

## Dynasty???

Sure, no one else will say it: the Patriots are a dynasty. Now, that the Editorial Board has crowned the Patriots...let us all stand for a moment and realize something: Football Season is over. For our American audience, this is a nightmare...now, basketball takes over. Baseball after that...which group of spoiled brats are you cheering for this year? And...who cares?

When do the Highland Games start?

### **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*.

## Three Years Later...

Editor in Chief

There have been a lot of editions of this little newsletter since its "premier" in the summer of 2002. We have had Olympic gold medallists write columns, fledgling master athletes and high school state champs writing an essay for English comp all pitch in, too. The printed collection will now run you through several three ring binders. There are four page editions and seventeen page editions...and some gems stuck on nearly every page.

Ah, but the story of the first edition is worth noting. What most people don't realize is that this newsletter was a rehab assignment for the editor. There was all this extra energy and it had to be poured into

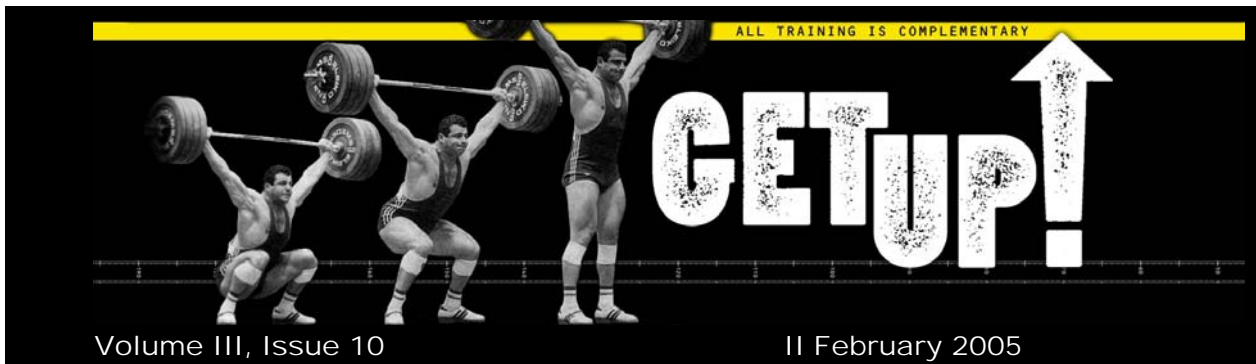
something positive...self-medicating was working not out as well as planned.

In the spring of 2002, my wife and I flew down to Baton Rouge for the National Masters Weightlifting meet. Readers will know the story; basically, everything that could go wrong, did. Bad flights, awful hotel, hotel neighbor "enjoying adult videos" well past midnight, lousy taxi, wrong lifting card (my wife's), no breakfast, bad warm ups, missed two snatches, stuck to the plan, and won on the last clean and jerk.

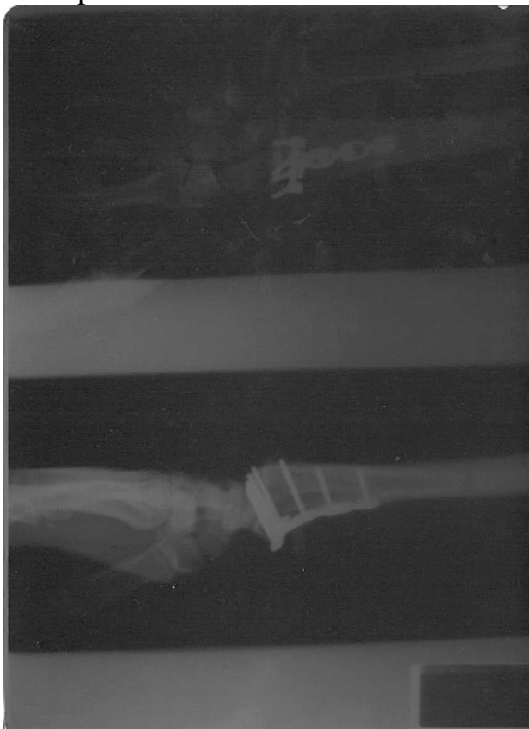
That old story. The next week, my local club, the Hercules Barbell Club, needed some points to win another state championship. For the record, I won best lifter at the first Utah State Meet back in 1980 and in 2005, I still plan to compete...and lift well.

After doing so poorly in Louisiana in the snatch, my snatches were perfect in downtown Draper, Utah. So, on the last attempt, I thought "let's take on the state record." I snatched it well, but it was a little forward on the left and a little behind on the right. I fought and fought for my balance. There comes a time, however, when it is time to "let go." My motto, as many know, is "Never let go."

I dumped the bar and fell back, the bar came down in an odd way, my left elbow hit the ground with my lower arm perpendicular to the floor. The bar "returned to my grip," literally the 259 pounds hitting my grip between the index finger and the thumb...with the



elbow on the ground. My wrist shattered on impact.



*The screws after the first surgery.*

My team, however, needed my points to win the state. If I bombed out, we would have a six point sweep in the 105+ category and Dave Turner's streak would end. I took 50 kilos in the Clean and Jerk...made it...then off to the emergency room.

The first surgery went well. Six weeks later, I returned to the doctor who asked me: "Have you been doing the remedial exercises?" "Well, yes." "That's funny, I have never had a patient do them, so you are healing really fast."

I was left with a plate and eight screws. I was good "for life." For the record, Tiffini noted that I "moaned in pain" every night while asleep. Playing in the pool in August, I picked up my daughter, Lindsay, and popped the screws out. Time for the next surgery. The doctor thanked me for "all the new insights," because no one had ever put enough stress on this kind of surgery, so now they had a ball park figure of what one could or couldn't do after the injury.

Between surgeries, I sat down at the computer and started thinking about all that I owed to lifting and throwing. I might be out of the game, but my entire education had been paid for by lifting and throwing. It was time to give back. I always liked hearing "Get Up" in sports...and life. It was time to Get Up and contribute to sports again.

The first editions were literally painful. The left wrist wasn't too keen on typing, but I bought one of those folded over keyboards that saves the wrist and started typing. Every time I attempted to push the left arm, something would come up: I pulled forearm muscles twice, one little "surgery," and a variety of small embarrassments...like asking my 10 year old daughter to open the jar of mayonnaise.

The best thing about having a "real injury," not one of those little nagging pains that makes you retire, is that I completely cleaned my brain of



those two killers in sports: 1. This works and 2. This doesn't work.

Since I had only one arm for nearly two years, I could experiment! I read everything I could get my hands on: Pavel, Clarence Bass, Charles Staley, Mark Twight, Percy Cerutti, old strongman stuff, Gregg Glassman, Steve Shafley, and lots and lots of others. I expanded my gym: sleds, all kinds of bars, medicine balls of every dimension, chains, racks, chin bars, dip handles, but, of course, all cheap. I might be willing to learn new stuff, but I still have Catholic school tuition!

Slowly, I made progress. I still struggle with Scottish hammer because I literally can't get a good enough grip with the left hand. I was frankly told by my doctor, "You will never Olympic lift again."

A few months later, I clean and jerked 264 pounds at a meet and nearly vomited. He might have been right. More track meets, more Highland Games. My next Olympic lifting meet, 286 pounds...but no sickness! Soon, 297. Last August, 308.

For the past six months, I completely changed the way I train. Following the model discussed in the last edition, I now focus on Romanian Deadlifts, chin ups, Incline Bench Presses, some kettlebell work and some ab stuff. Every day. I ramp up an occasional Crossfit Workout of the Day. (After talking with fellow Get Up author, Lincoln, I have some insights

about this, too...but, we will save this for later).

Last Saturday, at the BFS meet, I Clean and Jerked 321, two pounds more than my lift at the National Masters three years ago. In those three years, I got older...much older.

But, the lessons learned have been echoed in nearly every edition of this newsletter. The biggest lesson: you can ALWAYS learn more. I'm throwing the discus as far as I ever have with a tenth of the training, my lifts are still at a personal high level, and I am maintaining two full time careers, plus full time dad and husband.

The past issues of Get Up share this journey, but what makes this newsletter special is the OPEN invitation to anyone who wants to write for us. If you have something to say...within the bounds of decency...about training, lifting, throwing or life, we will print it. The best articles...as this one rambles on and on...are the short little ones that say "I learned this...what do you think?"

As Get Up approaches its fourth year, let's keep learning and sharing and training.





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## Simply Sandbags – Simply an Effective Fitness System



*Troy M. Anderson is the owner of Integrated Evolution, located Tempe, AZ. Along with writing articles Coach Anderson actively works with clients that range from grandmas to*

*national champions, with a goal of getting the job done, as simply and as safely as possible. When not coaching Troy can be found competing either in Olympic lifting or on the Australian Rules Football oval.*

*For more training information and to subscribe to the monthly newsletter The Blue Collar Fitness Report be sure to drop by Coach Anderson's website [www.integratedevolution.org](http://www.integratedevolution.org)*

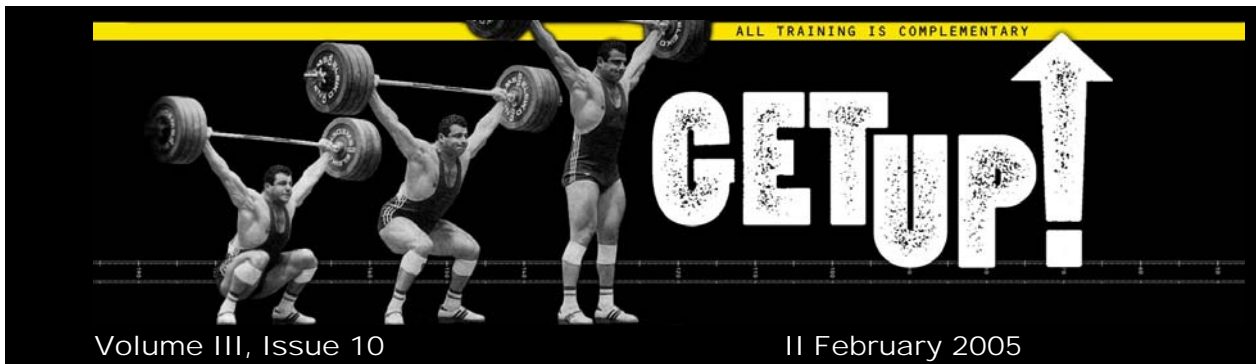
“Less is more”. I know many of you can relate to that old saying. As regular readers of Dan's newsletter, you know that no matter what your health and fitness goals are great progress can be made with the most basic equipment. Literally thousands of different movements can be performed with just a few pieces such as a barbell, a few dumbbells or kettlebells, a pull-up bar,

and maybe a piece or two of strongman equipment. Well, I'd like to propose another type of basic equipment to add to your arsenal. This is one I have recently re-discovered – sandbags. Yes, sandbags. Although they are not necessarily the best tool for maximal strength, they can help develop several other valuable qualities, primarily:

### •General Physical Preparedness (GPP)

#### •Grip Strength

I first came to know sandbags (actually 50 lb bags of oats and corn) as a young man on my family's farm in Wyoming. Although I thought I was performing manual labor, I was actually being initiated into the world of sandbag training. The next stop on my sandbag journey was high school wrestling. We actually had manufactured sandbags for this. The tools of choice were 25, 35, and 50 pound bags which we regularly used as a conditioning circuit at the end of practice. Talk about brutal. The next stop on my sandbag adventure was in an oil field unloading semi-trailers full of 100 lb bags of bentonite. Not much fun. Finally we come to the present day. You might think that I would have had my fill by now, but I have recently produced and use for GPP drills my own set of sandbags. That just goes to show what a profound impact they have had on me, and what a fun change of pace from all of the "normal" tools I think they are.



I thought I would share a couple of favorite GPP drills in case you might be interested in implementing some sandbag training of your own. By the way, if you don't have sandbags, don't worry. Later in the article, I will give you my "special recipe" for making them.

### **Hill Run and Press**

Although we live in some pretty flat country here in Tempe, AZ, there are a couple of parks that have decent hills. Hill runs provide quite a training session by themselves, but when you add the sandbags, you have just kicked the GPP thermometer into triple-digit overdrive.

Here's what you need:

- a healthy set of legs and lungs
- a hill 20-50 yards in length
- 1 stopwatch
- 2 sandbags (Depending on your level of strength and fitness, 50-100 lb bags would work for men, and 20-50 lb bags would fit the bill for women.)

### **Here's how it works:**

- The goal of this drill is to perform as many overhead presses as possible, which also means performing as many sprints as possible.
- Place one sandbag at the bottom of the hill and one at the top.
- Set your stopwatch for 15 minutes.

- At the bottom of the hill, start by "cleaning" the sandbag and then completing 5 overhead presses.

- Once you have completed the overhead presses, place/drop the sandbag on the ground and sprint to the top of the hill.

- At the top of the hill, "clean" the sandbag and press for 5 reps.

- Replace sandbag on the ground and walk/jog back down the hill.

- Repeat the cycle until the 15 minutes have elapsed.

### **Notes:**

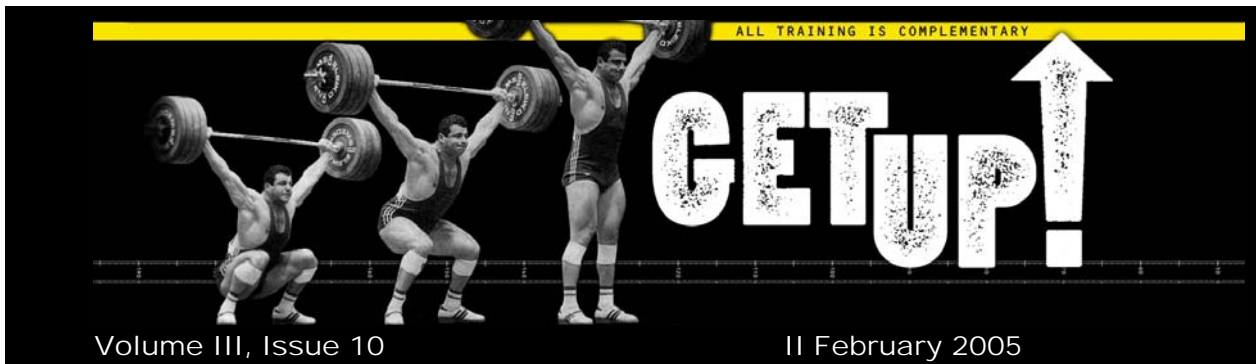
- If you misjudge your sandbag weight and it is too heavy, drop your reps to 4, 3, 2, or 1. Just try to beat your previous number of presses during your next training session.

- If your sandbag is too light, you may need to increase the reps. I find that 5 reps keeps things moving at a nice pace, but if you feel it is necessary to do so, then go ahead and play with larger rep schemes.

- If you are just beginning, don't be shy about taking your time coming back down the hill. This is your rest time. Cherish it.

### **Sandbag Medley**

This one has become a staple of my outdoor conditioning camps. Before I get too far, just let me say that there are a multitude of protocols you can apply here so feel free to be creative. I personally use 3 pairs of sandbags – 2 at 30 lbs, 2 at 45 lbs, and 2 at 75 lbs for this



drill, but as you'll see below, other numbers of bags will work as well.

Here's what you need:

- an ironclad grip and a dash of intestinal fortitude
- a length of open ground (I prefer the full length of a soccer field.)
- 1 stopwatch
- 2-6 sandbags (Depending on the number of participants and their fitness level, I usually have each participant work with 3 sandbags.)

Here's how it works:

- The object of the drill is to move your sandbags from one end of the "field" to the other and back.
- Typically, each participant gets one bag of each weight (30 lbs, 45 lbs, and 75 lbs).
- Start with your sandbags at one end of the field.
- "Clean" the 30 lb bag, press 10 times, then carry it to the other end of the field and drop.
- "Clean" the 45 lb bag, press 5 times, then carry it to the other end of the field and drop.
- "Clean" the 75 lb bag and then carry it to the other end of the field and drop.
- Now that the bags are at the other end, you need to repeat the process and bring them back to your starting point.
- Be sure to start the stopwatch just prior to "cleaning" the first bag and

stop the clock once you have returned your last sandbag to the starting position.

- Bags can be moved in any order you choose so long as all the bags get moved and all the pressing gets done.
- Try to beat your best time each training session.

Notes:

- You may need to adjust your protocols or the weight of the sandbags for these drills based on your strength level. What I have outlined above is a basic drill that works well for most of my current male and female clients.
  - Carry the bags in a way that you find challenging and beneficial. The methods we have used are "hugged" to the chest, "end" gripped in a rack position, and overhead.
  - If you are fit enough, feel free to jog/run/sprint in between bouts of carrying the sandbags.
  - Lastly, probably the most beneficial part of this drill is developing the practical ability to lift an oddly shaped object (think large bags of food for your dog or salt for the water softener) from the ground to chest level.
- The two drills that I have outlined are just the tip of the iceberg. I use a handful of other applications with these little bags of fun, and there are probably thousands more. In my opinion, sandbags pretty much have all the bases covered. You can raise/"clean" them from the ground.



You can lift them overhead. You can carry them. Best of all, of course, you can drop them. Whether you are interested in general conditioning or athletic performance, sandbags are simply a great tool to add to your workout regimen. Funny, isn't it? The simple things are often the best.

### **What's the recipe?**

Now that I have discussed some of the applications and merits of sandbag training, and you have decided to give them a try, there still may be one thing holding you back. You don't have any sandbags. I faced the same dilemma. As you can imagine, sandbags are not something you normally find on the bargain shelf of your local grocery or quickie mart. So I was forced into action. I made my own bags. The supplies and costs for producing two bags of each weight (30 lbs, 45 lbs, and 75 lbs) are detailed below.

Here's what you need:

- 4 75 lb bags of plain sand
- 1 box contractor grade plastic garbage bags
- 2-3 rolls of duct tape
- 1 canister of zip ties
- 6 burlap sacks

All of the above items were purchased at Home Depot except the burlap sacks which I got at a local feed store.

Total Cost = \$52 and a little sweat equity (not too bad for 300 lbs of weight).

### **How to do it:**

1. Pour desired amount of sand into a garbage bag. Weigh, zip tie, and tape it shut.

2. Place the filled garbage bag inside another garbage bag and repeat closing process.

3. Insert the sand-filled garbage bag inside a burlap sack. Zip tie and tape the burlap sack closed. Note: When dealing with the plastic bags, try to get as much air as possible out of the bags. This will make the final closure of the burlap sack much easier.

4. In order to "tighten" things up a bit, shake the sand-filled garbage bag down to the bottom of the burlap sack and then fold back any excess burlap. Once this is completed, tape two lines around the bag and then run another line of tape around the ends of the bag.

Note: Be liberal with the duct tape as this is what is actually holding your bag together. After all, you do not want 30 lbs or more of sand dumping on your head in the middle of an overhead press.

5. Repeat the process to produce the desired number and size of sandbags.

Enjoy!

A Fun Experience



The return to sandbags has been a fun experience not only for me but also for my fitness campers. It has really touched upon several points that I picked up from Dan at Charles Staley's camp -- that training and fitness should be taken outside and can be simple, fun, and productive. These points seem to escape the many who set out to "change their lives". Via the use of sandbags in my outdoor fitness camps, I have come to realize that these points are a big part of the secret to great training. How do I know my campers are having fun? Because they walk away smiling after every camp session. Whether sandbags are for you or not, I can't say. I just know they have worked for me personally and are a great tool to show people how simple, effective, and fun training can be.

*Good, good stuff here. Really, this is way too good for this newsletter...*

Challenge: 2005

**David Witt and Rick Eklof**

So over Christmas break I check my email and find a message from Rick Eklof, he of the Mike Stulce articles. Rick and I have corresponded for the past months as contributing writers of GET UP! Just the usual stuff, training, family, ideas for articles, why Dan always takes the "Writer of the Month" parking space at the GET UP! Offices when he hasn't written an article in

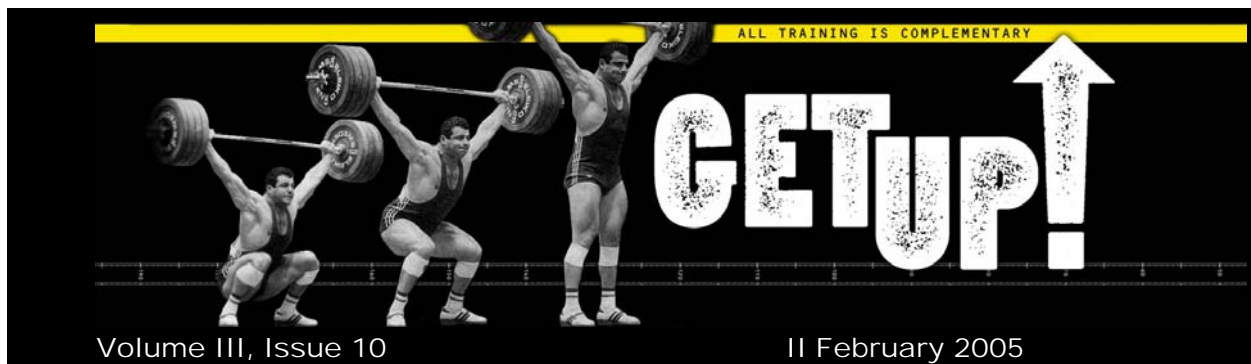
months. So I'm expecting Rick to be talking about those topics.

He wasn't. He was emailing me with a challenge. Rick noticed I was ahead of him in the NASGA rankings in the amateur category. He proposed that we compete to see who could improve the most over their 2004 numbers in 2005. Being one to love a challenge I agreed right away. We decided to make this into a series of head to head articles discussing our training for the competition.

I thought it would be most beneficial for use to see who could raise their overall points by the highest percentage. I had 2110 points and Rick had 1988 points in 2004. This is better because some of our events have large differentials. Rick could improve 4 feet in the open stone and I could improve 1 foot and still be ahead of him. But obviously he would have been the one who worked harder and been more deserving of respect.

So what's the first thing I do? I go to NASGA and look at our results. I'm 4 feet ahead of him in the stone and 10 feet ahead in the LWD. So he can gain a lot of ground there. On the other hand, those two events are also two that I can gain a lot of ground. The stone I have only thrown Braemer style since I haven't been getting my technique working. I'll change that and get another 4 feet on my open stone. LWD is very discus-like and I'm a discus thrower at heart.





The other two events we are actually quite even in. HH is one of my favorite events, so I love training it. I'll be using the infamous "Witt hammer of death" for that. Rick is actually better than me in the WOB. He has an 11 foot to his credit to my 10 foot. I didn't improve in the WOB in 2004, so I anticipate improving in this event in 2005. I'm due. Good job on the WOB Rick. I take my hat off to anyone that has gone farther than me, or higher in this case.

Right now in Northern Kentucky it's rain and more rain, so lots of time in the weight room. I'm still working on building base strength. Around mid-February I'll start lifting more for power. This year I'm also incorporating more sprints. This was a strength of mine in college, and I need more speed to increase my power. Also Brian Oldfield suggested it, so I'm doing it. I haven't gone wrong with anything Brian has told me. Throwing will occur when it gets a little dryer, or when I add some sand to my power ball or get a tire so I can throw on concrete. The ground here swallows shots and stuff when it is 4 inches of mud. Let the fun begin.

Now I have to go and let some air out of Dan's tires.

### **RICK'S PERSPECTIVE**

David forgot to mention our common hatred of the HWD. But if I am going to get better, I have to really attack the events that I really do badly at. Now

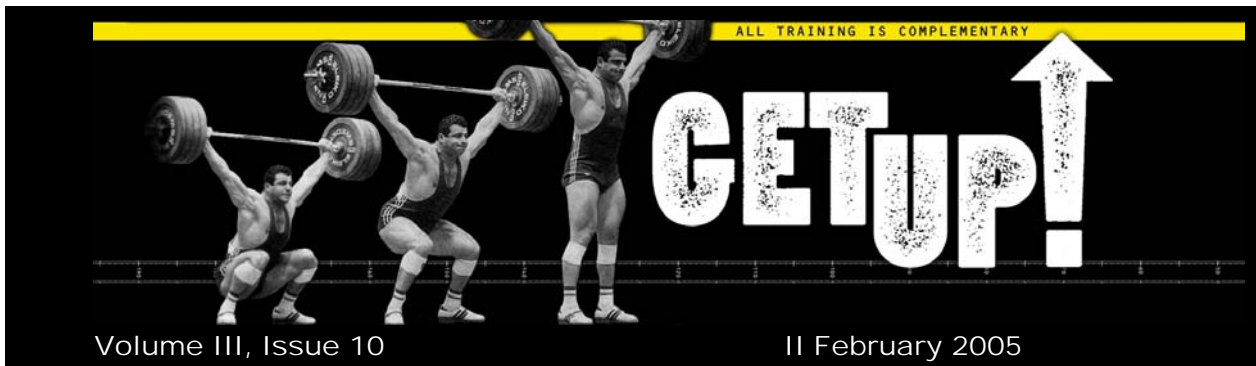
what David does not is that last year, I did both the HWD and LWD with a single spin. If I can get more consistent with a 2 spin throw, my distances should show improvement.

I need to work on my block in the open stone. I'm hitting the power position from the glide, but not getting all the transfer that I should be. I also tend to do well in both hammers and have set a goal of 80' for the season with the HH. I came close to clearing 12' in the WOB at a couple of games and with some training ideas that Greg Hadley gave me I'm aiming for 13' this year. My wife bought me The Complete Book of Throws for Christmas, so I'm gathering some good training ideas from that.

Saturday is going to be my first day of throwing for the year, lifting began on Monday.

As far as the parking lot issue goes, I think Dan will fall for the old "banana in the tailpipe" trick.





## Speed...the Missing Link?



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.*

After two articles on strength training, I'm back in throwing mode. I'm talking to the masters throwers right now, so you high school throwers and coaches will have to wait a moment.

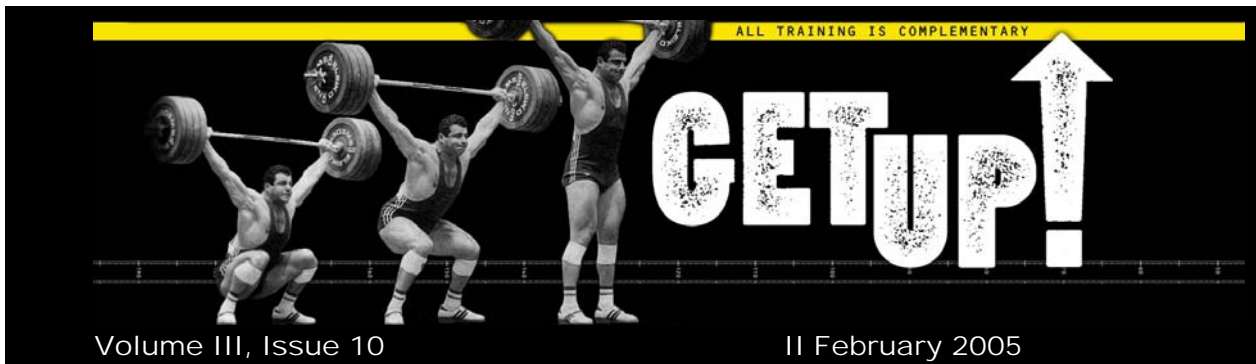
I can imagine that many masters throwers probably lift weights and train their events. But since we got out of school how many of us have kept up with the speed training we did in college or high school? Now, event technique gets more ingrained with age, and right now I'm stronger in the weight room in many lifts than I was in college. That's all good and things, but what I really think is one of my weaknesses is my foot speed. Throwers are known for being able to sprint very well. Just think of Brian Oldfield in the Superstars competitions in the 1970's, or Stefan Fernholm in BFS Magazine. These big guys could flat out move like men half

their size. This ability to move fast translated over into big throws. We've all seen the really big kid in school that may have been stronger than everyone else, but moved like a snail and was beaten in the throwing events by smaller, quicker athletes. Of the three factors that determine how far a thrown object will fly, speed at time of release is the most changeable through training.

So I need to get back to the speed I had in college. I checked out the book "Sports Speed" 2<sup>nd</sup> edition, by Dintiman, Ward, and Tellez, from the library at NKU. One of the perks of being on the faculty, besides the really nice parking spaces. I was looking for some ideas on training for more speed when I came across two strength tests for speed I thought might be interesting to everyone. Coaches, now's the time to pay attention.

The first test for determining whether an athlete has the potential to get their body moving at high speeds is the leg press. In "Sports Speed" they recommend that an athlete should be able to leg press 2.5 times their bodyweight. If they can't, they need to work on leg strength. College and Professional athletes can get up to 3 or 4 times bodyweight.

Now, I'm not a big proponent of the leg press. I wasted too much time in college doing them instead of my squats. But this test, coaches, may help you motivate your athletes to work a little



harder in the weight room. Not just throwers, all athletes.

The second test is for quadriceps vs. hamstring strength. Many athletes have unbalanced leg muscles, usually translating into really strong quads and weak hamstrings. Are they always injured? This is a clue. First, on a leg extension machine measure their quadriceps strength. Then on a leg curl machine measure their hamstring strength. Max weight, 1 rep. The hamstring number should be at least 80% of the quad number. This means if an athlete can perform a leg extension with 200 pounds they should be able to leg curl 160. If they can't, they are not going to be as fast as they could be and could be prone to injury due to the imbalance of the antagonistic muscles.

So I went to my local gym last night after working out with the high school track team after school. My legs weren't fresh, but I did manage to push 2.7 times my body weight on the leg press. I stopped there; I haven't done leg presses in a while, years in fact. Then it was on to the leg extension. The machine was only marked for 250, pounds? So I had to stop there, no more weight to try. On to the leg curl and, ouch! I could only do 170! That puts my percentage at 68%. It could be worse, I may be able to do leg extensions with much more than 250. But I discovered that I need to work on my hamstrings to better balance my legs. "Legs are the engines of the long throws", or something like that. I

can't recall the book or article I got that quote from, but it is true.

We are throwers. We need to explode out of the power position. That means having the ability to move fast. This year I'm adding more sprint work to my workouts. I may even run in a race, I've had some sprinters bugging me to run a 4 X 100 relay with them at our state games. More general athleticism is my goal this year, and now I know one of the areas I need to work on to help that. *Good stuff, as always, David.*

### October 31, 2000...Editor's Journal

"Years ago, I would rip myself for bad workouts. Now, I welcome them. Why? Simply, about twenty percent of my workouts are very solid, very informative. Sixty percent are just normal, do the lifts and walk out. In that mass of normal workouts, you will not necessarily work easy, but "there's nothing to write home about." And, the other twenty percent? They stink!

Yes, that is right. "They can't all be gems." I have lousy workouts at least once every two weeks. The European lifters recognized this year's ago; when they say "max," it is max on that day! I have learned to see the signs of a bad workout. For me, I seem to lose focus fast, struggle with physical issues, and have a mental "jumble." Others may have a different list.

The moral? The best plans often go awry. Don't worry about your long term goals with short term mishaps. I decided to work on my weaknesses: ankle flexibility and standing right up from snatches."

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