



## Okay? Where did everything go?

I was at a party about six years ago and a nice man told me about an internet company he was opening. He offered to host danjohn.org at a very reasonable price. He left the company about a year later...

I stayed. That was a mistake. This year, the servers have been closed twice...once for about ten days and then, well, forever

There was an amazing amount of information "hidden" in the server. Pics of the family, articles that I was just kicking around...and, of course, all the Gets Ups and archives and everything.

I have received dozens of emails telling me that "danjohn.org" won't open. Thank you. Those who helped with the problem include our old friend, Mike Rosenberg who gave me a disc filled with most of the stuff I have written in the past five years. That helped a lot...thanks Mike!

So, I'm rebuilding. The one thing I hate about geeks is no matter what happens: it is my fault. I was told NOT to store stuff on a home computer and store on a server...that is safer. So, when the server

crashes, the first geek I encounter: "Oh, home computers are much safer."

In other words, it is my fault. No matter what, I lost a lot of information.

Authors: if I lost an article and you have a copy, send it in and we will make a "special issue" for all of you.

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*.

## Seriously, people want to know my training?

Editor with a New Server

It's a funny thing about this newsletter: we have had Olympic gold medalists write stuff, one of the world's first reports on the Chinese Olympic lifting training from an honest eye witness, articles from the best and brightest in strength and conditioning, but one of the most common requests that I receive in emails is "how do you train, Danny?"

Wow. Seriously. You want to know how a fifty-year old man trains? Basically, I train in an intelligent fashion: I take advice from Alwyn Cosgrove and Pavel Tsatsouline in weight training. I listen to Brian Oldfield, John Powell and Bill Witt in the throws. I take advice from Andy Bloom and Ethan Reeve and a few others, too. I also get feedback from Lonnie Wade, Greg Henger and Mike Rosenberg. I listen to Ben Thuma. I also review almost daily what Dick Notmeyer and Ralph Maughan taught me.

That is crucial: listen to smart people. A brief review:

Mondays

I always warm up with

Haloes

Windmills

Bootstrapper Squats

I just pick up a kettlebell and don't worry about reps. A heavy kbell=less reps. It's not really a warm up just some Kettlebell Yoga. I warm up simply to break me from work to "play." I used to dive right in, but I will still be focused on the Rig Veda or something like that for the first ten minutes. My mind needs a break from the day.

I am a disciple of Enter the Kettlebell Option Two. During the fall and winter, I do Alwyn Cosgrove's Afterburn II program, but when I am throwing I need a workout that just keeps me going.

This first thing is the One arm clean and press and pullup ladder, I wrote this is in t-nation:

With the left arm:

One clean and press

With the right arm:

One clean and press

One pull-up

With the left arm:

A clean and press followed by another clean and press

With the right arm:

A clean and press followed by another clean and press

Two pull-ups

With the left arm:

A clean and press followed by another clean and press followed by another clean and press

With the right arm:

A clean and press followed by another clean and press followed by another clean and press

Three pull-ups

After a short rest, I repeat this for a total of five "sets" — although correctly these are called "ladders."

Between ladders, I spend some quality time shaking out my limbs. You can see this in Pavel's DVD "Fast and Loose" or just read Bud Winter's "Relax and Win." The shaking out of the muscles really is something I like to do during throwing seasons: it is how the athlete should be...fast and loose.

On Mondays, I then do ten right arm snatches, followed by ten left arm

snatches, rest a minute for about three to five sets.

If I've already thrown, then I take an ice shower and hot tub. While I hot tub, I am doing Pavel's "Frog stretch" (see the most recent "Hard Style") and my hip flexor stretches. I don't like to stretch too much before I lift or throw, but after seems to be the ticket.

#### Tuesday

I'm trying to throw more on Tuesdays. So, originally I planned to simply do heavy Snatch Grip DLs in one of the following schemes:

5-3-2

Or

Six singles

Or

3 sets of 3

But, lately, I have been doing the Snatch "Drill" of

One Power Snatch and Overhead Squat

One Hang Squat Snatch

One Full Squat Snatch

As I write this, I am wondering why I don't do the Drill more often... About 8 sets of the Drill is about right.

Don't forget the "Fast-Loose" stuff.

In between sets, I do carries (Farmer Bars or Slosh Pipes (I will have an article on the slosh pipe in t-nation soon), some sprints (see my Litvinov articles), or throw. Basically, I love throwing the Turbojav between sets of snatches...it is fun and seems perfect outside with the river and the ducks and the dog and the...

Big throwing day: long time in the ice shower.

#### Wednesday

Same as Monday, except I will do lots and lots of Swings. I like Mark Reifkind's take on this...see his blog on the internet...where he strives to get up to two minutes of swings for SETS.

#### Thursday

Thursday is morphing into "Tuesday Part Two" for me. The original idea was to do heavy Clean Deadlifts, but combined with a lot of Highland Game throwing and discus and javelin and shot put and hammer and weight...something had to go. It was my back! Too much twisting and heavy deadlifts are a rough combo to figure out. Basically, I either do more snatches now, or some of Alwyn's complexes. I'm still strong enough to pull 555 in my garage without training on Deadlifts very much, so I would rather do something "tonic" like snatches or clean and jerks.

#### Friday

No lifting, but I am trying to throw a lot.

#### Saturday

In the ETK system, this is the heavy and hard day. If I have a track meet or HG, I just skip this day. At one time in my career, I would move this day to Sunday, but I don't fret about missing a day here or there.

So, more reps ("rungs" is the actual name) in the Clean and Press/Pullup combo and a serious swing workout.

#### Sunday

On paper, I take the day off, but I often do a bunch of stuff that is open ended. Sometimes, Mark Twight and the Gym Jones crew will come over and I will end up training five times as hard as usual! Lots of sleds and carries on these days...lots and lots.

I try to get in a fair amount of throws each day with a variety of implements, but I don't throw hard very often. I do try to figure out what moves complement the other throws, so I often do an HG event like the 56 WFD with something like shot putting. I have found the Heavy Scottish Hammer a great complement to the javelin and, no, I don't know why.

So, there you go...a typical week.  
To sum:  
Stretch what is stiff.  
Strengthen what is weak.  
Lift weights to hold the implement back.  
Smooth goes far.

## Dad's Wisdom

Lonnie Wade  
*Readers know Lonnie...most of our authors comment on Lonnie's strange ability to say "yes" to any crazy workout idea the rest of us can think of...or make up. Lonnie lives in Vermont, but we can overlook that...*

I was born and raised in a small area of Vermont affectionately called the Northeast Kingdom. Don't let the name fool you. The kingdom is made up of many small towns where some towns have more livestock than people. The area is an outdoor enthusiast's dream.

There is something for a person to do for all four seasons of the year. It was and still is not the ideal area if you are a thrower who is trying find a place to strength train. The closest gym was 25 miles away when I was in high school or you had to catch the coach before he went home for the day to open that closet of a gym at my high school. It was

all very frustrating for me. I read the Muscle magazines. I knew I had to get stronger.

So I took the initiative as a teen to go to the local Ames department store and buy a Joe Weider weight set. You probably know what I am talking about. The 110# set that covered the weights in plastic and the largest plate was about 15#. I paid for it with money from my summer job of digging graves. That's another story.

I felt very proud of myself. I would "workout" everyday, well, just about everyday, following the Muscle and Fitness Magazine's guidelines. It was all I had to go by, but I was going to throw far and look like Arnold. From time to time, my Dad would watch me and make comments. He was always encouraging me but one of the most common comments was, "I can find you something better than that for you to do if you want to get stronger." I would always snicker, right Dad you know what I am doing here. What did he know compared to the guys in the magazine? Looking back, he knew a lot more than I gave him credit for.

My Dad was 62 when I was born. Yes, 62. He didn't look it though. Born in 1907, he came from a generation that could do just about anything you asked. Dad was a farmer, carpenter, mason, and logger to name a few of his jobs. Dad was extremely self-reliant and very healthy. Strong more like it, scary strong, 6'1" and maybe 190#. Through my teen years my Dad's main source of income was logging/firewood. His only help was my brother and I. I would always try to get out of work though. I didn't want to split wood, carry it to different areas for piling, and throw it into the truck. I didn't want to load the 6' logs into the truck to take to the mill.

That wasn't for me. I wanted to "workout." When I did work with Dad though, I would always be humbled by his stamina and strength. He always outlasted me and he could lift as much if not more. This shouldn't happen, I was 18, and he was 80?! How embarrassing.

What is now call strongman training, 20 years ago was work for me. Not strongman in the form as we see it now but the same idea. At discus camp, Dan, Mike, and Greg (Coach Pain) are always trying to find new, different, better maybe, ways to challenge us. Carrying weight for distance, throwing weight, pushing/pulling/dragging weight, my new personal favorite is "slushy." This is a fun way to get stronger. The embarrassing part is I used to look at this as "work," and not very valuable for getting stronger. Teen wisdom. My Dad didn't see it as a new form of training; it was something he had done all his life. He did know it made him strong and healthy.

Now 37, and with help of Dan, Mike, and Greg, I now see what Dad was trying to get me to do 20 years ago. So take a look around where you live. See what you have available that could work. A wheel barrow, tire, log, etc. You may find something that will be very useful and use it. Just don't take as long as I did to see Dad's wisdom.

### **Acute Injury and Healing in the Weight Trained Athlete**

Greg Frounfelter, DPT, SCS, LAT, CSCS

As with all sports, the possibility of injury is very real. This is no different in the strength sports. Luckily, most injuries from sport are sprain and strains that do not cause a loss of training time longer than a couple of

days. Often I am asked, what is a sprain or strain, and what can I do about it?

### **Definitions:**

By definition, a sprain is a disruption in the continuity of a ligament while a strain is the disruption of the continuity of a tendon or muscle. In other words, they are acute tears and they can range from a very mild overstretch to a complete rupture. They should not be confused with tendonitis or bursitis. These are chronic injuries that take time to develop (about 6 weeks or more). Tendonitis and bursitis can arise from strains and sprains that haven't had a chance to heal properly. As noted above sprains and strains are acute injuries and involve tearing soft tissue. They are usually categorized as a Grade I, II, or III injury.

In a Grade I injury, there is mild over stretching of the tissue that causes a few fibers to tear. There is minimal swelling, pain, redness, and loss of function. While Grade I sprains/strains can be seen more as an annoyance, Grade II and III injuries require more attention. In Grade II sprains and strains, the tissue can be torn up to half way. There is a lot of swelling, pain, and a significant level of dysfunction. A lot of these type of injuries involving joint require x-rays to rule out fractures. Grade III strain/sprains involve tears over half way through the tissue to full thickness tears. Although they may really swell, there may or may not be as much pain because local pain receptors may be damaged. These too, should be evaluated for possible fractures, and follow up medical care is often needed.

## What to do:

Regardless of the severity of the sprain or strain, immediate care follows a very predictable pattern. Proper care of an injury within the first 24-72 hours can help limit its severity and promote return to function as soon as safely possible. Following a general sprain or strain, R.I.C.E. should be initiated to treat the injury. R.I.C.E. stands for the following:

R: Rest-Limit activity and allow the injury to heal. Promoting extensive exercise during the first 24-72 hours after injury can delay healing. Use any protective equipment such as crutches, braces, or slings at this time.

I: Ice-Ice apply ice to the injured area. Apply it for 10-20 minutes, then off for one hour. You may resume icing then. Follow this for the first 24-72 hours after the injury.

C: Compression-Use an ACE wrap or similar compression device to limit swelling. The more you can limit swelling, generally the faster function can be restored. The device applying compression should not impede circulation to the extremity.

E: Elevation-Try to keep the injured body part above the level of the heart. This facilitates drainage of any swelling back toward the heart. This again will promote a quicker return of function.

These guidelines are not meant as, and should not be used as, substitutes for competent medical care. A qualified healthcare provider should reassess the

athlete 24-72 hours after the injury. This is especially true if there is little improvement in swelling, pain, and function. A lot of people will ask when heat should be applied. The answer is once inflammation of an acute injury is done. This is generally 24-72 hours after injury. This will often coincide with the start of any bruising that can be seen.

Fortunately, many sports injuries are relatively minor and thus minimize time away from sport. Proper care of an injury within the first 24-72 hours can help limit its severity and promote return to function as soon as safely possible. In general, use R.I.C.E. following an acute injury and no heat until 24-72 hours after the injury. The general rule is heat after acute inflammation has subsided, otherwise ice it. Also you are never wrong to choose ice over heat when dealing with an acute injury. By following these well-established guidelines, you can reduce down time and begin the road to recovery from any sprain or strain that comes barreling down on you.

*Greg, excellent work here...the Get Up crew spends much of our/their careers with minor injuries. We could also use a psychologist's help, too. Welcome aboard!*

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