. Randy Barnes, who also attended Texas A&M, also influenced Mike. I remember Mike once saying that he felt had Randy been at the '92 Games that Randy, not Mike, would have won the gold. However the one person who Mike credits the most with helping him with his technique was Patrick Hennings. Patrick was also a thrower at Texas A&M and later coached at Blinn Jr. College.

Thank you, thank you, thank you! Rick's email address is:

Reklof@aol.com

I warned Rick about the kind of riff-raff that reads this publication, but he was still willing to help!!!

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!

"How the hell do you throw a 300 pound weight?"

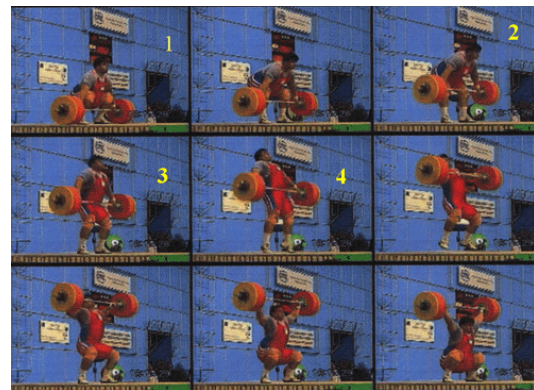
Actually, a better question would be "why would you throw a 300 pound weight?," but the answer to this question is the **key** to modern weightlifting.

At the Seattle SuperWeight competition, I discovered that I had the strength

to swing a 200 and 300 pound weight between my legs and throw it. But, what I didn't yet understand was that I was also missing the clue to modern Olympic Lifting!!!

You see, recently American football coaches have been teaching the Olympic lifts (finally!). So, I listened to how they were teaching the event...it was all about ankle extension at the end...and did the exact opposite.

Can you stomach another reprint?



Recently, in Denis Reno's weightlifting Newsletter, he noted that the Bulgarians are taught to focus the entire pull **on the heels**. One training session later, the teachings of my old Junior College coach, Wolfgang Linkman, and the Bulgarian training ideas made perfect sense!

The "arrow" of the Olympic lifts is a straight line pointing up from the heels. Yes, the **heels**...if you ever get on your toes in the quick lifts, you better have a light weight on the bar because you are not going to make the lift!



The "Bow?"

First, I have to insist you try focusing on the heels only style...it works. A good drill

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for teaching this method is to put your toes on a piece of wood or two ten pound plates and do your regular workout. I can snatch and clean off of a 2 x 4 now with just a minimal jump back.

To get the Bow, you have to do two things that have become obvious if you have followed O lifting the past few years.

One: you have to lift with the head up and the jaw “jutting” forward. I teach my athletes to make “raptor” noises to teach him to hold that head forward...this will naturally keep the shoulders well over the bar. The jaw is one of the tips of the bow.



Two: you have to really stress the Romanian Deadlift Position.



The “bottom of the tail bone” (or you can use another anatomical hint) is the other end of the bow. The farther you can stretch out the two ends of the bow, the faster that arrow is going to shoot up!

How to Train This?

1. Try lifting with your toes on a board or plates...just try it!

At first, this is going to seem odd. But, if you had pull a train towards you hand over hand with a rope laying on your back, would you dig in your heels? If you say “yes,” you probably will understand why you pull on your heels.

2. Try this sequence...snatch or clean

Stand tall with the bar in the snatch or clean grip. Lower the bar by pushing your butt back...don't lower the bar, push your butt back

as far as you can. When you can't go any lower, snatch or clean the bar from this position. With the bar snatched or cleaned, lower the bar in stages until you just touch the floor...barely...and snatch or clean it again.

This is one rep! Rest and Repeat!

With this sequence, you will find that you naturally stay on your heels...if you don't, you will fall flat on your face!

So, how do you throw a 300 pound weight???

Live on your heels ...you are not going to whip this over your head, you are tossing this forward. Any “triple extension” is going to pop the bodyweight on the toes and the weight will stay in place and you will end up in the sector. You swing with the weight on your heels, accelerate it and “squat under” the release.

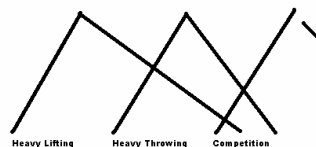
Exactly like modern O lifting!

My new approach to learning the O lifts?

1. Get a 2” by 4”.
2. Get a really heavy piece of metal with a handle.
3. Live on the heels for a few months in the weight room and toss the 300 pound weight...it is the exact same rotary motion as modern lifting!

Three Phased Approach

So, how do you throw a 300 pound weight? With great difficulty.



Next Issue? Finally, I will have that article on my approach to long-term training for throwers...The “Three Phased Approach.”

Published by Daniel John

Daniel John, Editor

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