



## Clinics, Workshops...

I sure enjoyed being at Charles Staley's Advanced Training Boot Camp down in Arizona...really a good time and great information. Go to t-nation.com to read Shug's review of the events...and hit the threads to find out about what happened after the events. None of the stories about the editor of Get Up are true.

I am off to the Crossfit gathering in Golden this week...so, well, I guess I get exposed again...

I am amazed...amazed at the quality of information available in strength sports today. Of course, the quality constantly has to deal with the quantity of BS also available...

Let's remember the mission here:

### 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

*Gary John, brother of the Editor, has become our most popular writer. Gary began writing when he decided to stop the "evil...known as running" and become "one of us." His questions are the simple ones, his insights are those of someone who has been around...*

*When not running a business, Gary tosses things at a local high school and works with anyone who "shows up."*

Aging is one of those things that kind of sneaks up on you. We all remember waiting for Christmas when we were young kids. Each day seemed like forever. Then, as we got into our teens, suddenly it was Christmas again.

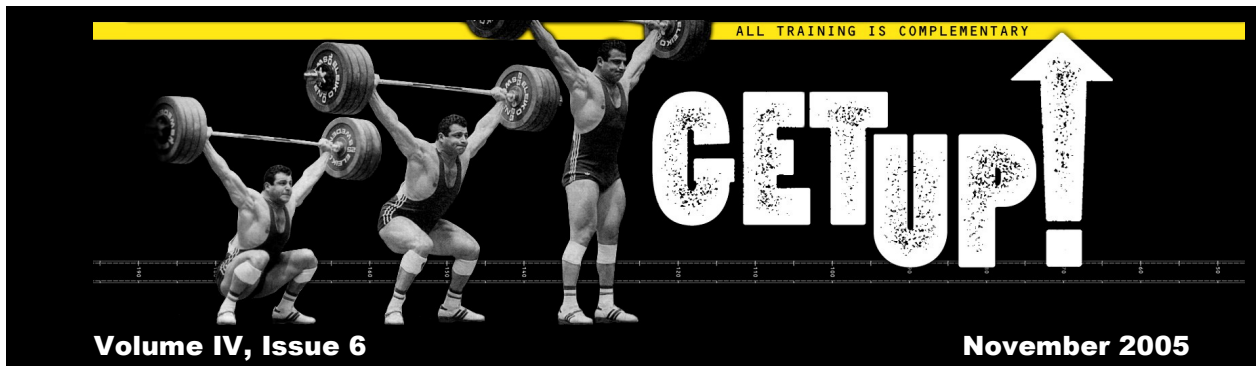
Now, I swear, wasn't it Christmas last week?

My little brother is 48 and I'll be 57 in January. It would be scary to think of how old we are, if we still had the image of middle age we shared in our youth. Nobody was competing at a high level when we were growing up. People just got old. But, other than throwing and lifting, is there any practical side to getting and staying in shape?

For the past 32 years, I've worked as a machinery mover. I got into this line of work "temporarily", in 1973. It paid well and it was hard work. I put my own small company together in 1979 and kept at it ever since. Our work runs in cycle, we are either putting new equipment in, or taking the old out. We are located in Silicon Valley, so we rode the wave all the way up. After the bust, we ripped out and shipped most of the semiconductor equipment out of country.

Recently, we have been putting in 12-hour days on a large machine tool reorganization. Some of the equipment needed to be moved in the plant manually. This meant 3 guys pushing and pulling 2,000-4000 lb. machinery through the plant. This is extremely hard work.

I still work with the crews. I'm so "old school", it's ridiculous. I don't think you should have your employees do anything that you won't do yourself. But, this is the most amazing point; it was easier now than anytime in the last



32 years. What gives? The simple answer is, working out.

It has taken me three years of slowly adding different exercises, but the improvement has been continuous. Last month, I've added the bench press and have learned to go a lot heavier in with farmer's walks. Still, nothing I do is magical, just simple 5x5s, or 8x3s. I'll be the first to admit, I will try adding any workout that seems interesting. I'm very random in what I do; my job doesn't allow me to schedule workouts. I fit them in when time is available, much like my throwing. I try and get in at least one lifting workout a day. Sometimes, I get to lift three times in a day. I have an advantage of having all kinds of toys in my warehouse and yard.

The only time I actually feel the effects of aging, is when I hang out with friends who are my age. They look and act like I envisioned a middle-age guy. No matter how much I preach they always have some excuse why they can't workout. They don't know what they're missing. Your life doesn't have to slow down; flights of stairs don't have to kick your butt. You can age, but you don't have to be old. I can honestly say I've never been stronger in my life. I also expect to get stronger in the future. How long will this go on? So far, a lot longer than I ever thought possible.

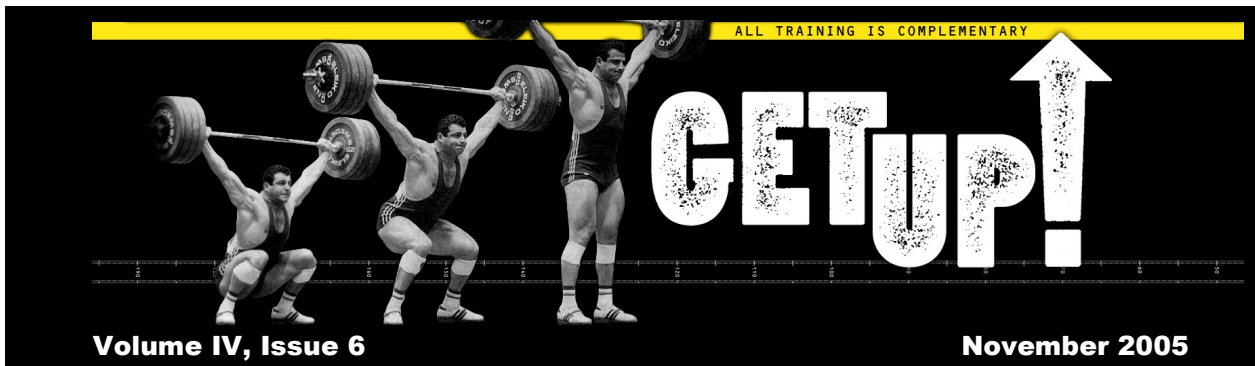
*Excellent again, Gary. I think most of our readership understands this point: you only notice your age when you see your peers. There is a commercial about 50 years old in which each person looks really bad...all are joggers, I guess...*

## The Rick and David Challenge

*Get Up Readers have had an opportunity to view a "Postal Competition" by two of our favorite authors. Rick gets bonus points for recently having Twins...we hope both he and the family are doing great!*

I think my latest installment should be entitled "The Good, The Bad, and The Ugly" because that describes my last competition. Leading up to the Texas Scottish Festival, I experimented by only doing hang snatches and squats 3 times a week in the gym and a daily goal of 300 reps of core work. I also included some short sprints (20-30 yards) twice a week. The night before the competition I attended a throwing clinic put on by Dave Brown, Mike Smith, Dave Barron and Mike Zolkiewicz.

"The Good" part came early in the competition. While the A and B class started with the Braemer, the C class started with the heavy hammer. I won the event with a throw of 70 feet and a ½ inch toss. It was nice to start the competition with a 4 foot PR. The night before at the clinic Dave Brown and Mike Smith had told me that my hammer technique looked good and if I got some hammer boots and worked them I could easily add 10-15 feet. I credit the PR to the additional core work I had done. I ended up second in the light hammer, losing by 5 inches. Two events down and I'm tied for the lead.



We next moved to Braemer Stone where I finished fourth. Mike Z. had worked with me on foot position at the clinic. It took all 3 throws to get it to feel right, but I always enjoy when my best throw in event is my last one.

Things turned real Bad in the 56 WFD. At the clinic the pros had told me that I was cast too high at the start and not opening up enough at the finish. I was thinking too much about those things and let everything in between go to hell. Flies were leaving fresh dog poop to land on my technique. I finished 18<sup>th</sup> out of 22 and now have to worry about making the top 10 cut after 5 events. Note to self, never try to implement in a competition on Saturday what you learned that you are doing wrong on Friday.

My two spin technique with the 28 WFD is inconsistent at best. When I'm on, it's 7-10 feet better than my single spin. When I'm off, subtract the same amount of distance. I end up with my season low mark, but I did make the cut.

Caber becomes a question of timing the wind. The wind is blowing steadily at 15-20 mph with gusts over 30. Out of the 10 who made the cut I end up tied for 9<sup>th</sup>. Next time I set up for caber I will put the wind at my back and not try to run perpendicular to the wind. One thing that helps with the caber is a conditioning activity that I have been doing once a week. Some of my training

partners and I pick up and carry a 130 lb concrete rock for distance.

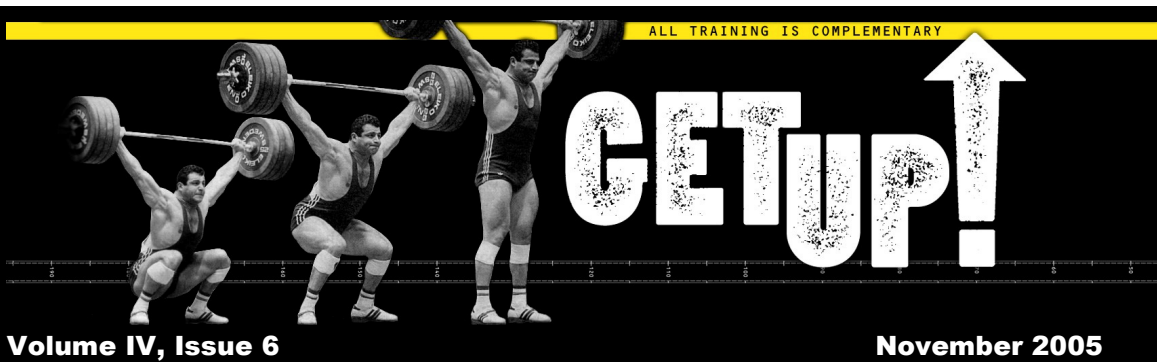
I cleared the opening height (18') in the sheaf which is a PR for me. It was an UGLY clear on my third attempt, hitting the bar before it went over. Hey for another event that I don't have the equipment to practice with I'll take any improvement I get. The bag falls off the fork on my third attempt at 20'. Not exactly the way that I wanted to go out. Things got BAD again on the WFH. I had cleared 11 feet at my 2 previous competitions this year, so I was hoping for 12 feet here. I had to sit around for about an hour between the time I went out in the sheaf and starting the WFH in the 92 degree heat. I ran out of steam only clearing 10 feet. I feel that dropping dumbbell snatches from my training over the last month also negatively affected me in this event.

I finish 7<sup>th</sup> of 22. Had I placed one place higher in any event I would have been tied for fifth.

I have 2 months until my next highland games, so what did I learn from this competition:

-Simplifying my gym work was probably a good thing, but I think only doing 2 exercises was not enough. New lifting plan is to hit the gym 3 times a week- squats one day, upper body work with dumbbells one day and Olympic lifts on the third day.

-Core work is my friend. I think that I will change doing it every other day



alternating with extra stretching working.

-Dumbbell snatches are important for me for WFH.

-If I'm going to improve my overall placing, I'm going to have to concentrate on both WFDs. I'm planning on throwing the LWFD twice a week and the HWFD once. If you want to improve, you have to make your worst event your best event.

-I train in the morning before the Texas heat gets too bad. I'm going to throw a couple of days a week over my lunch hour.

### David's Perspective

My hat is off to Rick. I think it is safe to say he won this challenge. I can't find another games near enough to me to compete in, so I have to place myself based on my performance in the Kentucky Scottish Weekend back in May. I only completed half the event because of family commitments, but let's face it, I stunk up the place. All my distances were down from the previous year except one event, which doesn't even count in the rankings.

So in me you have a perfect example of an athlete struggling to understand why his performance was down this year. What went wrong? Well, from Jan. to May I taught a night class on Monday nights at the local university. Going back over my notes, I was lucky to get 2 weight workouts a week, some weeks only 1. My strength levels

plummeted from what they were in December. I didn't practice my WFD technique as much as I did last year, and it showed. My open stone tech was feeling pretty good the week before Kentucky, but I fell apart in the heat of competition. Not like me at all.

At our State Games, I still was not having much luck. Distances were down 6 feet from last year. Last year's throws would have got me a silver medal in the open discus. This year I barely hung on for the bronze. Again, technique. But I think there is another factor to technique that I've ignored.

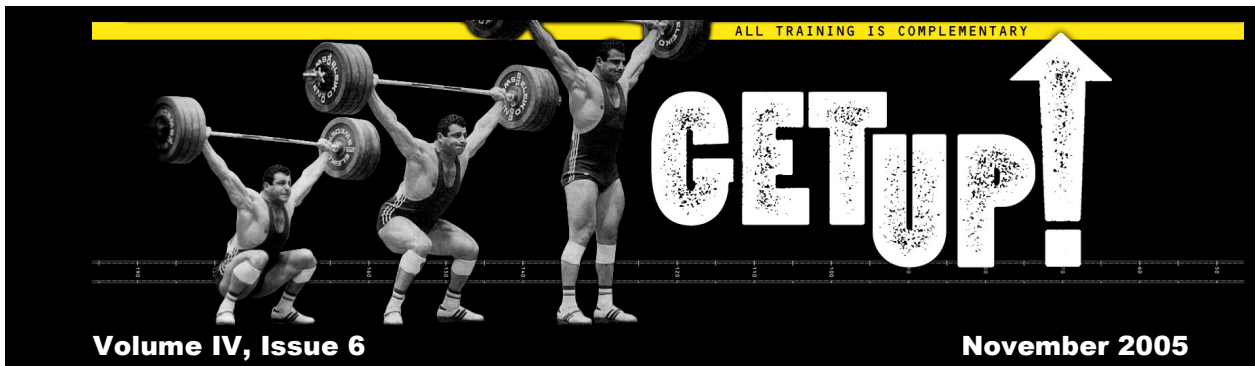
I'm too fat. The extra weight slows me down and throws off my technique. This year I'm going to lose the weight and get more athletic. More on that journey later. So, next time (first time) I meet Rick in person, I owe him a drink. In the meantime, I'm having one for Rick. Good job buddy. Your improvements awe and inspire me.

### 5 Things Athletes Need To Do More

Steven Morris

*This is Steve's second article and it might be simply the "summary" of everything we do and believe...*

With the explosion of "Functional Strength" and "Core Strength" programs hitting the scene over the last few years, young athletes are left to be more and more confused about what direction to take with their training. A lot of athletes are on solid

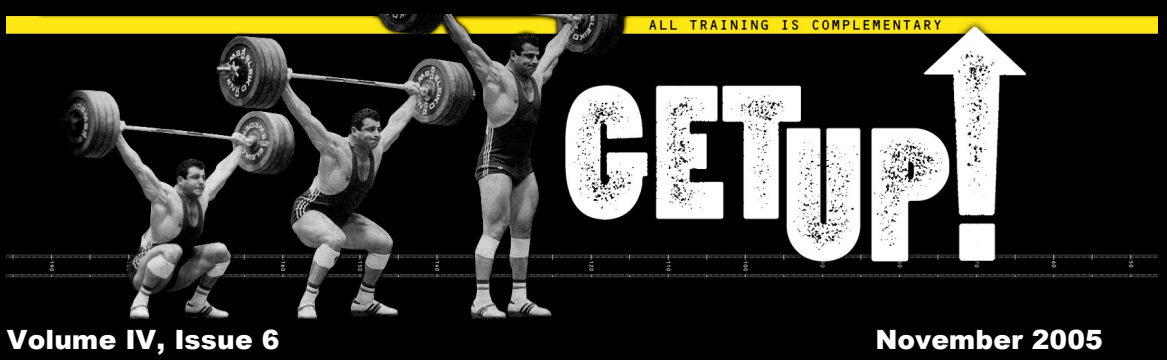


strength programs, but athletes, naturally, are constantly seeking an edge over the competition. Unfortunately, that edge is often sought through novelty fitness programs or gadgets. Too many fall into the, “Well, cleans and snatches are laying a great base, but I think I really need to do lateral raises while on a balance board while simultaneously balancing a medicine ball on my head,” style of thinking. Now, before you accuse me of being one of those “Give me Specificity or Give me Death,” types, let me just say that I am not anti-non-specific training. Actually, I think specificity is highly over-rated (but that’s a story for another article). I do, however, believe that there are some great things that can be done both in the weightroom and outside the weightroom that will greatly improve one’s performance. The following is a short list of things that athletes, at any level, can and should do to boost performance. You might notice that I’m not saying anything that hasn’t been said before, but we all need to be reminded of the basics once in a while, eh?

1. **Carry Things.** Carrying a heavy object (or objects) is one of the most underrated tools in a strength athlete’s toolbox. It’s something that is tough to replicate in the weightroom but is a huge help on the field. Most lifts are in an up and down pattern. Even the Olympic Lifts, which require a great deal of quickness and agility, do not require you to move any significant distance. On the field, an athlete is almost constantly in motion. Obviously, different sports require different movement patterns, but

most sports require some movement. Carrying a heavy rock, sandbag or barrel in a bearhug or deadlift position will strengthen muscles that do not get worked in the weightroom. Same with farmer’s walks and overhead weight carries. I know some coaches recommend lunges because during the movement you are supporting about 80% of the load on one leg, and the kinetic chain is opened and closed. Same goes for carrying objects, but I feel carrying is superior because of the higher loads one can use and the ability to move in any direction, for any speed and any distance.

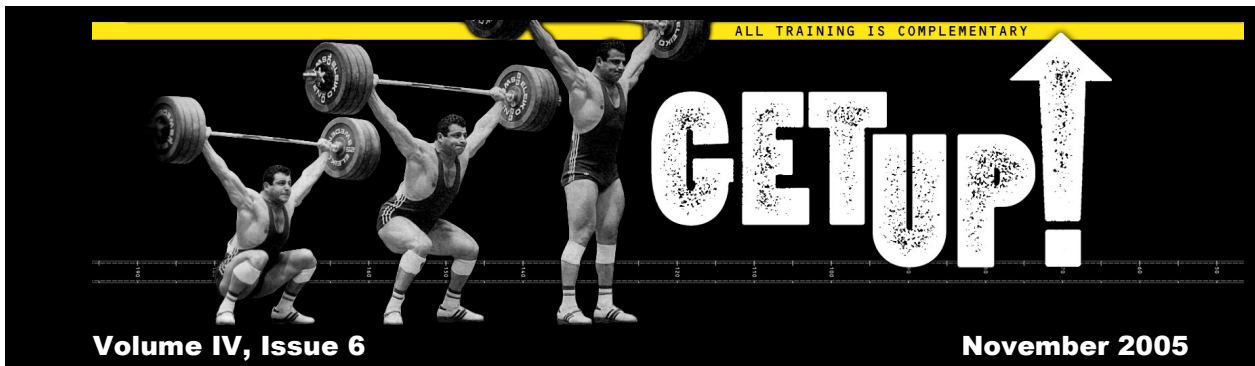
2. **Pulling Heavy Weights.** I’m going to go out on a limb here, but I think athletes Squat too much and do not pull enough. Blasphemy? Perhaps, but I have seen too many athletes get significantly faster and much bigger when they add more pulling into their programs. The type of pull is up to you, but I suggest mixing it up. The Olympic Lifts and their many variations, such as: Clean and Snatch Pulls, Clean and Snatch Hi-Pulls, Clean and Snatch Deadlifts, and a Classic Lift + pull combo move...all of which can be done from the floor, from the hang, or from the hang in the rack. Deadlifts, Romanian Deadlifts, Straight leg deadlifts with dumbbells, and Deadlifts with bands are all great movements. In fact, one of my favorite lifts is the ½ Deadlift in the rack. I vary the heights, from a few inches below the knee to mid-thigh,



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- load on the plates and pull. Great for the back and hamstrings because you can typically use a much higher load than would be used in a regular Deadlift. Pulling movements put a huge stress on the Posterior chain, which is the core of strength for athletes. The stronger an athlete's chain, the bigger, stronger, and faster the athlete will be. Like Little Vicky told Lisa Simpson, "Pulla, Pulla, Pulla."
3. **Sled Pulling.** Again, working the chain is of utmost importance. Pulling a weighted sled offers athletes a unique way to work the legs. I suggest that you pull the sled in every direction possible, especially laterally. Moving from side to side is perhaps the most overlooked aspect to improving athletic performance, yet it is all but ignored by most strength programs. Pull the sled sideways, either in a shuffle motion or with "scissor walking." Pull the sled for time or distance or for speed...vary the resistance, the angle of your body...vary everything you possibly can because rarely is any sport played on a monorail track.
  4. **Abs.** Oy, not another ab training article. I think the abs trump even the biceps as the most written about body part. I'm not here to tell you how to get a 6 pack or how to "transform your flabby midsection into a lean, etched piece of granite." Instead, I'm encouraging you to train the abs as hard as you would your quads or traps. Sit-ups are great but I think we need to move past this exercise already. So, what does one do for abs if not doing sit-ups? Well, do exercises that are meant for other parts of the body. The Overhead Squat will work your abs like no sit-up ever will. So will ½ Deadlifts or Snatch Deadlifts. Try doing some over-head walks with a heavy sandbag and see if how your abs feel the next day. Suitcase-style one-arm Deadlifts hit the oblique like nothing else. As I said earlier, sit-ups are not worthless, do the exercise with varying resistance. Weighted, throwing a medicine ball, or use bands as resistance. Check out some of Pavel's writings about abs, they are right on the money.
  5. **Throwing Objects.** Not only is this useful to athletic performance, throwing things is just plain fun. I don't care what you throw...medicine balls, rocks, shot puts, your little brother; whatever works for you is fine with me. As lifters, we tend to spend most of our time moving heavy weights around, and although maximum acceleration should always be applied to the bar, one cannot match the acceleration attained when hurling a 12lb medicine ball through the air. Since most of the people reading this are already throwing shot or disc, I would encourage them to throw even more. The behind the head caber-style throw with a shot put is one of my favorite exercise of all time. Charles Poliquin has said that this event is a very accurate gauge



of overall athletic potential. Along those lines, I like to use various throws as a way to track performance in the gym. I don't throw the shot or disc competitively anymore, but I know that when my over-head throw goes up, so does my performance on the football field.

That's it. Five simple things that can be added to anyone's workout at pretty much anytime. Although, if there's snow on the ground, please refrain from throwing a white object.

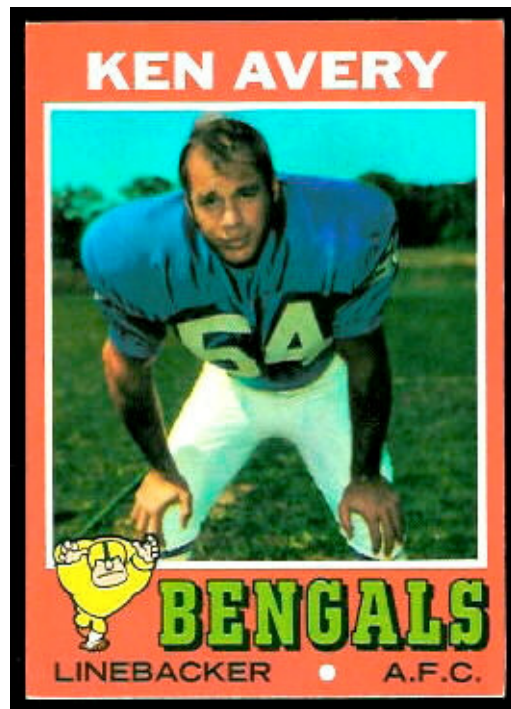
### **A Book That Changed My Life**

It's funny, but with the death of Wellington Mara (owner of the New York Giants), I was reminded of a book that changed my life. The author was Eliot Asinof and he had just finished a book called "Eight Men Out," about the "Black Sox" scandal (finally...the curse ends...)

In his next book, "Seven Days to Sunday," Asinof writes about a turn around week with the New York Giants football team of 1967. Jerry Kramer is also writing "Instant Replay" at this time, too, so there is some interesting things going on in the world of the NFL...it is also "only" Super Bowl II...I think the first time it is called the "Super Bowl."

In Chapter Three, "Wednesday," we meet a linebacker, Ken Avery. A rookie linebacker, Avery has been playing hurt all season. He was undersized and his life was made on

self-discipline, hard work and keeping focused. He did lots of situps, lots of pushups and lots of running on his own.



He did learned to do gymnastic moves and brought up his grades with hard work. Oh, and he threw something called the "discus."

I picked a good role model. And a good book, too.

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