



## Two Editions, There are...

I was going to do the whole edition in “Yoda talk,” but...well...we don’t want to come off “too” trendy.

By the way, Greg Henger wrote that great piece on the discus in the last edition. Also, claiming it were a number of other authors who wanted the fat paycheck...but, the editorial board say through that ruse.

### **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*.

## The Gary Column

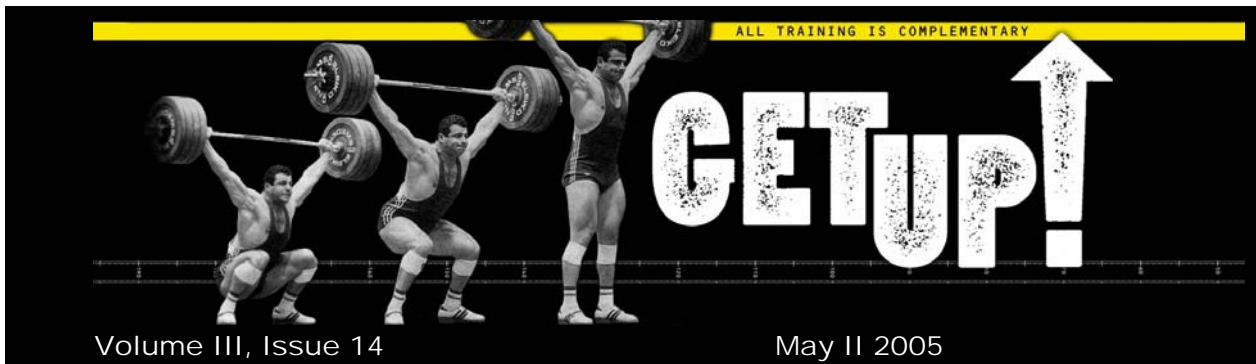
*The Editor’s Brother, Gary John, is a third year discus thrower and coach in San Mateo, California. He is a young 56 year old learning to be a thrower. He asks “those questions,” the questions that we (well, the Editorial Board) assume everyone knows the answer.*

This all started a few months ago, Dan was trying to establish his goals for 2005. He settled on taking a shot at the world’s record in the weight pentathlon. For a practice meet, he kind of penciled in the Arizona USATF Weight pentathlon on May 7. Now, we have all read how busy Dan is, so we dithered to about early April and then made a commitment. Like everything else I do, I figured if I’m going to go, I might as well try it myself. My life philosophy was set up when I used to run

marathons, “Dumb enough to start, dumb enough to finish”. I’m a middle child of six children and if somebody else in the world can do it....awfully self-assured.

Until Dan started “GetUp”, most of my athletic career involved running. Prior to July 2003, I had never thrown any field event in competition. I’ve been throwing the discus for these last two years, with modest success. The weight pentathlon consists of the hammer, shot put, discus, javelin, and 35# weight. Just for fun, the Arizona meet was going to have the 56# weight throw after the pentathlon. Now, I’m 56 and weight a mean 175, so what better time to learn these events, than a couple of weeks ahead of time. First comes the training.

My warehouse at work is a treasure trove of equipment moving and rigging gear. There are all kinds assorted steel rods, hunks of metal, and nylon slings for different jobs. I took a regular car tire and five foot sling and created my own “hammer”. I just grabbed one of the sling loops with both hands and threw. Perhaps my biggest mistake, was watching a bunch videos of Lance Deal, a left-handed hammer thrower. He takes three or four turns in the ring. I kept trying to spin and move my feet, while the tire spun and bobbed on the end of the sling. My son David was helping coach. He had attended John Powell’s



throwing camp after 7<sup>th</sup> and 8<sup>th</sup> grade. Obviously he had slept during the hammer lessons, or maybe, as my wife says, I'm not that coachable. I pulled the skin off the back of my hand with the sling. David couldn't take the blood. That ended the training for the hammer.

An old college friend lent me his daughter's javelin. It was beautiful, very shiny. The only time I have ever thrown a javelin was back in the early '70's. I had taken a track class in college and we fooled around with it for a day. I took a couple of easy throws, then messed up my rotator cup trying to get a big throw. Ended a pretty good softball career right then and there. So, here I am at 56 trying not to throw hard. Total disaster, the first throw felt like I was tearing something. I brought the javelin back home and put it in its case. It is still propped up in a corner.

The one event that I could practice was the shot put. I got a 12 pounder and worked on the glide. It wasn't going that far, but still better than I expected. The whole time, I keep asking myself, just how badly do I want to be humiliated. I know "Dumb enough to start..."

I flew out from Northern California on the afternoon of May 6. Dan and Tiffini arrived later that evening. We stayed in Tempe, a college town. If you ever go to Tempe, stay at the Courtyard Marriot.

They have a shuttle from the airport and they were great to us. We walked to a restaurant and had a nice meal. Luckily, I declined the fresh oysters. The first rule of traveling, don't eat anything that can attack back.

The meet was at Mesa JC. Tim Muller, a darn good weight man in his own right, gave us a ride. The meet started at 9a.m., with the hammer as our first event. Tim lent me his equipment and as bad luck would have it, I was the first thrower. I tried a couple of spins and let go. No other athletes were injured with this throw, but it was the foulest of fouls. Dan advised me to take one turn and let it go. On my second throw, it was fair. It ended up just short of 65 feet. That was extremely exciting, because you only get three throws. I wasn't so sure I could control the hammer enough to get it fair. My goal was to score some points in every event. Dan was in the second flight and threw just under 160.

The shot put was the very next event. I know how to throw one, but I'm a little light in the behind. Dan was wrapping his wrist with tape and offered me some. Of course, I didn't think I needed it. After one throw, a 28'4", I about snapped my wrist off. I took the next two throws, but didn't improve. Dan threw the 16# 46'6", which is a very good throw for him. It is strange, but when you are competing, you aren't



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really aware of how good or bad everyone else is doing. I was still worried about the javelin.

Now came the discus, my best event. I was taking standing throws over 100 feet. Look out 120, here I come. Fouled my first throw and Dan told me I was throwing too much off my front foot. Next throw, flying duck, it slipped. Last throw, slipped again. Ended up with 101'5". Dan gets a 158'4", he figures not bad, there's a tailwind and it was knocking the discus down. I'm thinking, boy, Dan can't be doing too good, he was throwing way over 170 last year.

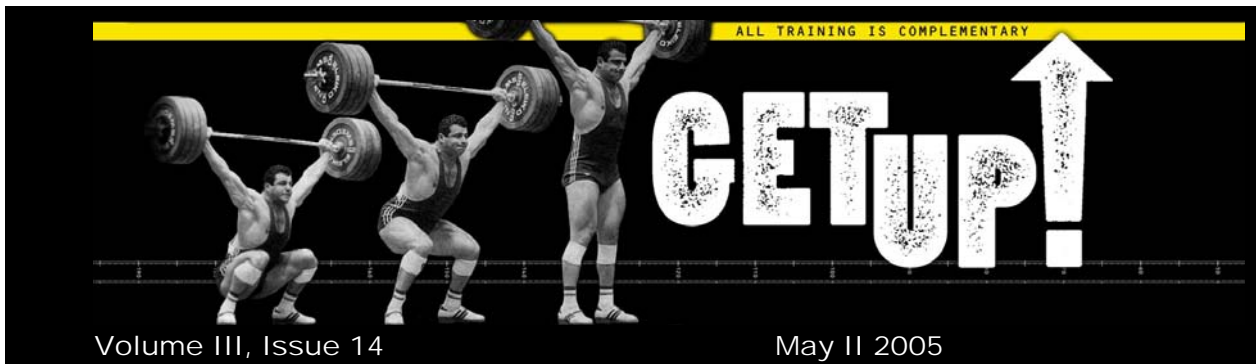
Now, remember, we are in Arizona and it is closing in around noon. There wasn't a lot of shade. The trees they did have had very low branches. I took my chair and put it best I could under a tree. The javelin was next and I needed to change my shoes. While I'm tying my shoes, they call me up for my first throw. I jump up, smashing the top of my head on a hanging branch. I go right back down to the chair. When I felt the top of my head, I could already feel the blood. I've already had four skull fractures, so I knew I wasn't hurt real bad, but I needed someone to see if I needed stitches. Tiffini came over and took a look. She said it looked nasty, but needed to wash some of the blood out of my hair to find out. I just knew it was my turn to throw. She made me sit down and get the blood

off my face; she told me I was going to scare people. I went up and took my first throw. It didn't go very far and I was a little weak in the knees. My next throw, I just let it go and threw 70 feet. Dan was just over 140.

The last event in the pentathlon was the weight. Now, after throwing the hammer, I take a couple of warm-ups. I actually felt fairly comfortable. I had two good throws and a toe touch foul. My best was 31'9". Dan threw 48'8", a good throw after five events.

My score was a paltry 2216, still better than I expected. Dan broke the existing American record with 4022. He did a little better at the Nationals in 2003, but the officiating gods haven't given him that record.

Now, it is after 3p.m. and we are going to throw the 56# weight. I ask Dan, what way is the best? Anyway you can is the answer. I took one practice throw and my tank was empty. I ended up with a 13'5". Dan threw just over 31, but he has throw over 36. We were all dead tired. They ended up having the hammer, weight, and superweight as additional championships. Would you believe I walked away with four medals? That is the only trouble with being a Master's athlete. They have so many age groups, that no matter how badly I throw, I get something.



I needed to catch a plane, so we stopped and grabbed some Mexican on the way back to the hotel. Tim, Dan and I were inhaling the food. Dan had already made plans to meet back up with some of the throwers for “another” meal.

Now, I’ve already ordered a turbojav, to train for the javelin. Dan is sending me a weight to practice that throw. I can’t wait to do another one. I’m already warning my wife that I might go to Dallas for the national weight pentathlon.

One of the biggest things Dan preaches is “showing up”. For me, I just enjoy the fact that I’m doing new things. Who’d a thought, hotshot runner ends up being a master’s thrower. And having a lot more fun.

### The David/Rick Competition Part III

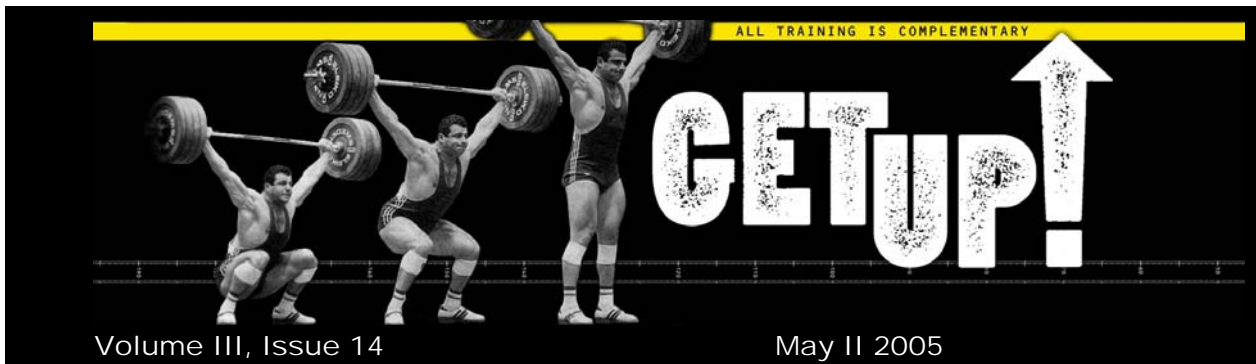
*Get Up Readers have had an opportunity to view a “Postal Competition” by two of our favorite authors. In this part, we miss the traditional backstabbing and trashtalking that most of us have enjoyed. Perhaps, if I told the two of them what they say in private emails about each other...*

#### **Rick is up first:**

Well, April brought about the first 2 opportunities to see how training was going to play out into Highland Games competition this year. The first

competition of the year was a 5 hour drive west to Odessa. It was holding the first annual Texas Scottish Hammer Championship. Being that the hammers tend to be my best events, I had put some extra emphasis on that competition. I did a lot of winds in both directions, added weights to the hammer for winds, worked a lot of twisting core movements and hit the front squats hard. I PR'd in the heavy hammer by 2-1/2 feet and in the light hammer by 7-1/2 feet. I didn't win the hammer championship, but as a C class competitor, it felt great to beat some of the A competitors. I finally cleared a height (14') in the sheaf and just missed clearing 12' in the weight for height (hit the bar going up). I had read an article in MILQ that Wout Zijlstra had mentioned the front squat as the key for the weight for height. I had done an easy single with 150 kg 3 days out, so I was disappointed that I didn't clear 12'.

The following weekend was the Highland Games at Scarborough Faire. It's a great venue in regards to spectator involvement because we competed next to the jousting venue. The crowd could go back and forth between us and them in about 30 seconds. On the trip back from Odessa, I was trying to figure out how to train that week. Monday was a light day of back squats and incline dumbbell press to get the soreness out. Tuesday was some light stone throwing because the Braemer Stone is done



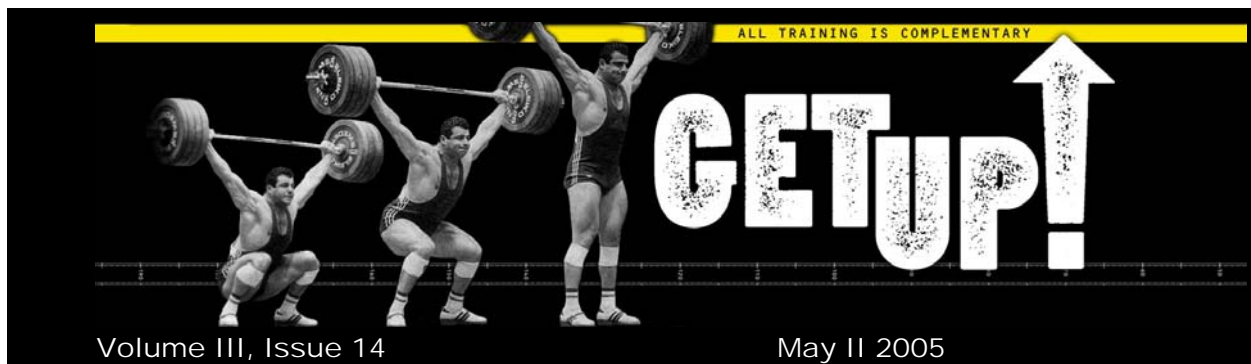
different at Scarby. It's toes to the trig with no weight transfer, in other words if your toes leave the trig at any point of the throw it's a foul. Wednesday I wanted to do some light front squats and core work. I'm in the gym at 7 am and go through some easy sets of 5 at 50 and 90 kg. My plan is to do an easy single at 130 and move to core work. As soon as I take the weight off of the rack, I get a massive cramp on the left side of my upper back. I try heat, ice, stretching, and chair massage during the week, but it's still there on Saturday when I head down to the venue to shag for the 190 lb class and women. Picking up their weights and doing some winds with the women's hammer actually loosens it up a little. It's still there Sunday morning when I head to the competition.

I mentioned it to Mike Baab who pops my back. The first throw with the 56 lb for distance feels like it's going to break my body in half during the throw, but afterwards my back feels better. I end up throwing the 56 3 feet further than the previous week. A little note goes off in my head, see what happens when you use your legs. I add a foot to 28 lb for distance from the previous week. Unfortunately my heavy hammer suffers this week and I throw 4 feet shorter than the previous week. But my true lowlight of the weekend happens in the weight for height. I start at 8 feet because I want to loosen up my back, because I had been sitting around for 30 minutes

because I had gone out early in the sheaf. The bar is at 12' and there are 3 C class competitors left. None of us have ever cleared 12', so if I can clear it chances are I'll win the event. One of my competitors, who had gone out a lower height, knows that I've been chasing this height for the last 4 games. He tells me before my second attempt that "today is my day and I'm going to clear it on this attempt." I start to psyche myself up, but for some reason I don't hook grip it. Well this is how Baab describes what happened on the NASGA forum :

"Rick - Never...I mean never ...have I seen a 56 go that FAR in wob We should have measured that baby . Rick pulls soo damn hard that it blows out straight ahead maybe 3 feet off the ground and had to go 20 feet." Of course I end up on my butt about 5 from where I was standing. Another note to self " don't change technique during a competition".

Well I've got a month to my next competition. I'm limiting the lifting to hang snatch, front squat and incline dumbbells. I'm throwing every other day, doing more drills to work the right positions and trying to emphasis using the legs more in both WFD events. I've upped my core work to a minimum of 300 reps a day and I've added sprints twice a week.



I'll leave everyone this time with the words of wisdom I got at Scarby: The key to success in highland games is to remember the good throws and immediately forget the bad throws.

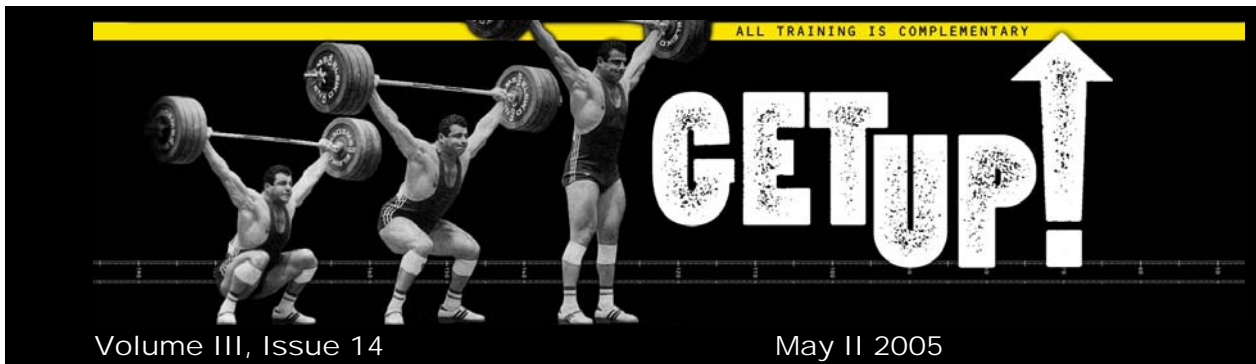
### David's perspective

I'll do this in three parts. First part, 3 days out from my first Highland Games Competition. My training is going good, it's just that my throwing isn't going far. In April I competed in a little college meet at Berea Kentucky and it didn't go good. All my distances were down. This doesn't make much sense to me since my strength was good and my technique was not bad. It's just something I have to work through, hang in there, and sow the seeds while I wait. So I started back into a strength cycle after that meet. I started slowly, nothing major, just slowly working my way back up into the weights. My stone is going pretty far, I hit a throw the other day that was 4 feet farther than anything I did last year, now I just have to do it in competition. My sheaf is improving as well. Just throwing it up in my driveway, but I hope to break 20 for the first time this weekend. I haven't thrown my homemade 55 pound weight, I don't look forward to it. I tend to not want to train that event too much, I'm afraid I might try to over think things and get paralysis by analysis. I'm kind of just trusting to my

overall fitness training and conditioning. We'll see how it works.

The day before. Yesterday I threw my homemade 55 off of grass which was a little wet, in my regular throwing shoes for track and field. Last year I tried to throw in cleats and I couldn't turn my feet. I now only plan on using cleats for the hammer, caber, sheaf, and WOB. Course, it is supposed to be a repeat of the mud bath of 2003, so we'll see. So I threw the 55. Gosh that thing is heavy. But at least it won't be such a shock tomorrow when I do it for real. The stone was good yesterday. I threw without a trig, and I am toeboard phobic, so it will be interesting to see if I can overcome my fear tomorrow. I've won my division in the stone the last two years, and three in a row would be nice. Today I'm going to do one set of everything in the weight room just to stay loose.

The day of. Saturday opened cloudy with rain. Thankfully, the rain stopped in time for the first event, open stone. I totally blew it. Nothing was good, even my last ditch braemer effort fell way short of last year's throw. Next event, oh yea, the 56 WFD. I was feeling decidedly dejected after the stone and didn't feel like throwing the 56. Better yet, I was first up in the order. So I get in the ring, and concentrate on just getting a good technique going, not trying to muscle it. Last year I fell out



of the ring on the right side on my first two throws and tossed a weak 16 foot effort on my last. This year I go over 19 on my first toss. This is a PR for me on grass, at discus camp we throw off a pad and I threw 20'11" last year. On my second throw I try a little harder and get an overall PR of 21 feet. This puts me in a better mood.

So I'm looking forward to the 28WFD and it goes about as well as the stone, 6 feet less than last year. The hammer is 4 feet less than last year. After that I had to leave to get back home in time for my youngest daughter's dance recital. I would seem that I haven't peaked yet this year, which is not too bad. I usually do too well in the early part of the season and don't have anything left for our State Games in late July. I hoping this means that this year I will throw very well at our State Games. So I need to find another highland games later this summer if I stand a chance of winning this challenge. So far, Rick is in the lead. It ain't over till the last game is held.

### Chaotic Training: An Approach to the Nationals

The Editor in Cheap

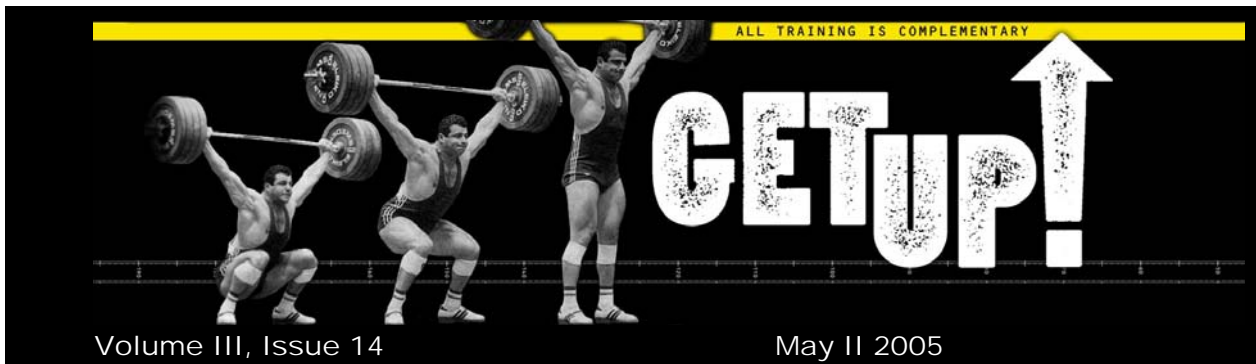
I thrive on chaos. I think, really, many of us do, but I am convinced that chaos is the secret ingredient to most training programs...as well as the spice of life. Compared to the forced labor detention camp mentality of most commercial gym trainees, my training

programs look more like some bad hippie movie from the 1970's. Save for day-glo colors and a bad 'fro, some of the stuff I do may have been influenced by these films, but I refuse to acknowledge how much...

Which is why I am drawn to the Weight Pentathlon. It is a simple event of only fifteen throws spread across five events with all kinds of rules and regulations concerning ring size, wire lengths, and rest periods (yes, you have to have a half hour break between throws...discus throwing has become much more exhausting than I remember). Yet, with all the rules and regulations and registration forms and fees, *training* for the Weight Pentathlon cannot be regimented or regulated. It just happens.



First, what is the Weight Pentathlon? Well, a couple of decades ago, some hammer throwers decided to finally figure who was the best athlete in the world. They decided, rightly so, that one merely had to determine who could throw stuff the best. Clearly, there is no other measure for health and fitness than how far you can throw stuff. So, they decided that the events...in this exact



order...would be:

1. Hammer Throw (no shock...hammer throwers deciding the hammer should go first)
2. Shot Put
3. Discus Throw
4. Javelin Throw
5. Weight Throw (the indoor stepchild of the hammer throw...again, you let a bunch of hammer throwers make an event and don't be surprised if there is a bunch of hammer events)

One other rule was added later which may speed the event, but causes tons of anxiety for the competitors: you are allowed only three tries in each event...three total throws. With the narrowed sectors of the modern era, this one rule mixed with the complexity of the training demands lends the Weight Pentathlon artist to train in a manner that not only leads to a higher performance but also the athlete needs to find techniques that are stable and able to withstand the pressures of competition.

So, in a nutshell, this is why I love Weight Pentathlons: you have to deal with five events, have a stable, trustworthy technique in all five events, and you have to balance the physical needs of five different events. In the javelin, you need to sprint ahead of the spear, stop on a dime, and "throw down the shaft." In the hammer, well, am I going to do two swings or three? Three turns or four? Can I trust my technique to throw far and get it in the sector? There are two standard techniques for

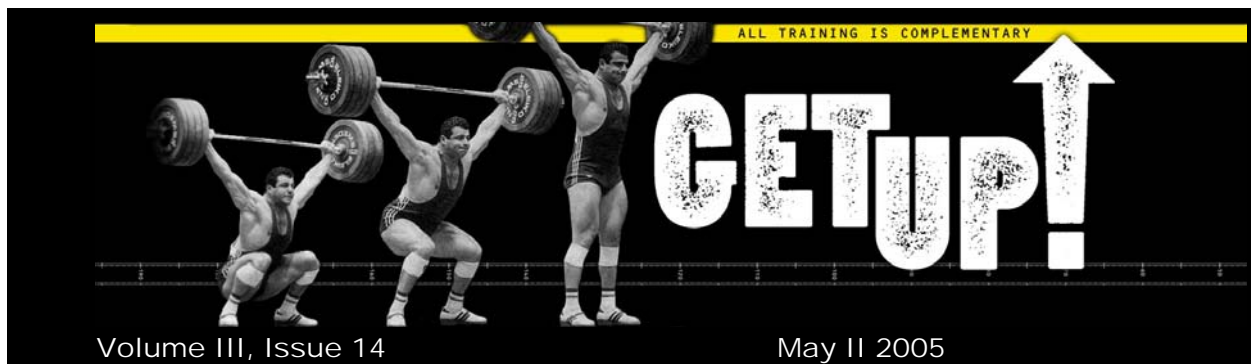
the shot: the glide and the rotation. Which will send the shot farther...but, can I stay in the ring?



Training for WPs has reminded me about some core concepts that are appropriate to all athletes in all sports. It's like the old Steven Wright joke: "If you had everything, where would you put it?" So, if you have to "do everything," how do you do it? This question has led me to understand a few things about general training that I think everybody can learn something from my experiences.

A couple of assumptions:

1. You're clean ( you know what I mean)
2. Even if you don't know anything about the throws, just pretend you understand the technical side of the track and field world.
3. Someone entering WP would have a basic knowledge of throwing and lifting.
4. You're not perfect in all five events...you have issues.
5. You are not a perfect physical specimen.



Anyone who engages in multi-sports...really, and I think the king here is Highland Games...realizes the issues with balancing strength training with technical work. Let's talk strength training first. The perfect three day a week workout is presented for you now:

#### Three Days a Week

1. Squat Snatch
2. Squat Clean and Jerk

That's it. Honestly, for improvement in track and field, Highland Games and practically anything else you can mention, the classic O lifts are the best. Having said that, let's unpack the problems.

1. You don't know how to do them.
2. You can't do them in your gym or garage or whatever for whatever reasons.
3. You have so many injuries through the years, you can't do them.
4. You don't want to do them because you still think that lat pulldowns with your buddies is the key to success.
5. Finally, a good reason: the O lifts are magnificent...but, they seem to leak 'nervous energy' or whatever you want to call it out of your body at a high rate and you have no snap for the rest of your training. I used to discount this, but now "I get it." No, you can't prove "nervous energy" exists and you probably can't measure it...but, as some of you know, you know this is right. You do.

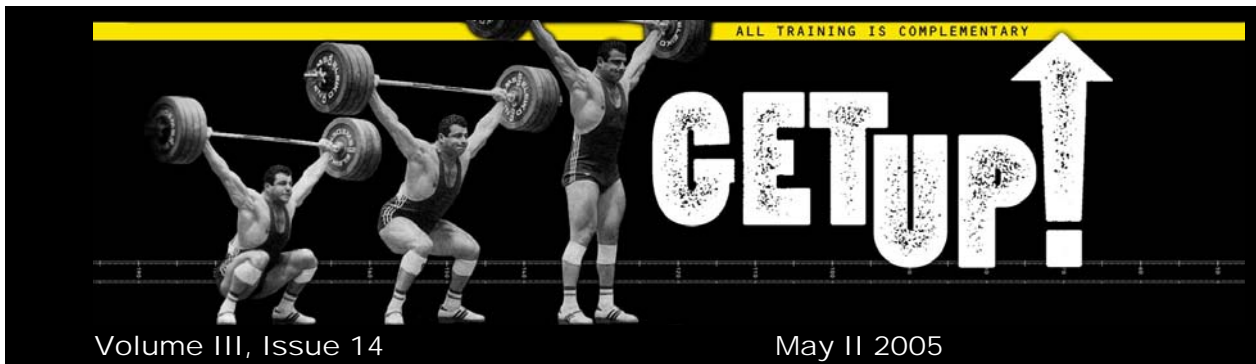
So, what do you do? Recently, I experimented with a five day a week program of repeating the same lifts each day. I would only push on one of the lifts each day and go easy on the other four. This 'might' be a way to work the weights for the multi-athlete.

#### Five Days a Week

1. Either a deadlift variation or a squat variation (I wouldn't do both...well, that was my experience, I didn't have any snap doing both...)
2. A push or press
3. A pull
4. Something quick...snatch, swing, clean, or kettlebell variation
5. A serious ab exercise...Evil Wheel, Saxon Sidebend, Suitcase lifts or carries

For one of my favorite workouts, see <http://www.dragondoor.com/articler/mode3/269/>. Sure, it is about a sprinter, but this article is full of gems.

The upside of this program is that you use very little mental energy doing the workouts. Moreover, like Charlie Francis discovered with sprinters, doing the same exercises diminishes soreness. Remember, we are trying to throw things farther here, not brag about our pump or how sore we are after we train. Leave that to pumpers and joggers.



## Technical Training

Here is the rub: some of the events help the other events. So..., you have to think things through. I think the Weight helps the discus. Why? Because John Powell told me so! Here was what he told me:

1. The Weight makes you move your feet.
2. The Weight makes your throwing muscles strong.
3. The Weight doesn't go very far...so you don't have to walk far.

In other words, by training the weight, I train the discus. I think the javelin helps the discus, too. Learning to accelerate up onto the left leg (for a right hander) is a great lesson for the discus thrower. The javelin kills the shot put as the poor shoulder joint gets hammered.

But, maybe, you want to rotate in the shot. That way, you can practice the turn and that helps the discus and the shot. I decided against this for one reason: yes, I throw a little farther with the rotational shot, but I foul more. With three throws, I can't have two fouls...like I did in Fort Collins two years ago.

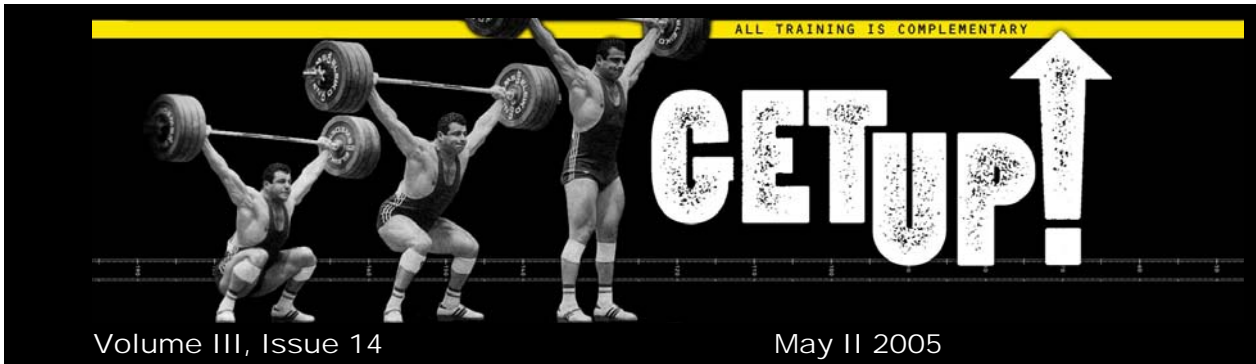
The Weight...according to most hammer throwers...can HURT the hammer unless you do it right every time.

So, there you go. Some of this stuff helps, some of it hurts.

What do we do? First and foremost, pick your weakest event. Most people know it without even looking up the tables. For MOST of us, it is the javelin. For me, every throw I take in training with the javelin improves my overall point tally. Why? I'm awful. So, EVERY day is a javelin day...for me. If the discus is your weakness, every day is a discus day. It doesn't mean you throw hard or far, you need to work on it...that's all.

Rande Treece and I just had an interesting discussion about this in the real world. Rande's point is worth considering: he said this: "if you (Dan John) don't take a single throw from now until the National Masters (in the discus...but I'm not going), but train in the javelin or Highland Games or whatever, you will still win." The truth to this statement is interesting...and let's be honest, how many 47 year old men in the United States throw the discus? Rande's point is very important, though...I coach the discus year round, I coach at discus camps up to five WEEKS a year and I train daily on lifts and throws. I'm going to have some carryover no matter what else I do.

So, work your weaknesses and trust that your strong points will survive a few weeks of relative neglect. "Relative neglect." Funny term, when you think about it. How many of us have friends that would be shocked to find out that "I have cut my discus throwing way back." Does this come up at your dinner



parties? Between the discussions on whom is cheating on whom, the latest divorces, the kids in rehab, the failed business ventures, do you chime in about your changes in master planning for your athletic career? Well, sure I do, but I am assuming that the readership of “Get Up” is a bit more normal!

Some geek talk about the five events.

**Hammer:** I can think of no better way that to once again spend a week with Jouri Seydk at John Powell’s camp. “Go left” is a phrase he will say to me over 1,000 times.

**Shot:** I am training with the overweight (18 pound) shot and trying to master a correct finish. My goal is take a lot of throws with the overweight until I can “get the punch” right. If I go light, I just whirl away.

**Discus:** I am doing the “Fixed Finish,” no reverse throw until I can remind myself how to finish with some prestretch and a little bit of the “hinge movement” versus just “blowing” through at the end.

In 1977, Wolfgang Linkman...who was helping at Skyline College...told me several things:

1. Get left foot down faster
2. Rotate continually on right foot
3. Clean throwing motion with right arm
4. Forget about discus

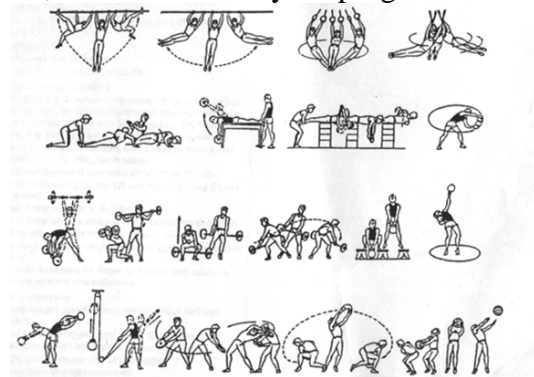
5. Chest “pop” – Left Arm Jam
6. Slow down and Stay upright. (I added: “Get right arm up, too”)

Nearly, thirty years later, I still need to work on this stuff. I’m a real quick learner, it appears.

**Javelin:** Listen to nothing I say. Go here: <http://www.intrex.net/klubkeihas/index.htm> Memorize.

**Weight:** I learned a cool trick for my swing in Arizona and I had begun to do the same thing with the Scottish Hammer, so I am adding a better swing. I just had nothing in the tank in Arizona...

So, chaos. Add it to your program.



Starting Out...

Steven Morris

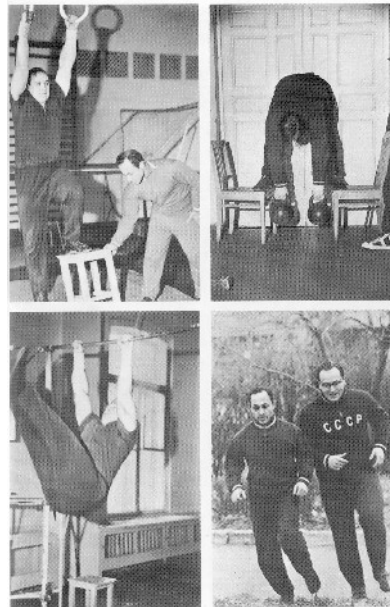
“C’mon, get two more,” the personal trainer barked at his young trainee. His client was performing cable cross-overs with a light weight for about a million reps. Now, I supposed usually there is nothing



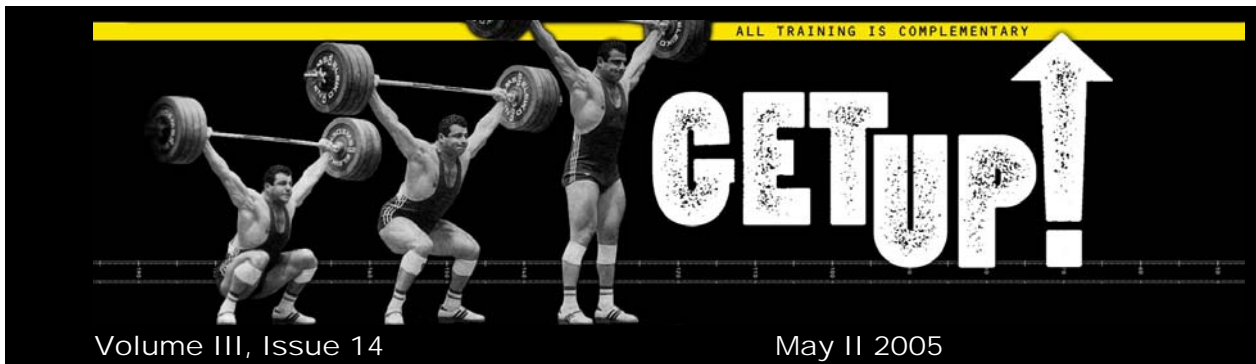
wrong with such a scene, except that his client was young, I'd say about 14 years old and weighed all of 110lbs. I wondered why this trainer was having the kid do an isolation exercise, when in fact, the kid had no muscle to isolate? They disappeared after that, but later I noticed him watching me while I was doing Snatches. "What do those work," he asked and I replied "everything." Since he looked at me like I was some kind of alien I sat down and started explaining some of the basics to him. He was eager to learn so I spent about an hour talking with him and at the end of the conversation, I could tell his head was spinning so I handed a copy of MILO I had in my bag and wished him luck. Hopefully, the kid will read it cover to cover and learn a few things. The sad part of this story is that it happens all the time. Most young athletes wander into the gym with no idea what to do and end up seeking the help of a personal trainer. Most personal trainers end up being a hindrance and many gym rats are an overflowing fountain of misinformation, so I can't really blame the youngsters for not training properly. So, I'm here to help lay down some of the basics, hopefully teaching the younger MILO readers how to build a proper foundation and start off the right way.

There are about a million different training and nutrition programs out there and none are perfect. Most systems have both good and bad points, so how does one choose which program to follow? Well, never follow any program blindly. If that practice worked, every kid who read the muscle mags would have 23" biceps while weighting 290lbs and be cut like the loser in a Tijuana knife fight. Obviously, this doesn't

happen. Remember the words of famous Russian Sport Scientist, Vladimir Zhatorski, "Only the general ideas of underlying noteworthy training programs, not the entire protocol, should be understood and creatively employed." The best thing to do is educate yourself on some of the basic principles of lifting. Once you understand the basics, you can evaluate a training program and make alterations to fit your needs.



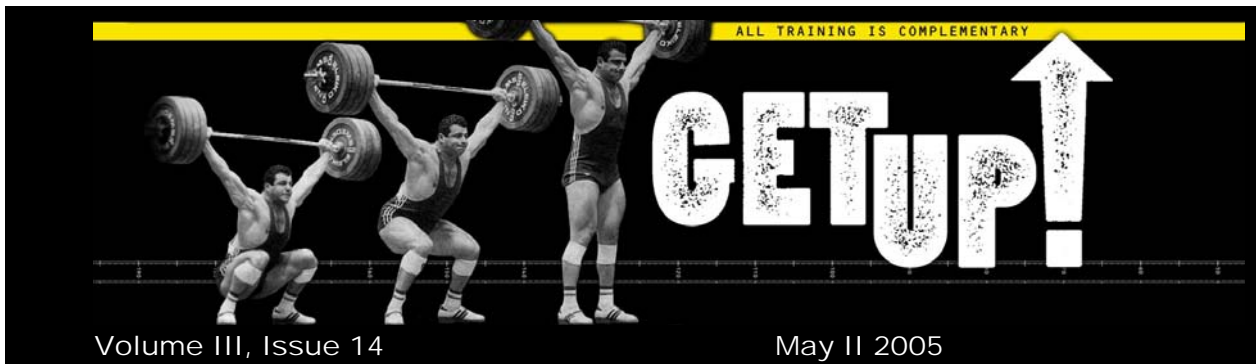
First, understand that not all muscle is created equally. Sarcoplasmic Hypertrophy (muscle growth) is achieved by doing higher rep workouts with light to medium weights. In the athletic world, this type of muscle is often regarded as useless. That's not completely true. For example, powerlifters, some of the strongest people on the planet, will purposely build a certain amount of "fluff" muscle to improve their leverages in the Bench Press or Squat. Also, some football players, like linebackers and



defensive lineman, need to be both strong and big. However, understand that intentionally “blowing yourself up” to be some kind of bodybuilder-esq mass monster is almost always counter productive. Now, myofibrillar hypertrophy is what most athletes seek. Without going into the entire detailed scientific explanation, this is building the muscles by increasing the size and strength of the muscle fibers. Ever see Hali Mutlu Clean and Jerk triple body weight? If you have, you’ve probably noticed that he is a pretty small guy, muscular, but light. How can a small guy lift so much? Well, Hali has spent his entire career building myofibrillar hypertrophy. For the most part, the goal is to find the best combination for what you wish to accomplish. For instance, if you want to be a linebacker, you better be strong and quick. However, even if you are immensely strong, if you only weigh 130lbs, you are going to get run over. In that case it’s best to get as strong as possible but also build some general bulk so that you don’t fall victim to the laws of physics.

Ok, so now you know the difference in the two types of muscle. What to do now? Well, now you need to set some goals on what you wish to accomplish. If you start lifting without a plan, you are doomed. It's kind of like driving faster when you are lost. The first thing you need to know about goals is that you need to write them down. An unwritten goal is not a goal at all, it is simply a wish. Write down what you wish to achieve and then show it to someone else who won't be afraid to criticize if you start slacking off, this makes you accountable for your success or failure. After writing your

goals down, now you have to figure out which method of goal setting you will use. There are probably a hundred different methods of goal setting and many are excellent but I'll recommend following Coach Charles Staley's goal "Pyramid." The bottom of the pyramid is your "Core Principles," or your foundational beliefs. For example, if getting stronger for Olympic Lifting meets were your main goal, then that would be your core principle. Everything else flows from this principle and there must be continuity throughout the pyramid. The next block of the pyramid is your long-term objective. Let's say you are currently squatting 150lbs. Now set a date off in the distance, say a year from now, now write down something like, "On June 5, 2005 I will squat 300lbs." Make your long-term goal realistic but make sure you will have to work hard to achieve it. Don't say you want to move up 400lbs in the bench but don't set your long-term objective at improving 10lbs either. Next are your short-term goals. Follow the same procedure as your long-term goals except you will be looking to achieve the goal in a shorter time period. Some people like to set 12-week goals. Some like weekly and even daily goals. Find what works best for you and stick to it. You can also use more than one short-term goal. If you want to set a goal for the end of the week, then end of the month, and the end of 12 weeks, that's fine and may in fact keep you on track to hit your long term goal more easily. The top of the pyramid is your "To-do list." This list is basically your day to day actions that will contribute to your short, long and core goals. For example, getting 8 hours of sleep per night might be on your to do list. Let's say you do not achieve this and



get only 3 hours sleep. What happens? Well, most likely, the next day's workout will be hurt. That may mess up your short-term goal and if the bad things get rolling, can harm your long-term goals as well. Just aim to have your to-do list feed your short term goals, which will in turn feed your long term goals and so on.

Coach Staley would have most trainees focus on elements that are needed and/or poorly developed. This is a tremendous practice but some new lifters get confused by this because, if you've never lifted before or are just starting out, how do you know what your weaknesses are? Well. I can honestly say that most people are weak in the legs and hips when starting out. Also, most newbies have weak abdominals. You'll soon find out that if your legs and abs are weak, you can't make progress, so when planning your pyramid, keep the following general points in mind:

1. Train the muscles of the "Posterior chain;" the traps, back, glutes, hamstrings, and calves. As Coach Dan John would put it, train the muscles you can't see in the mirror. The posterior chain is of utmost importance in all sports while "huge guns" rarely matter. In order to be fast or explosive you need strong legs and hips, there's no way around it. Ever notice that the guys at the gym with huge arms and skinny legs never want to do anything athletic outside of the gym? If they did, they'd get embarrassed. Other than maybe arm wrestling, I can't think of one sport where having big arms is important, yet I constantly see athletes "bombing their biceps" till they can't lift their car keys to unlock the door. This is complete idiocy. If you learn nothing else, learn that you must

work the backside of the body to be a good athlete.

2. Focus on basic, compound movements such as the Olympic Lifts, Squats, Rows, and Presses. Work the basics hard and you'll be amazed by the results. On the other hand, if you focus on isolation exercises like cable crossovers, expect to remain mediocre at best. Remember all the talk about the posterior chain in the first point? Well, these basics will build those muscles like nothing else. While Presses are mainly a shoulder exercise, they will require strong legs and a strong back to support the load if any kind of decent weight is going to be used. Overhead lifting will also identify weaknesses. If you are trying to press a heavy weight and your abs are weak, you'll know it, big time. Sets and reps seem to be the source of much confusion among new trainees. Try to keep it simple. For the most part, I would recommend sticking with multiple sets of low reps. The classic recipe of 5 sets of 5 reps is a good place to start. I would suggest not going over 5 reps per set. You want to build strength, speed and power and this will not be achieved through high rep sets. With lower reps, you can apply more force to the bar with each rep. You should always be applying maximum force to the bar, weather the weight is heavy or light. The lower rep method will also reduce accumulated fatigue during a workout, and usually will all but eliminate post workout soreness (more on this later). I know a lot of guys at the gym will tell you that you need to do 3 sets of 10 in order to build muscle and some strength. Remember that, as many coaches have pointed out, 10 sets of 3 reps is the same amount of reps as 3 sets of 10. Think about it, if you can squat 100lbs for 3



sets of 10 or you can squat 2001bs for 10 sets of 3. Which do you think will make you stronger? With the lower reps you can produce more force per rep, keep your form in check, and maybe most importantly, keep the speed of your reps consistent.

3. Remember that to be an athlete, you can't just be big or just strong. You need to be big, strong, quick, agile, and flexible. Don't get too bogged on any one element of strength training or the others will suffer. Measure results in the weightroom by how much farther you throw, how much faster you run, how much harder you hit, etc.

4. Do not neglect flexibility. There is nothing worse than some bodybuilder who personifies the old "muscle bound" athlete cliché'. Keep yourself flexible and you will reduce your risk of injury and will improve your strength in the long run. Stretching does not always equal flexibility however, so I'd recommend checking out some of Pavel's flexibility books or videos.

5. Please do not judge the effectiveness of your program based on how sore you are the day after. Soreness is a very poor indicator of progress. Smashing yourself in the head with a hammer will make you sore, but I doubt it will build much muscle. Soreness is an immediate effect of training and people love soreness because it makes them feel like they actually did something in the gym. However, weightlifting is an activity that needs to be evaluated on its cumulative effects. Each workout builds your strength for the next. How can you expect to get the next workout in when you are so sore you can barely walk? An athlete can not live that life. If you are still sore from Wednesday's workout during Saturday's game, you're done for. I

think Pavel explained it best when talking about soreness in relation to some of the S.W.A.T officers he trains. I'll paraphrase here, but the basic idea is that "a bodybuilder can afford to limp around for 3 or 4 days, if an officer tried that, he'd become somebody's lunch." That about sums up my thoughts on soreness.

As I said earlier, you really need to educate yourself in order to make an informed decision about which training and nutritional systems to follow. Read everything you can find on the subject. Check out books and articles by Bill Starr, Dr. Ken, John McCullum, Charles Staley, Pavel Tsatsouline, Chad Waterbury and Charles Poliquin and read every MILO you can get your hands on.

Well, that's it for part I, next time we'll go over some of the basics of nutrition and recovery.



Cheers!

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