

GET UP!

Volume 1, Issue 8

III September 2002

More Sponsors...More Interest

Eric Aragon's Powerathlete.com became Get UP!'s first sponsor a few issues ago and we are happy to announce that Sportkilt has joined us, too. Sportkilt provides excellent kilts and Scottish accessories at a reasonable price for those interested in the heavy athletics at the



Highland Games.

<http://sportkilt.com>

Think of how popular you will be with your neighbors in a Sportkilt and a pair of thick bars from Powerathlete...walking around the

block

This issue has Chris Dillon's first article on early morning cardio, an interesting email from my brother, a look at "recruiting" athletes, and some little gems from here and there.

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**.

Mike Cohen's Training from the Mid-1970's

In 1978, my buddy, Eric Seubert, joined the Junior World Team in Olympic Lifting for the United States. I was off in Logan, tossing the discus, but we talked several times...just before he headed off to Greece. One thing Eric thought had a lot of merit was Mike Cohen's approach to lifting. With the hindsight of several decades, I appreciate this simple approach to training, especially all the rack work.

This is one of those programs worth considering for all strength athletes.



(The photo is of Eric Seubert (on the left), Dan John and Dick Notmeyer at Dick and Joy's 50th Wedding Celebration.)

Monday

Snatch

135: 2 x 3
165: 1 x 3
198: 1x 3
220: 1 x 3
242: 1 x 3
253: 1 x 3
264: 1
270: 1 (Maybe 280, if he feels good)



Pulls (Snatch with Straps)

253: 3
280: 3
297: 3
308: 2
319: 2
330: 1

Squats

135: 5
225: 5
315: 5
365: 5
415: 5
435: 3
405: 5



Tuesday

Clean and Jerk

All Singles

135 295
185 315
225 335
265

If he feels good, he goes up, otherwise several heavies.

Clean Pulls

315: 3 390:2
340: 3 407: 2
365: 3 418: 1
390: 2 425: 1

Clean Pulls to Top of Knees

315: 4 390: 4 450:4
340: 4 410: 4
370: 4 430: 4

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Clean Pulls from Knees on Up

245: 3 515: 3

335:3 605: 3

425:3 665: 3

Once every other week:

Jerk Supports

245: 2 475: 2

315: 2 500: 2

365: 2 525: 2

425: 2

Wednesday

Easy Drop

Snatches

Thursday

Same as Monday

Friday

Same as Tuesday

Saturday

Similar to Wednesday

He rests maybe a minute between sets. He told Eric that he had only lost one week of training time to injuries. He also expected 30-40 gain on the total a year. "Always think speed." His workouts lasted about an hour and a half...only singles in the Clean and Jerk. His gym bests at the time were 285 and 360 with meet bests of 297 and 365.

"Yield to all and you will soon have nothing left to yield."

Aesop

"Intense Morning Cardio – A Piece of the Endomorph Fat-loss Puzzle"

Chris Dillon

Chris is 21 and has been training since '99. "I'm 6' 210-220lbs depending on how many tubs of pringles I ate that week and best lifts so far are 235X5 Military Press, 200X17 Seated Overhead, 309 for 25 Squat, 100 for reps in chins, etc. etc. If there's anything else you need just let me know."

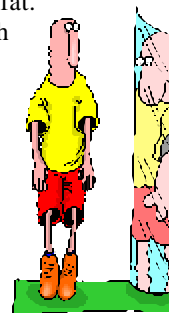


There are basically 2 kinds of cardio – regular, low to medium intensity style like you see in most gyms around the world, and HIIT style cardio, where the intensity is varied from high to low throughout the workout. Since switching to HIIT cardio, I have had phenomenal results for fat loss and I'd like to think this article would give others the incentive to give it a go.

I used to turn my nose up at doing intense cardio in the morning, mainly from anecdotal evidence presented to me from bodybuilder friends such as my training partner, a lean 230lb 400-for-reps benchin' machine. He uses low to medium intensity cardio mostly; going for walks, exercise bike and other such activities, and admiring his "rippedness" I (of course!) followed suit, never missing a beat and hitting the exercise bike 5 days a week for 40 minutes. While that sort of cardio is fine for him, being a somewhat naturally lean mesomorph who uses a multitude of recovery enhancers, I believe there is a better option for the majority of us, who aren't naturally lean and have to struggle to get to a really low bodyfat percentage.

From comparing my results from using both styles, I can definitely say that, for me, HIIT style cardio is best for people, like most of us here, who naturally store stubborn fat.

While many of the guys I train with and talk to in person in regards to training are naturally lean, most of the guys I come across on the internet definitely tend towards the more endomorphic build, and that is exactly who this article is aimed at. I hope to discuss why intense, interval cardio is beneficial for the lifter wishing to cut fat and retain lean body mass, and how it can be incorporated into a training program easily.



Firstly, as the title of the article states, it is best to do intense cardio in the morning – preferably before breakfast. With regular, low to medium intensity, cardio the time of day doesn't really matter so much, since the idea is simply to burn calories towards a weekly calorie deficit –

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hopefully resulting in a 1-2lb fat loss per week. However, the idea of HIIT cardio is not to “burn calories” but instead stimulate the metabolism. This is generally why including this kind of cardio, especially when in a fat loss rut, can make dramatic changes to a physique.

So... how exactly DOES one perform HIIT cardio? OK, first off, totally get out of your head the idea that cardio is an easy or “half assed” activity that you do in front of the TV for 30 minutes... while performing HIIT cardio you will NOT be able to hold a conversation, sorry! Basically, this style of cardio is performed by alternating super intense training with low intensity. A real world example of HIIT cardio, one I used very successfully, was sprint all out for 100 meters, then walk slowly for 100-200 meters, then sprint again. Repeat this for 10-15 “sets” and you will be spent. Oh, and you’ll also feel great for the rest of the day and get really lean if you perform it on a consistent basis with a good diet... pretty cool huh?

Here are some pro’s and con’s I researched summed up for HIIT cardio, hopefully from these points you can decide yourself whether this style of cardio would be beneficial to helping you achieve your goals.

a) When training in the morning -- especially with HIIT cardio, which is pretty similar to high rep squats in intensity -- it elevates your metabolism for the rest of the morning (in fact until late in the evening). Evening cardio doesn't have the same effect, since your metabolism drops while you are in slumber. Hence from a metabolic standpoint it is much wiser to include the activity in the morning.

b) If done before breakfast, going from the anaerobic nature, nutrients (carbs) from the meal will be better shifted into the muscles (glycogen), which is optimal when dieting.

c) From studies and articles I've glanced through, due to less glucose (carbs) in the blood in the morning, fat is more likely to be mobilized for energy.

d) If you eat before working out (in this case, HIIT cardio) you have to burn the food you just ate before starting to tap fat stores.

e) It's anaerobic, so gives a nice "high" for the rest of the morning/day. Endorphins, baby. Even though this doesn't help your dieting per se, the strong mental feeling will carry over towards it and other areas of your life.

f) I have felt a lot more awake and alert after including HIIT cardio 3 mornings a week, even with no stimulants before or after the session.

g) You look hardcore doing it at 7AM. OK, I'm running out of points... ;-)

Con's --

a) The body is in a depleted state in the morning, and for optimal anabolism, needs nutrients as soon as you get up, in theory. Probably not a problem for a mesomorph/ectomorph, but an ectomorph might not do well due since they have to scrounge for every pound of muscle they gain. Then again, this article is obviously aimed at people who have a harder time losing fat than gaining muscle.

b) Without NYC/Ripped Fuel/MD6 or similar, you might not be able to get up for it in the morning. However, having said that, I am an awful morning weight lifter, yet manage to pull off HIIT cardio no probs in the morning. I'd say you should wait 'til you're hydrated, though, but that should be obvious! I would definitely recommend a stimulant – MD6 from Biotest seems to work best for this, though any Yohimbine/Caffeine combo would do nicely – just as it helps you get through those last few intervals.

Basically I think the benefits out-weigh the negatives...

I also agree totally with the regular bodybuilding theory that morning cardio -- if done the regular way -- i.e., low to medium intensity for 30-45



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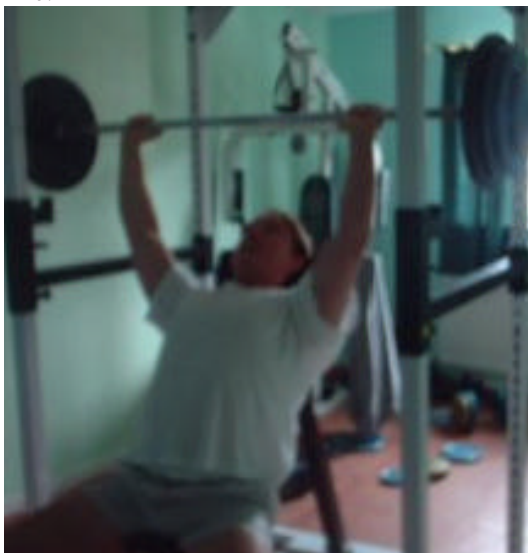
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minutes, is no better. I think that would be better done in the evening, say going for a nice walk.

So, how do you incorporate HIIT cardio into your routine?

First, I would choose the kind of HIIT cardio you wish to do, be it sprints, rowing, swimming or whatever you like. Personally, I chose sprints because I don't have constant access to a rower (such as a Concept 2) and have a school field next to my house, which is easily accessible every morning. After you have chosen the activity, I would recommend you first start to incorporate it 2 mornings a week and see how your appetite is stimulated from there. For me, 2 mornings a week keeps my cardio up and doesn't allow me to gain much fat even when eating quite heartily, but doesn't really cut it for fast fat loss. For that I would recommend 3 mornings a week, or even alternated every day with weight lifting. My routine while on a recent super-strict fat loss spree, looked something like:



(Chris pushing the Inclines in Training)

Monday – Heavy Chest/Shoulders/Triceps

Tuesday – HIIT cardio, 7:00AM

Wednesday – Heavy Back and Biceps

Thursday – HIIT cardio, 7:00AM

Friday – Heavy Chest/Shoulders/Triceps

Saturday – HIIT cardio, 7:00AM

Sunday – Rest

No Squats?! Well, of course I worked squats... but I find on a diet my leg recovery is extremely low and this is worsened when adding in HIIT cardio 2-3 times a week since it really does add a lot of volume of work for the thighs and low back. **My solution? Squat every 14-20 days.** Sounds stupid, I know, but I recently dieted down from around 230lbs and 20% to 210lbs and 12-13% while using the HIIT cardio style mentioned above and my using the once every 3 week style my (Olympic style, high bar... Dan John has a great article on "how to squat", check it out) Squat stayed at 300 for 20 deep reps, DESPITE losing the fat and sprinting 3 days a week! Upper body work wasn't affected AT ALL, though, which is a lot more than can be said when doing low to medium intensity cardio 5 or 6 days a week.

Obviously 80%+ of fat loss is down to diet, and I can't cover that here, besides stating the obvious – high protein, low to medium carbs and fat, no processed food, lots and lots of water, etc. etc. – but since you're at Dan's site you probably have an idea on the basics anyway, and I'm sure IF you've already been doing all that and have still hit a plateau (happens to all of us – for me usually around 13-14% bodyfat) then please add this style of cardio to your routine, I'm sure it'll work wonders... though nobody said it was easy, either.

Hopefully I have presented HIIT cardio in a good light and easy to understand manner. I truly did get great results after I added it to my routine, and I hope you do too! Best of luck.



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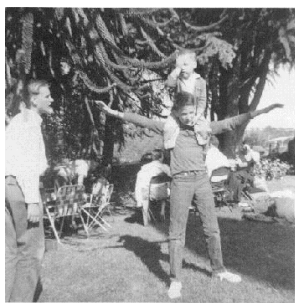
An Email from my Brother

My brother, Gary, is eight years older than me and is working with his son, David, learning the discus. Well, he has also embraced the "psycho" lifestyle of our subscribers. He is quickly learning some lessons:

Dan,

On using a treadmill with the farmer's walk:

I'm on the way out to my deck off the family room, and right next to the door is my treadmill. Instant inspiration, why not use the treadmill for the farmer's walk. I get my two 45-lb dumbbell and get on the treadmill. (This is a picture of Gary carrying me...1961...old school training methods)



1. When you have two dumbbells in your hands, you can't operate the buttons
2. The handbars on the treadmill force you to stand way back near the end

Fortunately, my two boys are playing Gamecube right next to the treadmill. Shout several times to get their attention. They both attempt to get the treadmill going while still operating their game controllers. I am now successfully moving at 2.5 miles per hour. After .2 of a mile I have to stop. Yelling push stop several times finally works. One child responds.

1. Never rely on someone to control your destiny
2. Never try to jump off of a treadmill with two 45-lb dumbbells

Now, getting smarter, I attach the panic stop clip that comes with the treadmill. You clip it on your belt and it has a cord that attaches by magnet to the console. If you should faint, it pulls off and stops the treadmill.

1. You still need someone to get the treadmill moving

2. When you try and suddenly pull backward when moving on a treadmill, you fall off the back.

Lessons learned

Technology and the farmer's walk are at opposite ends of the workout spectrum. Combining the two is against one of God's laws that must be in some of the fine print in the back of the Bible.

Gary

A Few Words about Recruiting...

"Believing a player can easily bulk up after he arrives on campus, the Sooners will embrace a rangy schoolboy who has exceptional quickness and agility, as long as he has the frame that can hold the added muscle supplied with the help of the team's weight program.

When scoping talent, Oklahoma coaches have little use for the complex statistical analyses devised by recruiting services. They'd rather know whether a prospect excels at multiple positions or in multiple sports, evidence of wider athletic ability. "We recruit athletes..."

"The Pillage People," *Sports Illustrated*, August 12, 2002. Page 65

What is an article about recruiting doing in Get UP! Well, it seems that much of the population of this little newsletter coaches...in addition, many of the readers *want* to be recruited. The problem? Well, that's our article in a nutshell...what's the problem with recruiting?

Speed and Smarts

Years ago, I was standing next to my college track coach, Ralph Maughan, and he made a very simple statement about recruiting college athletes...something he was very successful at doing. "Always recruit speed and smarts because you can't coach either of them." You just heard a line of genius...*speed and smarts*. Under a year round coaching situation at a four-year university, an athlete born with speed and blessed with brains can transform

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him/herself into a solid conference performer by their senior year. Don't ask me about height, weight, sport, or whatever...given enough speed and brains, miracles can happen. Smarts is easy enough to check on with SAT, ACT, admissions work, grade point average, and even a casual conversation. Speed is usually evident in the performance of the sport. A horrendous high school technician has probably only just learn the rudiments of the sport. Given a year round approach and any level of coaching...you might have a gem.

Pitfall the first...

Why, oh why did high school programs start developing year-round sports? A local high school demands that their baseball players, whom they recruit from midget ball, play year-round baseball. Fine, I say, I don't care. I really don't. But, think this through...

1. Who usually dominates Little Leagues? The kids who mature first.
2. What kind of athlete would forgo playing other sports? The kids who matured first and find they hit their adult height...at 5'4"...and don't want to get pounded by kids 6'4".
3. What message are you sending to the other coaches? We don't want you...we don't need you.
4. Exactly what **complimentary** lessons will these kids learn...playing one sport all year? None.
5. Long-term chances of improvement? I don't often see it.

Okay, so you recruit this kid who played one sport, year-round, for four years into a college program. Ask yourself...how much can this kid get better? Notice the approach mentioned by the Oklahoma Sooners...they look for multi-sport *athletes*. In Utah, many high school basketball coaches won't allow their basketball players to compete in other sports. How fair is it to this kid, let's say 6'3" and 185 pounds, to explore his limits in basketball only?

How many white Utah kids under 7'6" are there in the NBA?

The first problem I see with recruitment for any sport is insisting, at the basic level, on the athlete committing his/her full life on a year-round basis on one sport. We simply don't know what the future holds. You may have a world champion in kayaking, speedskating, luge, hammer throwing, or the caber. Your great power forward might be a better tight end.

The first pitfall is forgetting to measure athlete to athlete without looking at the coaching and time allotted to developing this athlete. If a high school discus thrower plays football and wrestles for four years, he would only have a total of 12 months devoted to throwing. You will match that in their freshman year in college.

Shouldn't that alone make them better?

Pitfall the second...

"Looks like Tarzan, Plays like Jane." It was funny a while ago to read Bud Jeffries quote me using that line. That line is probably as old as American Football. Yet, we coaches all fall for it. You look at this kid...a specimen of all that our sport glorifies. Tall, fast, strong, lean, quick, smart...then, the whistle blows and the games begin and our herofades...to...black. We have all seen it.

I often note that the biggest mistake high school track coaches make is that they "recruit the *image* of a thrower." Somebody says "throwers are big," so the coach lines up every big, fat, grossly out of shape kid in the school and hands them a disc and shot. Throwers are fast. Throwers are mean. Throwers get big after lifting for six years.

Looks like Tarzan, throws like Jane. Every school seems to have a "Big Wally," a big kid who waddles into the ring and does a standing throw...good enough to win in the eighth grade, laughable in high school, unthinkable in college.

Go to a football summer camp at a university and watch the same thing happen. The head coach, who appears for almost twelve

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seconds a day, will look over at a kid who has all the tools and begin recruiting. They ignore the fact that the kid is going to look just like that in five years, a man among boys...but in college, there ain't no boys.

This has been called the "Notre Dame" problem, too. For years, Notre Dame would recruit the best lineman in the USA...high school kids who dominated at 6'5" and 265 pounds. Four years later as seniors at Notre Dame, they would play at 6'5", 265 pounds. The Notre Dame Problem combines elements of both pitfalls, but you have to be careful about recruiting "the image" and forgetting what four years of maturity and weightlifting can do for some other kids.

So, how do you recruit?

First, try not to recruit. Offer kids lots and lots and lots of opportunities. Get them off the Gamecubes and into a variety of sports. When I grew up, we had basketball and baseball at our school and neither excited me. But, my family loved track and we loved football. Fortunately, I had the chance to be exposed to other sports. Those kids who get keyholed into one sport at an early age may never really root out their potential. How many schools offer lifting meets, Highland Games, Strongman comps, wrestling teams, rowing, speedskating...well, you get the point.

Second, if you are a coach or parent, look to the long term. Beyond high school, even beyond college, the athletes you work with should have opportunities to compete...**and improve**...long after the age of 18. Don't forget Coach Maughan's point about "smarts." Be sure to take care of education, career, social life, and family life. Don't fall into the trap that many professional athletes fall into...it even has a name, "Delayed Adolescence Syndrome"...and have nothing at the end of that rainbow.

Finally, if you are an athlete keep exploring the world of sports. If you are an Olympic Lifter, consider a powerlifting meet or a Highland Game. There are lessons to be learned there. If you are in fighting sports, try somebody else's game. It can be illuminating.

One of the missions of Get UP! is to remind everyone that training should be **complimentary**. To get to the top requires a good

base...learn all you can and wait as long as you can to focus on just one sport.

From our Sponsor Page:

<http://powerathlete.com>

Have you checked out Eric's Coaching Page? Great Stuff!



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Next Issue???

Submissions keep coming in...the world waits breathlessly for Mike Rosenberg's Caber Column...

Any way...if you want to send something in, email us at dj84123@yahoo.com and let us know!

