

GET UP!

Volume 1, Issue 2

11 July 2002

Wow...there is a need!

I received twenty emails in the first hours that I posted the location of this free newsletter. Many were from people who wanted to offer articles. Others were thankful that someone was simply offering a resource to think about lifting and throwing...for real people.

Mike Rosenberg (of "Rosenberg Bars," the hated and feared two and a half inch farmers bars) reminded me that the key to what I offer everyone are these points:

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**.

That is why I like Mike...he is my little Cricket Conscious on my shoulder.

In this edition, our first article is something I put together years ago when somebody asked me about "training truths." Well, "buy low, sell high"...the truths are fairly blasé. As a theologian (part-time, anyway), I fell back on the model given by St. Thomas Aquinas...start with the foundations...but shed a little light in all the way.

Also, there are some various gems tossed in this month...some sage advice from a lifting legend as well as a fairly direct point from an expert in "Evolutionary Fitness." We'll be adding a lot more authors next time as we get some copyright issues cleared up and other writers drag themselves out of the weightroom and face the word processor.

If you want to sent an article, include a one or two line bio, then email it to dj84123@yahoo.com

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The following reflects all my years in sports (and life). What is amazing about this list of "truths" is that none of these are exotic, so nobody pays attention!

The Summa Liftologica

Daniel John

Point, the first: KISS, or Keep It Simple, Stupid!

Overview: *Pareto, the Italian economist, discovered the 80-20 Rule. That is, 20 % of what you do, gives you 80% of the final effort.*

In application, 80% of a company's sales come from 20% of the clients. In athletics, 20% of your training leads to 80% of your competition efforts.

The key is to find the 20% that leads to the "biggest bang for the buck!" Most athletes usually come to the answer that, and this is beyond what mom and dad provided at birth, in the weight room it is the basics: cleans, presses, squats. On the track, it might be stadium steps, hills or sprints. For the endurance athlete, it might be those "hard runs" with friends on Saturdays. Once an athlete knows the techniques, sometimes very great progress is made on the simplest of programs. For example, many, many lifters and throwers used the following program in the Sixties and early Seventies:
Monday: Train Hard (and heavy and go home!)
Tuesday: Rest
Wednesday: Train Hard
Thursday: Rest
Friday: Rest
Saturday: Train very hard; if competing train very hard after competition. Keep the exercise number low, the intensity high!

Essentially, the simpler the better. The key is to trust that honest hard training on basic core movements leads to improvement in lean muscle, performance, and measured strength. For me, this means Power Snatches, Clean and Press, and Overhead Squats. These three lifts make the discus go farther and my total in the Olympic Lifts go up. If all I do is Power Snatch on Monday, Clean and Press on Wednesday, and



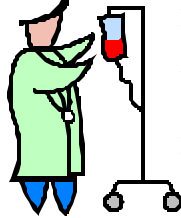
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Overhead Squat on Saturday, I am going to be at 80plus percent of my best. You know, maybe over 100% because ...

Point, the second: Little and Often over the Long Haul!



Overview: *Success is like the erection of a building. It is one brick laid upon another.*

So too, with training: it is the ability to squeeze out five pounds here and a rep there that leads to long term success! Programs that promise huge gains in three weeks don't mention the huge drops the next three. For an example, I offer 1964 Olympic Shot Put Champion Dallas Long's High School lifting bests:

9th Grade

Squat 90 Military Press 90 Bench Press 90

10th Grade

Squat 125 Military Press 125 Bench Press 125

11th Grade

Squat 200 Military Press 200 Bench Press 200

12th Grade

Squat 350 Military Press 275 Bench Press 350

This senior year, he blasted the 16 pound college shot over **61** feet. In 1957!

Prepping for the 64 Olympics, he would bench up to 440 for 3, Incline 370 for 3, and Squat 4 sets of 5 with 400 pounds. These reflect eleven years of training to become Olympic champ. None of his lifts are breathtaking, none of the leaps in improvement unbelievable. A little here, a little there ...

Maybe the best book to supplement this idea is Paul Kelso's

"Powerlifting Basics, Texas-Style" from Iron Mind Enterprises (916-265-4876).

Simple, basic instruction perhaps, but Kelso's emphasis on "Showing Up" is brilliant.



Point, the third: Have standards.

Overview: *As an Olympic lifter, my squat goes up 200 pounds by adding knee wraps and a supersuit. How does this affect my o lifts? I have no idea.*

Standards are simply that: what are the units that I measure my improvement with? For

health, the guys at the Olympic Training Center made it clear that annual blood tests are your best bet. Cholesterol and triglycerides can be compared to past eating behaviors, prostate problems can be checked, even gout by blood tests. A yearly blood test has a standard to compare itself with, last year's blood test.

In lifting, it is a little more murky.

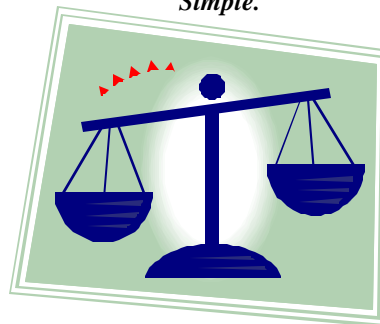
Olympic lifters have their best competition snatch and clean and jerks. Powerlifters need to be more careful: one federation may ban certain wraps and belts. The deadlift in competition may serve as a good standard. As long as your lifts go up, you are making progress.

Photos have really helped my wife and may be an idea for others. She stands in the same doorway in a bikini (no, you can't get the proofs) and takes front, side and back. Then she compares and contrasts them with the last batch. She discovered that the scale lies.

Other standards? Well, there are some classic ones: bodyweight military press, bodyweight snatch, and double bodyweight squat are common enough standards that I heard of them in several different settings.

Learn to measure yourself against yourself. But be real: don't fool yourself into thinking that a fifty pound improvement in the squat really happened if you didn't go as deep, or, you have put on fifty pounds with the Monday Night Football Beer and Brautwurst Diet. Also, be wary of using workouts to make comparisons. If you did 3 sets of 8 with 205 in something with a one minute rest and two weeks later did the same sets and reps with 225 with a five minute rest, are you stronger? I have no idea, there are just too many factors. Measure yourself with simple standards.

Simple.



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Point, the fourth: Eat food.

Overview: *an odd point, perhaps, but more questions are usually generated at a lifting forum by supplements than any single lifting point.*

To recall:

If it works immediately, it is illegal.

If it works quickly, it is banned.

If it sounds too good to be true, it is.

Time and again, I have rediscovered the wisdom of sticking to lots of vegetables, fruits and lean meats. In addition, drinking huge amounts of water helps. What about potassium? Yes, I take that, when I buy it. Flax oil? Great stuff, keeps me regular. Whey protein? I dunno. Creatine? Water gain, I dunno. Super Amino blast? Hmmm. Bee Pollen? B-15? And on and on and on.

If you spend fifty bucks on a product it will work! If you are paid fifty bucks to say it works, you will say it! I still think Bob Hoffman had a clear overview in 1964:

“To summarize: live as normally as possible as the big contest approaches but **reduce your sugar** and starches to a minimum. **Eat lots of protein** and use germ oil concentrate as this has a tendency to reduce excess weight. **Drink normally** until a day or two before the contest. If necessary, take off what weight must be lost the day before and the day of the competition.”

Although this focuses on weight loss for an O meet, this same advice is being sold in literally hundreds of low carb books today. Food is important for training. **Food, I said. Food.**

In addition, beware the “Bathtub Model” of nutrition. Basically, it is this: The human body is a bathtub, the spout is calories in, the drain calories out. Add more water, drain stays the same, makes you fat. Water comes in the same, drain increases, makes you lean. Very simple. So simple it is just not correct. There is an old saying about the human brain: “If it was simple enough to understand, you wouldn’t care to understand it.”

The same with the body. Why do people lean out on 6,500 calories a day, while their



girlfriend gets fatter (less lean, if you will) on one meal a day and six diet drinks? Because the bathtub model is rubbish!

- Eat food.
- Eat multiple meals a day.
- Eat breakfast.
- Eat.

Point, the fifth: There is a time to plant and a time to sow.

Overview: *John Richardson won the Big West discus championship a few years ago. I worked from high school through college with him and asked him what is the best advice I ever gave. He said: “You always say ‘they can’t all be gems.’”*

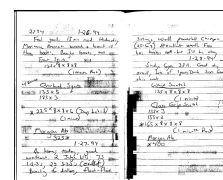
Simply, not every effort in the weightroom will be a new personal record. Trying to do this will only end in misery and frustration, and drug use.

There are times of the year when it is appropriate to kill yourself in the gym. But, sometimes you need to maintain, hold on, and plant the seeds for the next harvest.

Tommy Suggs said it well: “Train along without pushing yourself. **Train hard and often, but don’t knock yourself out** and stay away from the Olympic lifts. Then five weeks before a contest try yourself out on the Olympic Three. Don’t push too hard and don’t worry if you seem a little weak. Then try to add five pounds a week per lift in the press, snatch and clean and jerk. **Make up your mind that you are going to make progress no matter what.**”

The idea is to lift at your peak at the meet. Every workout over a career can’t be the best of all time. Notice, though, that I didn’t say “sit in the gym and eat bon-bons and tell everyone that you are a “genetically inferior” and you natural easy gainers don’t understand my needs.” You need to train heavy and hard, but realize that this doesn’t mean “limit” lifts each workout.

More to come...for more information: Consult your training journal and try not to keep making the same mistakes



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"Although with my basal metabolism and muscle mass, "low calorie" for me is something like thirty-five hundred calories a day. Americans in general overeat and underexert. And what they do eat is all-too-simple carbohydrates; the pasta that most people eat is a bowl of sugar briefly deferred, low in nutrition and high in calories. The body can't metabolize that kind of load."

Art DeVany

"Closer to Truth" Television Show

"Gems" from Dave Sheppard

Sheppard was one of the USA's great lifting legends from the 1950's. Although he may get lost in that "pantheon" of greats (Kono, Davis, the George Brothers, 'Skee,' Bradford...and many others!), his skill in the Squat Snatch encouraged many American lifters to adopt this style over the split. After his recent death, Butch Curry and others on the Go Heavy Forum posted some of his "best quotes." I offer them for your information and enjoyment:

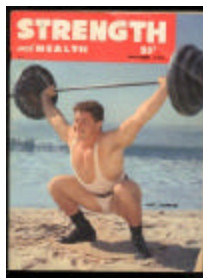
"While still living in NYC and writing my own workouts, I asked Dave to help me plan a new routine. Well I made some changes and was following my new schedule for about 3 weeks, when Dave showed up. I proudly showed him my plan and asked what he thought of it. He looked it over and after about 3 minutes, he asked "**Are you improving**"?

I said "Yeah!" He replied "**Good Routine!**"

Dave always said "You've got to pull 'til you can't pull some more and then you have to **Pull some more!**"

The 3 "S's" in Lifting "**Steak, Sleep and Squats**"

"Dave Sheppard always raved about **dead hangs**, he claimed 115kgs. (snatch) when he did his world records."



What is an "Elite" Athlete?

One of the hardest things for me to deal with as a coach is a parent who is pushing their kid to do stuff that..well...the kid can't or don't wanna do! I got a call from a dad trying to push his daughter into using one of my roughest training programs, "The Big 21," and had nothing but problems. Simply, she wasn't strong enough to be able to use the weight changes required...she barely could lift 45 pounds and the program demands lots of plate changes.

A couple years ago, I did a workshop for some very good high school throwers and the first question came from a "dad." So, I put together this short list on some basics of being an "elite athlete."

What is an elite athlete?

1. The athlete no longer is on a steep learning curve. The athlete, in other words, is no longer improving in quantum leaps from year to year, or season to season. Lifts, for example, no longer double over two years. Improvement is slow.
2. The athlete has a **year-round** approach to one sport.
3. The athlete uses some form of **intense training camp** or focused training of some kind each year.
4. The athlete uses **high levels of strength training** before the competitive periods. Save for lifters, as strength levels go down, performance should improve.
5. The athlete has made a **personal choice** to be elite.

Caber Toss

1. Put your foot on the end of the caber while the other person raises it to you. Thank them. Hold it up until it balances easy.
2. Wide feet, squat down with the caber "resting" on your right shoulder. You need to be ready to "pop" your fingers under the caber by first clasping a couple of inches above the base, then tugging it up while sliding your fingers ...both hands/same time...under the caber. Stand Tall with the caber. Keep your hands close to your body.
3. Begin to move forward with the shoulder "pushing the caber."
4. When you stop...the caber moves forward...NOW!!!
5. Clean Grip Snatch...focus on snatching it ..behind you!

Fun for the whole family!

