

# GET UP!

Volume 1, Issue 6

I September 2002

## Biggest Issue Ever!

I always laugh when I see that in the Magazine racks...most *advertising* ever is usually the case. A lot of people liked last issues "dialogue" where I looked backed to 1995's fall training and discussed some variations that I would do in the fall of 2002. One of the things that people liked was the fact that I didn't say that "we were so wrong then and so right now."

Often, when people compare one program to another, one training system to another, you get the feeling that the person has changed religions! You can learn a lot from a Highland Gamer, powerlifter, O guy, even a Nautilus Personal Trainer.

The key is to keep everything in balance, the mission behind the mission of this newsletter.

### 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**.

## Another Dialogue

*I posted some information at the Old School Forum about a weightlifting program where you used only one lift a day. I had read about it and discussed it with David Turner at length, then adopted it for my 1991 training. I shot up to a 314 pound snatch and 385 Clean and Jerk. Then, I dumped it. Steve Shafley, one of my internet inspirations and an all-around excellent strength athlete and I had a conversation about this program...all the way back in 1999. (My eleventh or twelfth comeback year). He kept the email correspondence and I offer our discussion as a way to work through one idea into fitting your goals. It begins with an edited version of the original post, then reflects a series of emails.*



## The One Lift a Day Program

*Note: these are the training weeks for the third week before the Trials*

**George "Ernie" Pickett**

**Olympic Team Member- Heavyweight Class**

**Lifts at Trials: 457 Press, 341 Snatch, 462**

**Clean and Jerk, 1261 Total**

### Training Program

#### **Monday**

Snatch: 135 for 5, 205 for 3, 255 for 2, 295 for 2, 305 for 1, 320 for 3 singles

#### **Tuesday**

Seated Incline: 135 for 5, 205 for 3, 295 for 2, 315 for 2, 335 for 2, 345 for 2, 355 for 2

#### **Wednesday**

Cleans: 225 for 3, 305 for 2, 355 for 2, 355 for 2, 385 for 1, 405 for 1, 420 for 3 singles

#### **Thursday**

Front Squats: 225 for 5, 305 for 3, 355 for 3, 405 for 3, 455 for 3, 500 for 2

#### **Saturday**

Approximately 85 % of limit for a single on Olympic Lifts (Note: every once in a while will go all out on Saturday.)



**Bob Bednarski**

**Olympic Team Alternate- Heavyweight Class**

**Lifts in Trials: 424 press, 358 Snatch, 451 Clean and Jerk, 1234 Total**

#### **Monday**

Military Press: 135 for 5, 205 for 3, 250 for 3, 250 for 3, 275 for 3, 300 for 3, 325 for 3

*Note: Dave Turner, a fine O lifter and Math teacher, did the percentages on this and feels Bednarski may have gone too light here. He got behind on the press at the trials and had to make huge jumps to try to edge out Dube and Pickett.*

#### **Tuesday**

Cleans: 135 for 5, 225 for 3, 300 for 1, 350 for 1, 400 for 1, 425 for 3 singles

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## Wednesday

Squat: 315 for 5, 405 for 5, 475 for 5, 525 for 5, 575 for 5, 625 for 1

## Thursday

Snatch: 135 for 5, 205 for 3, 250 for 1, 285 for 1, 305 for 1, 325 for 3 singles

## Saturday

Work up in three Olympic lifts to approximately 1200 total

## Sunday

Squats: same sets as Wednesday, except skip the last set

In December of 1968, this workout was reported in his "*Lifter of the Year*" article:

**Monday:** Presses, working up to 5 sets of three with a moderate poundage-350 to 385 pounds.

**Tuesday:** Snatches, up to five sets of three with 305.

**Wednesday:** Squats up to three reps with 450-500.

**Thursday:** Clean and jerk up to 3-5 singles with 405-425.

**Friday:** Rest

**Saturday:** Total or work heavy on two lifts.

**Sunday:** Squats up to three reps with 450-500.



One forgotten little workout that I like of Bednarski's was his first

"*Lifter of the Year*" award after he did so well at the 1966 World Championships. Best lifts at the time: 402, 352, 446

## Monday

### Noon workout

Squat: 305 for 5, 355 for 5, 405 for 5, 455 for 5, 505 for 3

### Afternoon

Military Press: 132 for 5, 220 for 5, 264 for 3 (for five sets of 3)

## Tuesday

Isometric Work: 3 pulls, bottom, midway, top, 1 squat midway, 3 presses, start, middle, finish

## Wednesday

### Noon

Squat: Same as Monday

### Afternoon

Snatch 132 for 5, 220 for 3, 264 for 2, 286 for 1, 308 for five singles

## Thursday

### Power Cleans

132 for 5, 220 for 3, 264 for 3, 286 for 3, 308 for 3 sets of 3

## Saturday

Work up to three Olympic Lifts to 90-95 percent of limit.

Two weeks before a contest he goes up to starting attempts.

He gets at least three days' rest before a meet.

**This is the program that I stole to do my best O lifting. Of course, it worked so well, I dropped it and did something else.**

## Dan,

I did want ask a few questions and listen to your suggestions on the subject:

1. Integration of cardio and strength training.

**Unfortunately for my lifting, I have started my cardio training for rugby.** This generally includes sprint-interval, short hill runs, and an occasional distance run. (2-3 miles). I was very attracted to the one lift per session style, because it seemed to offer a way to optimize recuperation and to allow me to increase my strength during this period. A rugby match consists of 90-100 minutes of sprinting, tackling, pushing, shoving, and occasionally brawling, just to let you know what kind of rigors I must endure, since I am unsure of your familiarity with the sport.

2. Rotation of the big exercises. I am planning on rotating exercises when they become stale.

**Do you think this might allow me to train without taking a "rest" week?** Alternatively, I could drop all weight work and just perform sandbag and sled pulling. I have straps for my sled that allows me to do upper body pulls, pushes, explosive work on it, etc. Additionally, I

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am planning on using the sled for a "recovery" type workout as per Louie Simmons recommendations.

3. What about performing a few repetitions of a plyometric exercise instead of speed work? I would use depth jumps and drop push ups off of small blocks for the squat and bench press. I would probably just stick with the speed work for the pulls and overhead press.



Anyway, here is my final breakdown, starting today:

**Sunday:** rugby cardiovascular training

**Monday: Noon:** bench press/ballistic push up

**PM:** 1 tricep exercise/1 back exercise for ~5 sets

**Tuesday: Noon:** squat/depth jumps

**PM:** sled work

**Wednesday: AM:** rugby cardiovascular training

**Thursday: Noon:** overhead press/dumbbell speed press

**PM:** 1 tricep exercise/1 back exercise

**Friday: AM:** rugby cardiovascular training

**Noon:** Power clean/dumbbell clean

**Saturday:** --Rest--

*Steve noted in 2002:* "Looking back on this, that program seems a  **tad ambitious**. My actual breakdown of training looked like this:

**Monday:** squat, jumps with dumbbells in my hands

**Tuesday:** bench, push up plyometric drops off 6" platforms

**Thursday:** power clean

**Friday:** overhead press, light fast dumbbell presses"

Keep in touch,  
**Steve**

**Steve,**

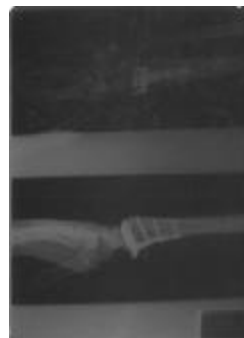
The "speed work" is plyometrics! We found that "Mixing" lifting with plyos, not only a huge timesaver, led our athletes to be more explosive,

measured by vertical jump tests. In addition, and a benefit to you, you work explosively while tired, which will carry over into rugby. Yes, I know the sport well.

On cardio, it is always difficult to mimic competition conditioning. The Soviets discovered this with soccer, guys were excellent at drills, but lost the skills in games. Someone simply had everyone take pulse tests. During the drill tests, pulses were at 80, in games 180. So, they devised ways of testing skills with the higher pulse rates, soon the players' games skills improved.



So, what does this mean? Pure cardio rarely carries over into sports, pure skill training rarely carries over into sports. Your sled idea has merit for rugby. Now, devise a way to mimic a game. Perhaps, 30 varied "bouts" of pulls? 10 seconds, 3, 20, 5, 3, 8, etc... where you may jog easily for 20-30in between? This seems to fit what most rugby players do in a game. Certainly, throw in a finisher, too, at the end. Some psycho long pull or something.



The recommended "week off" is just something I, we, have seen too many with multisport athletes, i.e. guys who use lifting to improve another discipline. The body can only take so much. Like a rubber band, if you keep

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stretching it, over time it breaks, not snaps. I am only pointing out that you should plan this time off, rather than be forced into it by injury or illness. You choose, of course, but experience shows this to be true.

Whenever I break this simple rule, I pay. Now, if I am only lifting, this can be an "easy" week, but you have to ease off sometimes, unless you are a raw beginner.

Keep me informed,

Thanks

**Dan**

**PS.** One thing, I don't necessarily want to put on the big board: you need every fourth week either off doing this or devoted to play and fun. Three weeks on, one week off. If not, after a few weeks, you will get bored, injured or stifled in progress. It is better to plan the days off, rather than be forced to take them.

**Dan,**

What do you think about a triple wave with a 3/2/1, 3/2/1, 3/2/1, repetition scheme? I find I am concentrating mostly on progressively heavier singles, then dropping back to a triple or two before heading back up. I have used this wave with some success before. Each corresponding wave would be a bit heavier than the earlier wave. This pattern seems to be working, and I am attempting to add weight to my highest single as often as I can.

Oh well, anyway, I did squats/dumbbell jumps today, and worked my way up 10 lbs heavier at my highest weight than last week. I decided to do a bit of ab work, if there is time remaining, but nothing else. I finished in 40 minutes today, but was dawdling in between sets a bit.

**Steve**

**Steve**

You may find the middle wave to be the heaviest. It works really well, in fact, at the Olympic training center, they do four of these waves in a row. One thing, though, be sure to measure this program against your goals. You may need the 5's and 8's for your sport, the added muscle mass and perhaps the conditioning. You

may think about

**Week one:** waves of 10, 8, 5, 1

**Week two:** waves of 5, 3, 1

**Week three:** waves of 3, 2, 1

**Week four:** unload

Don't ignore the high reps! They provide some relaxation against the heavy loads of triples, doubles and singles. On week one, that single could be just an easy heavy, even as low as 80%. The Cuban lifters used to live at 80% singles, with 10 sets of 10 in the squat and "muscle moves." They would dump the volume before meets and be very fresh.

And by the way, if you are done under forty minutes in a squat work out, you weren't fooling around. Good workout.

Keep me informed. By the way, when I add ideas to your ideas, I'm not trying to one up you, just trying to give you some food for thought.

**Dan**

## Primal Cardio

**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.*

I don't know about you guys, but I get very bored walking/running on a treadmill for 20 – 45 minutes. Not to mention the joint wear and tear that steppers, bikes, treadmills, climbers, etc ad nauseum give you. I'm not the strongest guy in the world by far, but when I lift I like to lift hard, not stand around talking to people or "going through the motions" as the majority of trainees do. So I want to do hard cardio too. A while back I stumbled upon Tamir Katz's site on Paleolithic Diet and Exercise. I felt like I had found something I had lost and been looking for. He stresses basic primitive activities, sprinting, throwing, and carrying.

Since then I've come up with some great routines to simulate primitive lifestyle (at least in my imagination☺). Lately I have been incorporating **bear crawls** and **alligator walking** with my sprints. I had already done distance **sandbag carries** as you may recall from a previous article entitled "*A Different Kind Of Battle*". These were meant to simulate a small

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amount of having to haul dead game to the village. Of course, my partner and I were only going a little over a mile (unlike the many, many miles that were probably done back in the early days), but you've got to start somewhere.

Here are some things I've been doing lately:

**Sprint 50 yards then,**

**Walk about 50 yards**

**Bear Crawl 50 yards then,**

**Walk again**

**Backwards Sprint 50 yards then,**

**Walk again**

**Backwards Bear Crawl**

*That's one circuit*, just keep going until you feel like you need to stop so you will not die. Then do another circuit *hehehe* and you can stop.

Another is:

**Sprint 50 yards**

**Walk**

**Alligator Walk**

**Walk**

**Sandbag Carry**

**Walk**

**Backwards Alligator Walk**

Or as I like to call it retreating alligator, believe me if he feels like I do at this point he's ready to retreat. Just keep repeating, as with the other and you will **be a lean mean primal man or woman** in no time. Between circuits just take a quick sip of water and minimize the rest. Remember this is a form of cardio. You can come up with all kinds of ideas yourself for making circuits. Usually about four different cardio-type/strength-endurance exercises are about what you should probably do. But feel free to experiment and let us know what happens.



*Jim Smith' Alligator Training Protocol*

## Less is More

**Eric Aragon**

*You are going to find out a lot about Eric in this article, but let it be said that this is a guy "who puts his money where his mouth is." Eric is the guy behind our sponsor, powerathlete.com, and devotes long hours to teaching the next generation the proper way to lift.*

Many moons ago, I played college football. After a few too many concussions (that explains some of my odd behavior), I decided to quit football and go into something a little less brain damaging. I picked Powerlifting and within 3 years, I was a national competitor. Along the way, there were ups and downs, good things, bad things, times to laugh, times to cry, etc. Nevertheless, I learned to love weightrooms, as well as the whole scientific process and innate ability surrounding "strength."

After placing 2<sup>nd</sup> at the ADFPA Collegiate Nationals in 1987 (Eau Claire, WI), I started to train for Jr. Nationals and quickly learned that my body could not take this much abuse and function properly. During a heavy Deadlift workout, just 4 weeks after Collegiates, and 3 weeks before Junior Nationals, I hurt my back. Pulled everything around the sciatic, and crushed my pride! I was a strapping 23 year old and for the first time in **my young powerlifting life, I had a debilitating injury.**

Needless to say, I took time off, and found time to actually meet a respectable woman and marry her (going on 15 years now). I also found time to finish my undergraduate degree and get accepted into graduate school.

As we used to say in Artillery School (yes, I was also an Artillery Officer in the National Guard), "time passes and weather changes." I became a collegiate strength coach, finished my graduate degree, dabbled in corporate fitness and then started selling quality fitness equipment. (To limit your boredom, I'll skip ahead). In the new millennium, I was headed quickly towards 40. Hence, like most middle-aged men, I got this wild-hair and took the USAW Club Coaches course taught by legendary Idaho Weightlifting Coach, Michael Conroy. One start-up club (<http://www.cogentweightlifting.org/>) and eight months later, I visited the Olympic Training

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Center and went through the Senior Coaches course taught by Paul Fleschler. I started competing myself and actually become a decent Master lifter. More importantly, I'm getting more and more Utah kids interested in Olympic style lifting.

Today, I devote countless hours to weightlifting and sport performance training, as well as try to run my retail fitness store and Internet sight ([www.powerathlete.com](http://www.powerathlete.com)). I study weightlifting books, videos, websites, talk to and workout with local "power athletes" and climb all over anything to do with weightlifting, to the point of near divorce. In these efforts, I came across the "ultimate" weightlifting resource... Tommy Kono. His new book, *Olympic Style Weightlifting*, is perhaps the best and most understandable weightlifting book I found. Which finally leads me to the title of this article,

*Less is More.*

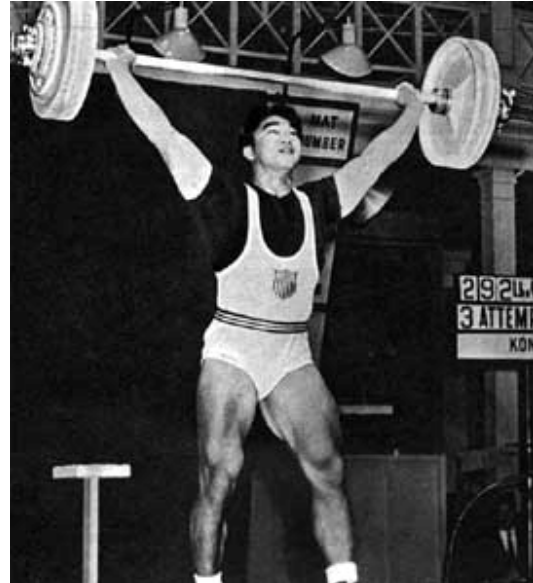


(Vasili, Dan, Tommy Kono and Eric)

**Tommy's book covers this concept wonderfully! I only wish I could convince high school coaches who grew up with the "more is better" Americanized philosophy that they need to, at the very least, read Tommy's book.**

With all my schooling, education, seminars, certifications, etc., I know the "more is better" concept works for most American athletes. I've lived it, breathed it, coached it, and bathed in it until my fingers were all pruned. However, the problem with high-level periodization (a direct by-product of "more is better"), at least, in my "limited" experience, is the vulnerability to over training, especially with young, multi-sport athletes. This is where

Tommy's "less is more" concept comes into play.



*Tommy Kono... 1956 Olympics*

"Less is more" comes in many shapes and sizes. Here's one example: Two intense workouts per week. Try to keep each one at 1 – 1½ hour workouts with limited rest between sets and staying focused on the workout. When I first read this simple concept, I oversimplified it, **"That's too easy!" I thought to myself. Then..., I tried it.**

As a former powerlifter, I used to rest and talk between sets, at least 3-5 minutes. It was "needed." I'm sure most powerlifters know where this is going. That's right, limited rest and focusing on the workout was almost like doing aerobics for this 38 year old power athlete with zero endurance. For the first four workouts (about 2 weeks worth), nausea and light-headedness became my workout partners.

After that, the workouts became easier and quicker. My wife was happy because I no longer spent two-three hours in the weightroom and I was happy because my body recuperated faster. By Tuesday morning, I was always ready for the workout. At the risk of boring you, below, I listed a typical week, taken straight from my "less is more" workout log.

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## Warm-up (same on both days)

**Jump rope** 60X both feet, 30X each foot  
1-2 minutes of **core work** on stability ball  
and/or with medicine balls.

**Inner/outer Rotator Cuff** 1 X 20 @ 5#

3 X 8 @ 20KG bar overhead squats

**Tuesday** (proverbial Snatch day)

### Snatch

1 X 5 @ 40KG

1 X 5 @ 60KG

1 X 3 @ 70KG

1 X 3 @ 80KG

1 X 1 @ 90KG (attempts – i.e., sometime I get  
good reps, sometimes, I don't)

1 X 1 @ 100KG NO GOOD

1 X 1 @ 85KG GREAT

### Back Squat

1 X 5 @ 70KG

1 X 5 @ 110KG

1 X 5 @ 140KG

1 X 5 @ 180KG

1 X 2 @ 200KG

DONE WITH SQUATS

**STRETCH** – GO HOME

**Thursday** (proverbial C&J day)

Pretty much the same format only **C&J** ended at  
120KG (on a good day)

And **front squats** usually ended at 150KG  
(again, on a good day)

That's it! I stretch and do *honey-do's* on  
the weekends, which usually involves moving  
heavy objects around the house/yard. I rest a  
bunch and I still make some gains, but the extra  
recuperation time really helps my joints and I'm  
quickly learning as I get older..., recovery is the  
key to consistency! Practicing "less is more"  
makes that recovery easier, less painful and less  
ibuprofen.

As always,  
**Show up and lift.**



## John Powell's Training

*Just off the telephone with John. His  
current training? The 20 minute drill,  
running, dips, situps and deadlifts.*

**"All the stuff I like!"**

A touch of wisdom here ...he is also starting  
each day with a big shake with creatine,  
blueberries and protein.

From our Sponsor Page:

<http://powerathlete.com>



*Check out Eric's Grip Bars and the press  
blocks...where else can you get stuff like this?*



*Another issue finished!*

Published by Daniel John

Daniel John, Editor

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