

So, it's late.

My New Year's Resolution was to take care of some things...but I almost let Get Up get out of January without an edition...I had some writers tell me "wait...wait, I have something" so this edition reflects my writers need for more time.

I think it was worth the wait.

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*.

Goal's Thread

In our last edition, the editor's asked if anyone wanted to share their 2006 goals: Well, here you go...send 'em in, if you got any...

First Up!

Hi Dan,

I thought I'd submit my goals for 2006. Just the Biggies. The little ones are so numerous and just add up to the big ones over time anyway.

1. Become All American in the Discus and Shot Put. That's 123' with a 2 K discus and 41.5' with a 16 # shot for my age group (I'll be 46 by the time the season starts).
2. Enter an Olympic weight-lifting meet, probably as a Novice or Master lifter.
3. Lose 45 or 50 pounds by June. I put on about 15 or 20 since September.

I'm just generally less active as the weather gets colder so started gaining weight the last 3 months. All these goals relate to one another and achieving one goal will only help me achieve the others. Some things I've done in

2005 to get me started already... I joined the Columbus Weightlifting Club in November and have some excellent coaching in the Olympic lifts now. I didn't realize how much I didn't know until I started there.

Reading books and watching videos only help so much, then you need a trained "honest" eye to tell you what's what. I'm running sprints and running drills in a nice training facility with astro turf installed. It's set up for the AFL football team the Destroyers, but when they're not using it members of the weightlifting club are allowed to play. The astro turf really helps my feet and ankles take the pounding. I attended the NTCA conference in Columbus in November. Got some excellent tips and training ideas. The Columbus Weightlifting Club actually has a few throwers training there too, some are college kids and one international level discus thrower. So should be a good year for me.

Earl R. Curry



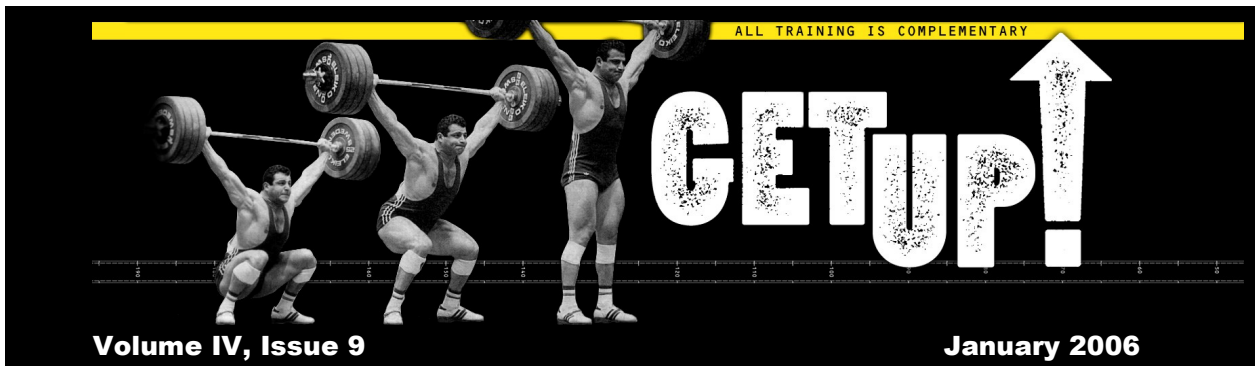
Earl and his Wife, Valerie

Second Up!

Just read, and enjoyed, your latest "GET UP". I can empathize with you. Being an almost empty nester, I figured things would slow down so I could concentrate more on my workouts and learning Olympic lifting. But, no, life jumps up and says, "Here are your priorities"...

Anyway, here are my workout goals:

1. Get three, high quality, simple workouts a week.
2. Don't worry about the weight as much as the technique & form.
3. Eat lots of protein, fruits and vegetables with a



lot of water.
4. Listen to my body and rest as needed.
5. Write it down and analyze it.
Thanks for the help.
Dean E. Soderstrom

Third Up!
Using the advice you've given me this last half of 2005 I've managed to attain a couple of my goals, one being a double bodyweight deadlift of 400lbs and another being a bodyweight clean and jerk. My goals for the new year (which is also from your advice) is a bodyweight snatch and/or bodyweight overhead squat (I'll aim for 15 reps some day), and a bodyweight military press. Although these were goals I had set for this year they've proved much harder than I first thought. I understand what you mean in your latest get up about focusing on just a few things. The two goals I attained for this year came when I dropped everything else and just focused on those two. Its like you said, "Specificity works, but at a price".
Chai Lee

Fitness...Twins Style!!!

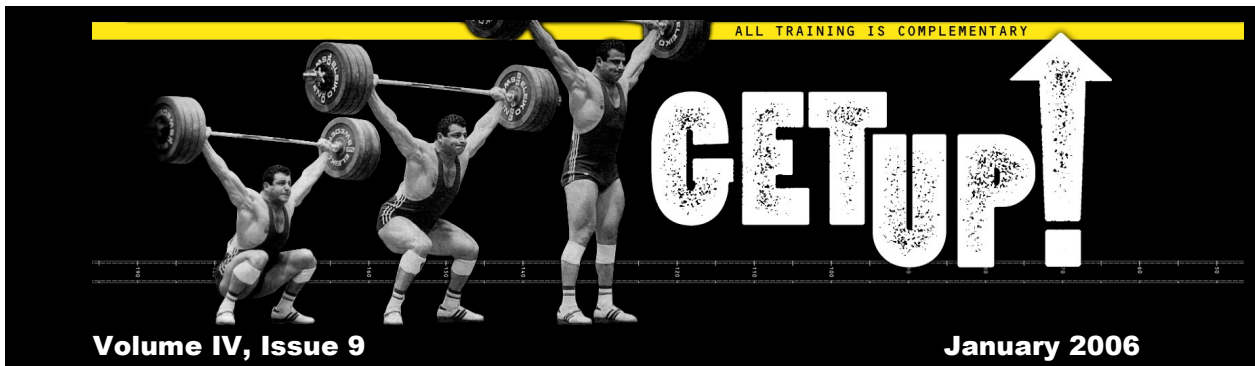
Rick Eklof
The New Daddy!

As Dan mentioned in a previous issue, my wife and I were blessed with the birth of our twins, Emily and Joshua, in October of last year. Gone are the 2-3 hour training sessions on the weekends.

Gone are cross-town drives to do strongman training with my buddies, Chase Torres and Thomas Loughran. Late night/early morning (just exactly when does it change from night to morning?) feedings, diaper changes, etc. now dominate the weekend schedule. After work training sessions were limited as well. A change in my training plan was in order.

I'm a big believer that in order for a training philosophy to succeed, it needs to match your lifestyle. Simple math, as my cousin Ted pointed out to me, determined that I would be 57 when my kids will graduate high school. The desire to be able to keep my son in line and put some fear in those snot-nosed punks that want to date my daughter now serve as an underlying basis for my long-term planning. Add in the fact that my father died from cancer at the age of 56, I started thinking. Now before anybody goes thinking that I'm making a radical departure and going soft, don't worry. Lifting and throwing are still the main components of my training, but I wanted to add a few new wrinkles. I'm calling it "The Big Kid" training philosophy.

As I was thinking about how I was going to fit my training into new more domestic lifestyle, I spent sometime looking at various websites and re-read some of the throwing and lifting literature that I had. What I was looking for was a philosophy that made sense to me, not the latest craze. I watching the

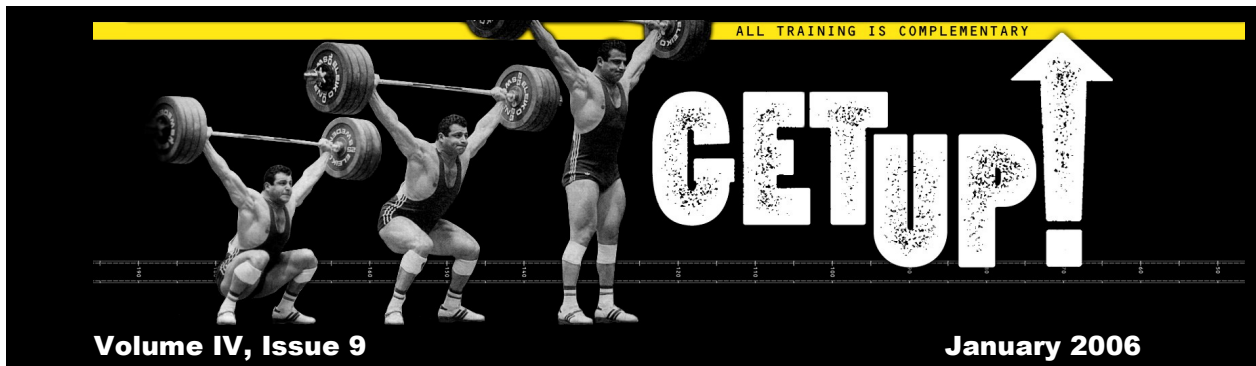


Tom Pukstys/Romas Ubartas clinic on the macthrowvideo.com website. Romas mentioned how Alekna was more concerned about flexibility and looseness as he has gotten older. That reminded me of an article in Long & Strong Throwers where Andy Bloom commented that he felt improving his overall athleticism had helped him. I also recalled a post on The Ring after last year's world championship in which Adam Nelson said that he felt focusing more on drills last season had really benefited him. Now here were 3 world class athletes talking about non-lifting activities that they had felt resulted in improvements. Now I am definitely not a world-class athlete, but what they said made sense to me. A quick self-inventory made me realize that my flexibility needed work and that getting more athletic was a no brainer. My throwing technique was far from picture perfect, so doing more drills made perfect sense. Back when I was a kid, days were filled with running, jumping, bike riding, swimming, playing whatever sport was in season or whatever sport we felt like at the time. Basically I did a lot of athletic movements without calling it training". This a philosophy that I want to encourage with my kids and didn't want to be one of those parents that couldn't keep up with their kids. So now that I had my "new philosophy." I needed to put a plan.

We've all heard that the difference between men and boys is the

price of their toys, but training purposes I'm modifying that saying to "the weight of their toys." The first thing that I did was take an inventory of my "toys" and accessible facilities. My garage has an Elieko training set, squat rack, and platform. Only problem is finding a time when the kids, wife and/or neighbors won't be disturbed my dropping weights. My office has a workout area that has a squat rack and dumbbells up to 125 pounds. Unfortunately the vacant field next to my office building, where I practiced throwing last year is having a office building built on it. Don't they realize their corporate office is putting a cramp on my training?? My training toys consist of 56 lb and 35 lb track & field weights, a highland games 28 lb weight, a 100 lb sand bag, a 16lb Scottish hammer, a 16 lb track & field hammer, a 16 sledgehammer, 75 lb farmer's walk handles, a collection of stones from 13.5 to 28 lbs, 16 and 24 lb shot puts, 10 and 16 lb medicine balls, a 135 lb rock and an old truck tire that I converted into a pulling sled.

Now in the past I have always put together a fairly rigid training schedule. I knew what days were lifting days and which were throwing days. Now in my generally sleep deprived state, family responsibilities and trying to grab a well-needed nap often turned a planned training day into a non-training day. My solution was to develop a more flexible schedule. I decided that I needed to arrange lifting exercises in order of



importance. Since it is the off season for highland games I'm currently ranking exercises as follows: squats come first, O lifts and their variations came next, dead lifts were followed by dumbbell work. As an example, if it's Thursday and I haven't had a chance to train, I'll squat. If it's Tuesday and I squatted on Monday and have to train at work, it would be along the lines of dumbbell snatch followed by dumbbell incline followed by 1 arm dumbbell bench press superset with 1 arm dumbbell rows or dumbbell suitcase dead lifts. Each workout would be finished core work and stretching. The third training day of the week is either throwing drills or a mixture of throws and drills. Any extra training opportunities during the week are considered bonus and are based upon the weather. If the weather is decent, it's outside for throws and/or strongman. If weather is bad, it's another gym day. As a pretty radical departure from what I've done in the past, I'm dropping back squats. I'll do safety squats and front squats. I'm hoping that this will help my recovery.

Now that I had a plan, how was I going to measure the effectiveness of it? Ultimately it's how I do at competitions, but I also wanted something to help me measure during those periods that I don't have competitions. I was watching the Jud Logan seminar on the macthrowvideo.com website. He discussed determining your power index by multiplying the square root of your

vertical jump by the square root of your bodyweight. That would be my first test. The next two test were ideas that I got from the Tom Pukstys/Romas Ubartas clinic: overhead shot put throw and running start 30 yard dash. I know that 30 meters is a more common test, but I live in Texas, so it's a lot easier to find a football field marked in yards than a field marked in meters. Standing triple jump also made sense.

Chase and Thomas drove over today to train with me. The original plan was to just to do some strong man work. I explained my new philosophy to them and they were gracious enough to work in the tests between strongman events. Here are the results: Power Index- Chase 67.62, Thomas 58.05, Rick 68.04; Overhead Shot- Chase 32, Rick 31, Thomas 30; Standing Triple Jump- Chase 21-6, Rick 20-5, Thomas 22-4; Flying Start 30- Chase 3.88 sec, Rick 4.45 sec, Thomas 4.22 sec. Since Chase and Thomas follow a different training protocol than I do, it will be interesting to see how we progress throughout the year.

A training philosophy would be incomplete without taking diet into consideration. Once again, I'm going to bring the "kid" philosophy into the mix. Every parent tells their kid to "eat their fruits and vegetables and not eat junk food." Like most people there is admittedly too much junk in my diet. While my kids are too young to eat regular food yet and don't realize what



I'm eating, I have a responsibility to set a good example. Hopefully a better diet will result in better performance.

Fantastic insights, Dad.

Scuzz Factor Training

Troy Anderson

Upon college graduation, I enlisted in the US Army and was immediately subjected to some pretty unpleasant environments. Once the "training" period had concluded, I thought I was home free. However, unknown to me, I was about to embark upon the most scuzzy and foul six months of my army career. I was to live in the barracks at Ft Bragg, NC, with the SCUZZIEST individual I have ever met. This guy had quite a collection of partially-eaten chicken wings, mold-covered cereal bowls, and ash trays filled past capacity. To say the least, this was really a pain in my butt, especially come inspection time. Luckily for me, I only had to live with that guy for six months.

I am sure that many of you who have had roommates have similar stories, especially the guys. But what exactly, you are asking, do scuzzy roommates have to do with athletic preparation and physical training? Well, let's first take a look at the definition of the word. Scuzz - dirty, shabby or foul in condition or character.

Much like many of you, I choose to pursue various athletic feats through the year and pursuing those feats is an important part of my life. When I am not able to perform up to my expected standard, I start looking for the reason my performance was junk. Nine times out of 10 the reason behind that poor performance is some sort of (you guessed it) SCUZZ.

This leads to a key observation. We all have inherent levels of scuzz going on in our lives. Basically, scuzz can be anything that inhibits your progress and can afflict many different areas. Some of the more common areas where scuzz can be found are as follows:

- **Nutrition**
- **Injuries**
- **Training**
- **Lifestyle**
- **Career**

Here's a quick personal example. I have an SI joint that I tweaked awhile ago which acts up from time to time. Well, it really started bothering me, and I couldn't figure out why. One day it hit me. It was my truck seat. I drive an old Chevy truck which has old beaten-up seats in it. I started to notice that every time I got in and drove my SI joint would act up. BINGO! Found my scuzz.



Here's what my Scuzz Factor Looked Like



This is what I did about it

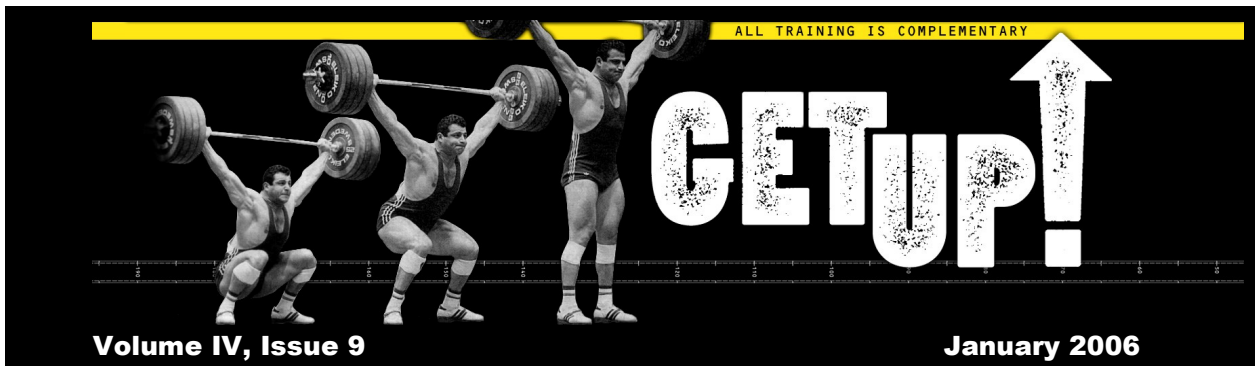


My scuzz was definitely affecting my training and was very frustrating, but I was able to identify it through a process I like to call "peeling the onion". Peeling the onion is basically the process of working down through all the variables that may be causing the scuzz.

The peeling process can be started by making a simple list. I like to use the four W's and H when I start my peeling: **When, What, Where, Who, & How.** I regularly work with clients who have problems such as feeling discomfort while performing a particular lift or having trouble losing a little extra fat. Invariably, once I start helping them peel the onion, we are able to find the scuzz that's holding them back. In my instance it was as simple as doing a little self-reflection on when and where my SI problem started acting up.

In order to take action on dealing with scuzz, you must identify it, as I mentioned above, and then prioritize it. If you are lucky enough to be afflicted with only one type of scuzz, then you can start taking action right away. If you are like most people, however, you have more than one type, and that means you need to prioritize them from most to least scuzzy before you can take action. For example, famous productivity coach David Allen prioritizes actions by how "scuzzy" he would feel if he DID NOT do them. His example is that if he did not empty all his "inboxes", that area of his life would become really scuzzy for him.

After prioritizing your scuzz, tackle the "biggest frog" (Thanks, Tiffany John) first. In other words, begin with the most scuzzy problem. Even if that particular scuzz might not appear to be



directly related to athletic endeavors, acting on it first may very well have a profound impact upon your athletic pursuits.

A likely scenario could go something like this:

A Masters Level Throwing Athlete has identified the following scuzz factors in his life and listed them in order of priority:

1. Always feeling sluggish, lacking energy in spite of fairly decent nutrition.

Action - This is a bit tricky. Nonetheless, many times finding the source(s) of sluggishness is as simple as looking toward the bedroom. Get your mind out of the gutter! It's not lack of THAT, but of sleep that is a problem. As the editor of this newsletter has espoused many time before, sleep cures a lot of things. Not only energy levels and health improve with adequate sleep, but the effects also trickle over into athletic development.

2. Old ankle injury adversely affects throwing technique and strength training drills.

Action - This one comes in at #2 for a couple of different reasons: 1) there is likely some pain associated with this and 2) if you can't train or practice pain-free, everything kind of loses its appeal. In

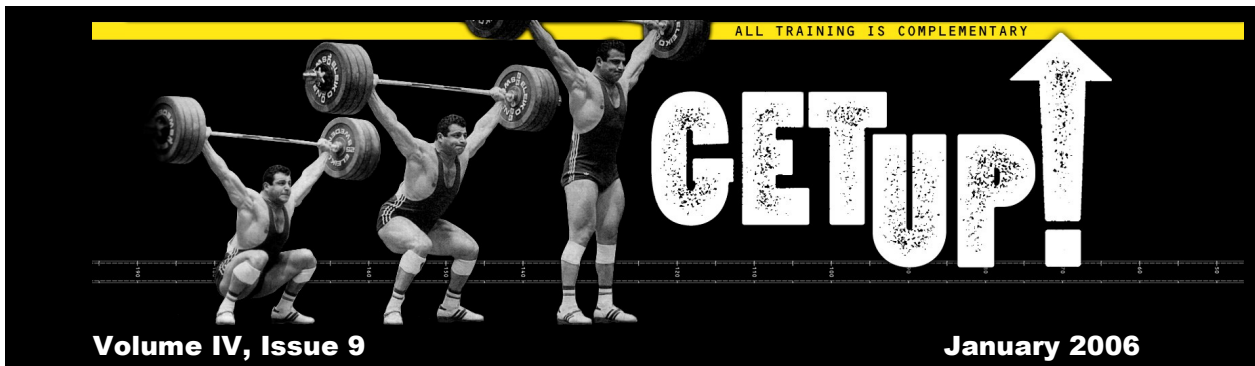
this instance, finding a solution will not only enhance performance but also general health which is probably just as important.

3. With a wife, two children, and a business to run, it doesn't seem as if there is enough time to train.

Action - After taking care of the first two types of scuzz, training and skill practice can be effectively performed. In regards to this scuzz, there might be some other areas of your life where you can squeeze out a little more time. Are you doing all your own household and landscaping chores? Hiring someone to take care of part or all of these chores could save an hour or two per week. An hour or two that could be spent training.

4. With age things don't feel as smooth or as fast as in younger years.

Action - Although we may well be relegated to cycling through the natural aging process, maybe it's not the loss of physical abilities that is really slowing us down. Maybe it's more like the addition of something, specifically body fat. As athletes age, it's very apparent that even the highest-level athletes often gain significant levels of body fat. So maybe it's not that you have lost speed or power, but maybe you are just heavier. Losing 10, 15, even 20 lbs would be beneficial not only to your athletic career but to your overall health as well.



5. Constantly feel under the gun with a lot of stress and pressure.

Action - From all of my observations, especially with men, 9 times out of 10 the reason for this is their job. And they are absolutely stuck because they are used to a particular lifestyle or their career/job has become a big part of who they are. The ideal thing would be to quit your job. This may not be a realistic possibility, however. This just might be a scuzz factor that you can't get rid of, but more about that in a minute.

Once you have made your list, the tendency is to get overzealous and to want to clean out all the scuzz at once. While it might seem as if you are going to "really get something done", taking this course of action will only lead to uncleaned scuzz and much frustration. Targeting and cleaning up one scuzz factor at a time, starting with your number one priority, seems, from my experience, to be a much more effective method to ensure success.

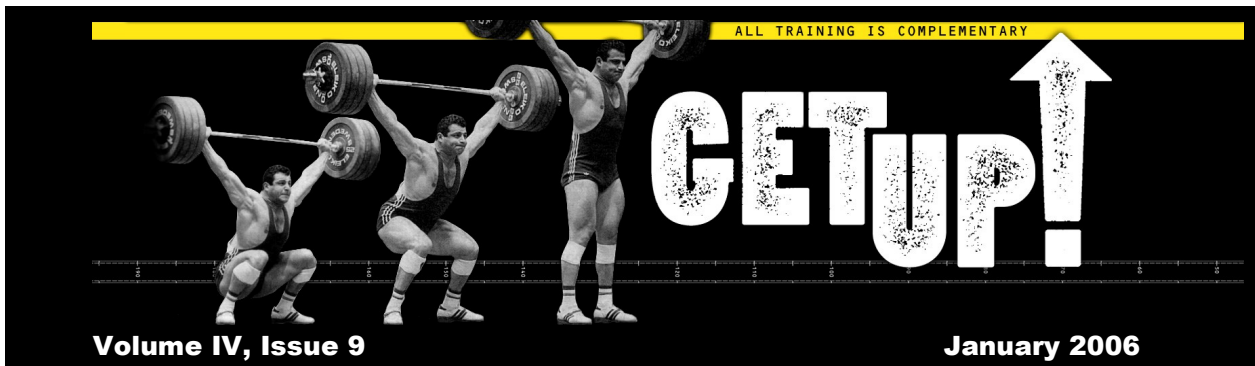
Unfortunately, as I touched on above, there will be some scuzz that you can't get rid of for one reason or another. Maybe it is your job that is really scuzzing up your life and along with it your athletic pursuits or it could be a person, maybe your mother-in-law or your boss. Although you may not be able to get rid of a particular scuzz, you

may be able to successfully manage it a couple different ways: 1) by clearing out all your other scuzz, thus leaving you with just one little energy-sapping problem, or 2) by using the "biggest frog" protocol – dealing first with whatever part of that particular scuzz is the worst.

Ultimately, Scuzz Factor Training is nothing more than identifying those annoying little thorns that have been jabbing you in the side and taking action to get rid of as many of them as possible. Most of us probably already have a good idea what the major scuzz factors in our lives are and how they are undermining our quality of life along with diminishing our athletic success. So go ahead, grab the broom and mop, and start cleaning the scuzz out of your life.



Troy M. Anderson is the owner of Integrated Evolution, LLC of Tempe, Arizona, Troy is often referred to as "the MacGyver of coaching" for his unique ability to build effective fitness programs using only the most basic equipment. To learn how these tools and techniques can enhance your training and accelerate your results, visit



<http://www.bluecollarathlete.com> to sign up for Troy's FREE newsletter "*The Blue Collar Fitness Report.*"

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."

So now what? That seems to be the standard refrain in January. We all make ourselves those little promises to lose weight, be a better parent, or stop watching so much television. At most fitness boards, everyone is posting their goals for the upcoming year. Like I said, so now what?

Fortunately, with throwing and lifting, my goals are to keep improving. Took up the bench press a couple of months ago, then my goal was to get bodyweight. Now, it's to get 200. I'm at 195 and have should get that pretty soon. My new goal is 225. With throwing, I'm already competing in all-comer's meets every Saturday. Added a new PR in the weight by 3.5 feet last week. I think the bench is helping the throws.

Just tonight, the local high school called and they want me to be the weight coach for track. Shows you how desperate schools are for coaches. I'm doing the same thing for the middle school my son attends. And you'd think I'd be slowing down at age 57.

Actually, all this fits together. To throw farther, I need to get stronger. To improve in the throws, I have to work on my technique. And the best way to learn something is to teach it to others. The one thing that comes across with both Dan and myself is we have that "fire in the belly". That really comes through to our audiences. Dan will be addressing a packed seminar; I'll have twenty 6th through 8th graders hanging on to my every word. Every year, at the end of track season, some parent will come up to me and tell me what a huge influence I was on their child. Funny thing, it was usually the kid that was the biggest pain at the beginning of the season. About a thousand push-ups and a few hundred laps later, they were able to comprehend that when I talk, they listen.

So what are my goals this year? Mostly to just pass it on, take what I know and give it to others. If I'm real lucky, I will get a couple of kids who even catch the joy of wanting to be the best. Dan told me one of his secrets about teaching is to always raise the bar.

Published by Daniel John

Daniel John, Editor

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