



## So much to do...

Well, it's track season and that means I work 12 hours a day and lose what is left of my IQ.

I came up with a great training aid: Celtic Drinking Songs, the CD. The songs are all about three minutes and have an odd beat. So, I mix Swings with practice turns and try to get three to five songs in. I have also been really pushing my understanding of the Get Up and I can't recommend Kalos Sthenos from <http://www.dragondoor.com/articler/mode3/506/> enough. Yes, it is all about one exercise, but I learned more about my hip injury in two sessions than all the "therapy" I received in nearly two years.

So, there I am on the Program Minimum, I guess. I am experimenting with the PM, the Power to the People workout and that little 2-3-5-10 pressing program over a few weeks here. I'm also listening to Manzo!

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*.

## Precision Goal Management

Anthony Wirth

*I'm a friend of the newsletter and began writing articles to give something back to Dan. My experience is on the high seas and I'm a novice in the gym, however, I believe I found a subject with some crossover value. Here it is...*

A U.S. warship has hundreds of mechanical, electrical, and hydraulic systems all operating together in perfect synergy. A failure in one machine could cascade into multiple system failures resulting in the ship becoming dead in the water, hot, dark, and quiet. Sailors ensure everything is operating at designed specifications by closely monitoring vital parameters such as speed, pressure and temperature. The instruments they monitor are routinely calibrated and their calibration equipment is routinely measured against a standard. The ship operates at peak efficiency and the captain knows his crew is ready to answer all bells and hit any target. This is only possible because the crew is well trained and up to the task. They understand all the processes under their control and promptly recognize and correct anything short of perfection. You can manage your goals

with this Naval precision, but first you must really understand how goals work.

Goals begin as an idea somewhere in that ball of fat between your ears. The idea may be your own, or it may be from a trusted friend, or it could be a hypnotic implant from some nefarious bastard. Be sure you know where your ideas come from because it is as P. T. Barnum said, there is a sucker born every minute.

The idea converts into a goal when you make a commitment to achieve something. This could be a lifelong vow, a promise to a friend, or simply telling yourself you'll stop for gas on the way home. The importance of this step cannot be taken lightly because you will have a better chance achieving your goal when the commitment stage is done with an emotional impact. The commitment, along with your emotional impact, is stored in your memory and you can draw on that emotion anytime you need it. You need only to remember why you made the goal in the first place and the emotion will return in all its glory.

Prioritize your goals as vital, semi-vital and non-vital, then, based on priority, eliminate any that conflict with your more essential goals. Your energy flows where your attention goes. The more attention you place on your goals the more likely, or the sooner, you will see them realized. Your attention can take several forms too, such as prayer, meditation, creative visualization, inspirational images, and carefully drawn out roadmaps with timelines and milestones. Not paying attention will delay or kill your goal quick.

Your brain is always busy analyzing, calculating, cataloging, comparing,

judging, justifying, et al, and your goals work as an internal alarm system. Every thought you have is compared against all your goals simultaneously and you immediately know in your gut when an action will take you closer or further from your goal. You will often be faced with multiple right choices and these situations require careful consideration to determine the best right choice. For example, which university do you pick when your choices are Notre Dame, Utah State, or Berkeley and your goal is to be an athlete?

Achieving a goal is a journey, some are short, and others are long. The long journeys define you. Every step you take towards your goal requires a decision and the accumulated decisions develop into a pattern. Your style of dress, your language, your friends, your hobbies, the car you drive all reflect your goals. Like minds think alike and you gravitate towards others that share your goals. We form groups where members can help each other reach a common goal. Those that achieved the goal or are closest to the goal stand out as beacons to the others in the group, it's like moths attracted to a flame. When you fail you brush yourself off and start again; you build confidence with every success, a failure is just another step in the journey.

Earlier I mentioned that you should know from where you get your ideas. Nefarious bastards constantly bombard you with their ideas trying to program your goals. The usual suspects are the ad-men who instill in you a need for their product and brand loyalty (the Marlboro man), the salesmen who convinces you that you need it now (just try entering a showroom to "look"), the cult leader who promises all your dreams

will come true in exchange for your devotion, and the politician who promises all your dreams will come true in exchange for your vote. I'm sure you can think of more. They use slick techniques to program you to chase their goals, and they use Machiavellian techniques like divide and conquer to keep you confused and obedient.

If it takes 10,000 hours of disciplined practice to achieve world-class status then it really pays to prioritize and focus your energy. You can easily drift from one goal to another and never accomplish anything (except accumulate a lot of debt), or you can achieve 10,000 hours of devoted practice and be world-class at something totally useless (computer games, TV). What do you do with your quality time? Programmed goals will shape your personality too. When you follow programmed goals, you develop a herd instinct while you plod along, trapped in dogma, always looking outside for affirmations, conforming to the group, becoming hostile when confronted by sanity, and lashing out to protect a fragile ego.

That's it. Precision goal management is easy. Just choose worthwhile goals, prioritize them, pay attention, trust your gut, seek support, and brush off any failures. Stay focused, stay flexible and stay in the game. Never let go. ;-)

*Why are the articles not written by me so good? (Editor)*

## **Insights on discus throwing from the season so far**

**Greg  
Manzollilo**

*Greg is an old friend and young thrower who "gets it." He is a talent in many aspects of life and I am just proud to call him "friend."*

This past summer I did a thousand (literally) step and turns with a powerball into a wall. I think I learned more about throwing doing this than any other point in my life. Sure I have been to the Powell camp a bunch of times and my head has been crammed with all the technical discus knowledge available, but it wasn't until I went out and did an excessive amount of throws that I really understood the material. I have compiled my top insights and though nothing here is new, I hope the way I explain it will help your discus throwing.

Note: if you don't understand some of the jargon I recommend reading Dan's book on discus throwing "A Contrarian Approach to the Discus".

1. The throw should be long.  
Everyone has heard this before but what I am specifically talking about is the actual duration of the throw. A lot of people (myself included) get through the throw too quickly. It should take some time to get through the throw, even when going at competition speed. At the Powell camp this past summer my friend Devin and I talked a lot about "Relax and Win". I never read the book but the title is enough for this point. You have to stay relaxed. Its tough to do but you have to wait for your weight to be over

- the left before turning out the back of the ring, you need hold your focal point and wait for your left foot to get down and you have to wait while your right foot turns. There seems to be more waiting in the throw than actual throwing.
2. Use your head to your advantage. Your head can be your best friend or your worst enemy in any throwing event. The whole body seems to follow the heads lead. If you look down you will hunch over and lose the stretch, if you cant hold the focal point you will lose the X, and worst of all if your head is ahead of the rest of your body you are going to lose everything. If the throw starts from the feet and moves up than the head should be the last thing to go. Keeping your head back in the power position will increase the pull on the discus and keep you over your right foot.
  3. Think line drive. The orbit of the implement is very important. In order to keep the implement as far away from your body as possible (thus maximizing velocity) the orbit is going to have to be flat. If you try to increase trajectory by messing with the orbit than the implement is going to get closer to your body and lose velocity. You want to think “line drive” while you are throwing. The trajectory will come from the drive of the legs and the hips in the front of the ring.
  4. Hump it! The bow and arrow idea is that your body acts like a bow shooting the implement like an arrow. This is the same as the reverse C idea. Simply turning the right foot is not enough to maximize the tension of the bow (your body) you have to thrust your hips forward and drive the right foot to achieve a powerful reverse C. this will snap the disc and has potential to add a lot of distance to your throws.
  5. The final tip is to go out with your powerball and start doing step and turns into a wall. If you do 50 a day every day (it only takes 20 mins) and consciously work your technique with every throw I can guarantee you will add serious distance to your discus throw.

### **Secret stuff, don't read:**

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