



Happy Holidays

I love Thanksgiving. I love it. I have been a fan of Thanksgiving since I can remember. I love this time of year.

With New Year's just around the corner, the Editorial Staff of Get Up once again offers the readership a chance to send in goals and have them published for people to make fun of for the whole next year.

Send away!!!

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*.

Helifino

Editor in Sheaf

What do you get when you cross a Rhino with an elephant? "Helifino!" How are things going for the Editor?

The same. The job change brings with it a lot of time to coach and monitor athletes and revision training. What it also brings is...no energy to train! But, it seems there is more.

One of our Get Up contributors, Gary, said I should write more in the newsletter. So, here I go...but what can I say? I know this:

2004 was one of the greatest training years of my life. I ended up throwing marks at age 47 that were Division One level and I was, really I'm trying to be humble, a fairly complete

thrower. I was fast and technically sound...even though I tried to rush things a bit in May of the year.

2005? Yeeeeesh. I went to Golden, Colorado for the Crossfit Certification Seminar. I was sick the whole time. Why? My finger was infected from a cardboard cut. That sums my year perfectly. I am the guy with the infected finger from a Cardboard Cut!

At the Wt Pent Nationals in Dallas, I threw terrible in...the discus...my pet event. Pulled a muscle at an Olympic Lifting meet. Missed a bunch of Highland Games because...because I was a Middle School Volleyball coach because nobody else would step forward!!!

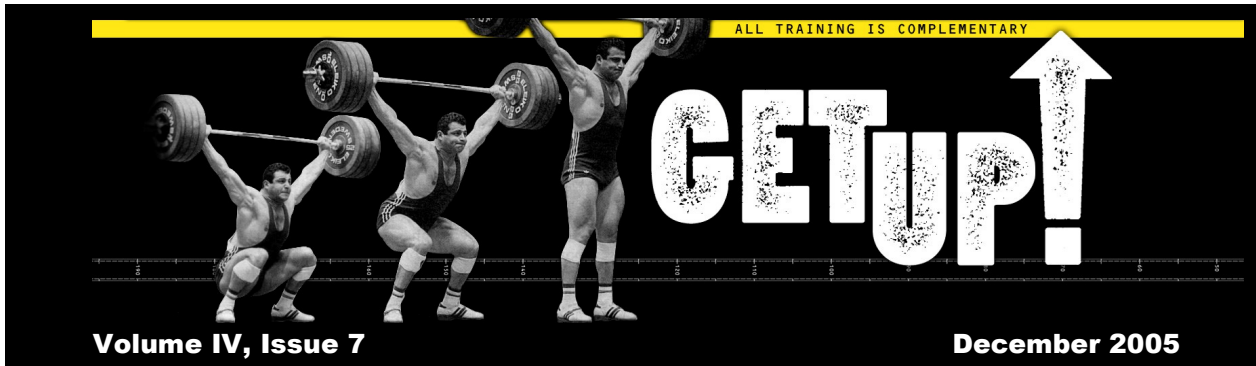
And, there it is, folks. The lesson of all this. In 2004, I had a goal: to throw far enough to qualify for the Olympic Trials. Nope. Didn't make it.

My volleyball team took third place out of 16. Now, don't ignore this...we were awful. According to the rules, nobody "stacks" teams. Right...a rule that was ignored by most of the league. My team was the Bad News Bears without the drunk coach. Okay, I was never completely drunk!

Why did we do so well? Three things...which I made up:

1. Get our serves over and in.
2. Protect the middle
3. Play as a team...talk to each other.

Folks, that was it. No matter what went wrong, my team insisted on pointing out



that we had ignored one of the rules. Always. All situations. The rules fit.

So what? Here is the point: in 2004, I was clear about my goals. Crystal clear. In 2005, I had a goal like ideaish thingee about something I would consider goodly if I triedlikeish to maybe do.

You get it. My volleball team, Saint Francis Xavier II, had a clear set of guidelines that they bought into and followed. In fact, in timeouts, I had one boy, Sal, say: “It’s me...I’m not following Number Three.”

That’s good coaching. Sorry, but it is...the athlete knew what to do and what the expectations were in every situation: the three rules.

I broke my own rules about goal setting. I had no clarity. I had no fix. I had no star. I didn’t even have the process...generally, I start off with some lists of “Things that work for me” and work the goal from that list. For example:

1. I thrive in a low carb environment
2. I get a lot out of sled dragging and carrying stuff
3. I like the O lifts, but I only go heavy in meets.
4. I can Front Squat all the time...but rarely heavy.
5. Fish oil is my friend.

From there, I construct my goals. This is what works for me...how can I test it. Yet, in 2005...nothing. No “Year in

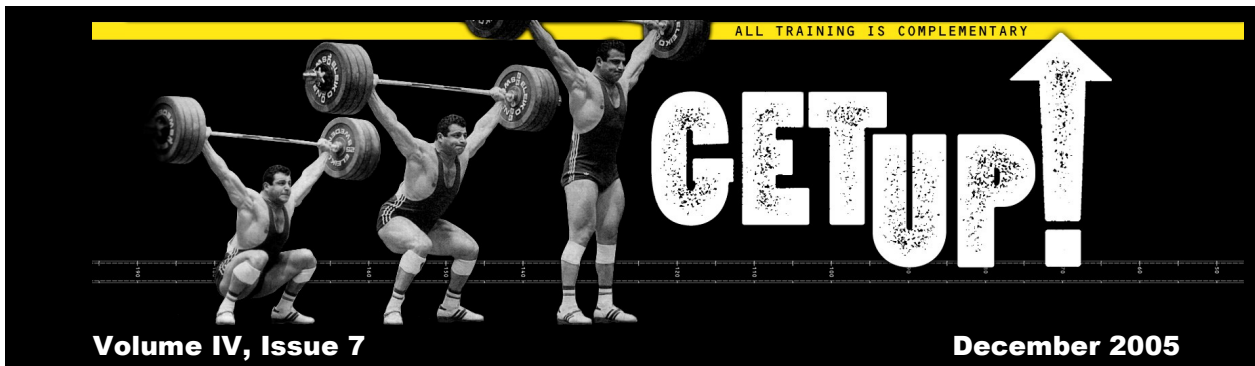
Review” list...none of the usual things that I personally measure progress.

So, in hindsight, as I look back over a rather poor year for me...what did I learn?

Just about everything...from a bunch of 7th and 8th grade little boys and girls...focus on a few things. And judge your success by how you follow your little list of rules.



The editor misunderstanding the whole “Recycle Bin” concept...



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."

Ask Dumb Questions

First up, I'd like to thank the different folks who have e-mailed me advice, praise, or an occasional restraining order. It scares me that people read what I write; obviously our whole mental health system needs to be revamped.

What I will do is post a question to any site, that I think can help me. A few weeks ago, I needed some help with my discus throwing. There is something called "the block", and I don't seem to have one. I received a terrific group of e-mails, with all kinds of tips. What was most surprising was the amount of time and effort in these replies.

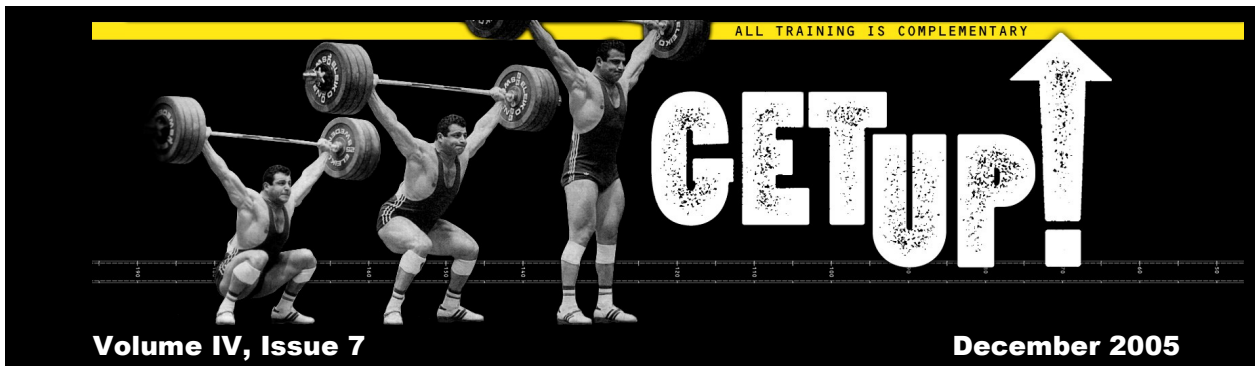
Since I've added the bench press to my lifting, I was wondering what I could do to increase my arm speed. I was doing 5 sets of 5 reps, three times a week. Each time I got all 5, I bumped up the next workout by 5 pounds. The trouble was, after two sets, the bar was getting slower and slower. A quick post to <http://www.powerandbulk.com/> and I had about 15 responses; everything from adding bands to my bench to speed sets. I'm currently doing Dave Witt's latest program of doing a couple of weeks at

65% max, with 3 sets of 10 reps. He will fill you in with the details, which I never pay too much attention to. Seem like after the first notations about sets and reps, I kind of drift off.

Found out one thing to help my shot put, throw real heavy. I throw the 35# weight as my primary training implement, now I also throw it like a shot put. Just throwing it, hauling it back, and throwing again is a workout in itself. When I drop back to my 18# shot, it feels easy. As my good friend Matt Spiller responded to advice on training, "Just get stronger".

Fortunately, having no shame, I always ask the dumb question. There is this great storehouse of knowledge in the Internet. All you have to do is search the rest of Dan's site to find all kinds of hidden nuggets. Sites like <http://www.crossfit.com/> and even <http://www.t-nation.com/> are filled with useful information. When I find a thread that interests me, I post. Or better yet, ask a dumb question.





GetUp! Author Recomend

Boflex

Long time GetUp! Author David Witt, the most prolific GetUP! Author and the one whose hand most people want to shake, released a press statement supporting the BoFlex machine. "It's the single most important piece of equipment in the throwers stable of exercise gear. It can replace all those farmer walk bars and stones. You won't need squats or deadlifts anymore."

When pressed for more information on this revolutionary view, David said "The workout is simple, and only takes 20 or 30 minutes. No more 2 hour workouts." "The workout is simple. When the Boflex arrives at your house, squat down and wrap your arms around the box in a bear hug. Hugging the box tight, stand up and walk into the house. Put the box down. After one minute, pick up the box and take it back outside. Repeat 3 times. It's a great workout for all those core muscles. For a tougher challenge, take the bowflex up and down stairs."

"Actually," said David "I've never taken the Boflex out of the box. I don't even know what one looks like, but it sure is heavy."

I have warned David that he is so popular that I will publish anything he writes...what the hell was I thinking?

The List!!!

The Best of the Best List

Eggs

Almonds

Salmon

Yogurt

Beef

Olive oil

Water

Next of the Best:

Oatmeal (the "real" kind)

Blueberries

Apples

This list is from the book, "From the Ground Up," available for free at the site. It is part of my standard package of "teaching" materials for my athletes. I tell them: Eat These. Then argue about creatine...

Finally, the DVD, "From The Ground Up," covering the Squat (including the Overhead Squat), the Snatch and the Clean...as well as advanced stuff will be finished within days...

Published by Daniel John

Daniel John, Editor

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