



Happy Thanksgiving

I just couldn't sit on these two articles...so, we have a "Special Edition." Also, Gary John (author of almost as many articles as Dave Witt) complained that the "Index" for Get Up was confusing.

I swear...one more complaint and the price doubles...

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*.

Competing in the First HG...another "First Person" Get Up **EXCLUSIVE!** (Part Two of last month's article

Matt Vargochik

When we asked Matt for a bio, he mentioned he a graduate from Wake Forest. Wake Forest! Outside of Utah State, that is the number one school for automatic entry into the Hall of Authors here at Get UP!!!

On the day of the Games, I was ready. My last heavy gym workout was on Monday. I had put in throwing sessions on Tuesday and Wednesday. On

Thursday and Friday, I could barely focus at work as my anxiety built up. Then suddenly, it was Saturday.

The long drought that had plagued our region was interrupted that week by four days of heavy rains. When I awoke early that morning, the rains had stopped and a heavy fog hung in the air. My girlfriend and I loaded up the car and headed out into the darkness. I was nervous, but the scenery helped. To get to Waxhaw, you have to leave the suburbs of Charlotte and go into the wonderful rural landscape of Union County. The mists covering the farms and forests had the feel of Scotland.

We made it to Cane Creek Park without incident, and as we walked to the grounds, I was self-conscious about carrying a sheaf fork. My apprehension was quickly put to rest when I found myself surrounded by large, fork-toting athletes. I registered and was given a kilt to borrow. As I put it on, I could almost feel the power. Looking down at the field next to the lake, seeing the cabers laying in wait, I felt my heart race.

Before long the aforementioned Chuck Herrin arrived and graciously allowed us to share his tent. I hung back, but was impressed by what was happening around me. Competitors would arrive,

only to be greeted like long-lost friends. Phrases like, "Remember, we met at the Loch Norman Games..." were common. Soon we received our marching orders. Chuck and I, as B's, are to start with the sheaf toss. Our friend Steve Bruton, as part of a highly talented A class, will attack the weights for distance.

My palms sweat as I listen to the judges. I fidget with my fork when they announce an opening height of 18 feet. I tape up my fingers and squeeze in one ugly practice toss. I am lucky in that I am not the first to go. My anxiety is at its peak when they call my name. I step into the ring and plunge my fork into the sheaf as professionally as I can. Not knowing where to stand, I center myself between the standards and pace off two long strides. I can barely hear the shouts of the other athletes as I measure my swing, draw it back, then heave...

The sheaf soars gracefully over the bar. I am so excited that I almost forget to retrieve it. I accept the congratulations of my fellow athletes, grinning from ear to ear. It takes me two tries to clear 20', after which I miss three times at 22'. The one nice thing about competing in your first contest is that every throw has the potential to be a PR.

Having met my goal of not bombing out, I followed the pack to the 56 Weight Over Bar. My power snatches and kettlebell snatches had been improving, so I had counted on this to be my best event. I was in for an education. My competition was clearing the 9' opening height with ease. My name was called and I set my hook grip on the ring. After a careful set up, I launched the weight. I missed. Plenty of 'ho', but no 'go'. I failed to correct on my second and

missed again. I was down to a do-or-die third. Taking the advice of the judges, I set up nearly under the bar. I go for broke and clear the bar. Huge relief. I go on to clear 10' and rattle the bar at 11'. On a side note, I should mention that the rains had caused the ground to become very soft, and with each throw we had to dig the weight out of the red Carolina clay. Fun for the whole family.

We moved on to the stone. Again I had confidence in my training, and again I would be surprised. My rock was rough and had a nice spot for my thumb, making it pretty easy to grip. The competition stone was smooth as an egg. The stone slipped off my thumb on the first throw. A grip adjustment got me up to 28'2". Pictures would later reveal that I need work on the 'X'. I was also giving up distance because I was afraid of fouling. Lesson learned: practice with a trig.

After a power lunch of chili dogs and oatmeal cookies (who else would admit that?), it was time for the weights. The 56 beats me mentally. My practice throw, with no pressure, is probably my best of the day. I get in one conservative throw at 15' 9.5". On my second, the 56 throws me out of the box. My third throw is about as balanced as Dan John's slosh pipe and laughably short. I may have been disappointed with my distance, but I take some comfort in the fact that I did not fall down. The box was a muddy mess, and several of my competitors were not so fortunate. But they all came up laughing.

The 28 goes much better. After experienced competitors Hondo Somers and Joe Fuller give me some advice on improving my cast and release, I

perform two easy throws before overreaching on my third. Best: 40' 7.5". At this point I should point out something to anyone out there considering starting in the Highland Games: We all had our ups and downs, we all coached each other, and none of us looked like a superstar.

If you are not filling out your application now, I am not doing my job.

We took a short break and the sky began to clear. By the time the caber was pulled from its resting place, sunlight came streaming down. The setting was perfect. Our judge, Mike Gordon, pulled us rookies aside and explained the basics. He probably had the safety of the spectators in mind, but it was still generous of him. When my turn came, the adrenaline was pumping. There is no word to describe that feeling when the caber gets put in your arms, and you are alone with the beast. After a careful set up, I picked the caber cleanly. I was so excited that after a quick spider dance, I took two strides and launched it. The clean grip snatch must have some magic power, because I wound up with an 11:45. I was so pumped, I nearly forgot to retrieve the caber. On my second effort I failed to drive the caber with my shoulder, waited too long after I planted, and only managed 45 degrees. I was so mad at myself that I attacked the caber on my third try. Good pick, good drive, clean grip snatch, and a perfect 12:00. Being able to share that moment with my family is something I will never forget.

By the time the B class was warming up for the hammer, I began to feel like I belonged. In the days leading up to the contest, my goals for the heavy hammer

were to 1) not fall down, 2) throw over 40'. After a couple practice winds, I knew I had to make an adjustment. My Powerball/rope combination was a LOT easier to handle. Attempting a triple-wind with the 22-pound hammer caused me to lose my balance. Scared of ruining what had been a perfect day thus far, I asked Hondo for help. He gave me some helpful tips and even let me score a hit of his tack-spray. I decided to go with a double-wind instead, and my first throw was just over 53'. I had blown away my expectations and moved up to 59' on my second. The third round almost did not happen, as we had used up our allotted time. Only quick negotiations and a lot of hustle allowed us to finish. I am eternally thankful that we did, because I set a third PR in the hammer with 62'8.5".

It was the perfect ending. The Waxhaw Games exceeded all my expectations. I thank everyone who made it possible, and I thank everyone who helped me out. When it was all over I stood in 8th place. I do not think anyone has ever been happier with that.

This is just another example of "Showing Up." Readers are always welcome to post these articles as the author will learn along with the audience...we call this process "mining the gems" here at Get Up HQ...

More "Rejected Articles"

The Editor

Three Perfect Complements to Any Strength Program

1. Farmer Walks. Pick up two heavy dumbbells, I recommend starting with 65 to 85 pounds. Now, simply take a walk with them at arms length by your sides. Most guys don't do enough

General Conditioning in their training and this little fun walk with do more for your grip, core and mental edge than all the long treadmill walks in the gym world. I like to have the athlete walk as far as they can away from me before safely bringing the bells to the ground. Oh...then come back. Thank me later.

2. Push Up Position Planks. Get into the "up" push up position. Now, stay there. In 50 seconds or so, notice that 'jiggling' around your middle. Hold a perfect position, just don't move. I have found that several bouts of one minute are far better than extending the time. Try three sets of one minute.

3. Give me twenty pullups. Yes, I know you can't do twenty. Here is the key: do as many sets as it takes to have a sum of twenty pullups. When I first tried this I did 8, 4, then 1,1,1,1,1,1. Literally every athlete I know needs to do more pullups. When you can do the twenty in two sets, move up to thirty. Keep doing adding pullups until you can do forty in four sets or less. Then, add weight around your waist and start back at twenty.

These three exercises take little time but will help anybody looking to improve their training.

I actually think this is good advice!

The Ten Commandments of Training

First Commandment: There is one truth to long-term fitness: there is no perfect program. Yes, I said it: There is no perfect program. If I could give one piece of fitness advice to most trainees it would be to stop doing what you are doing and try something else. Let's be honest, Monday is National Bench Press and Curl Day. Every single guy in the gym does Upper Body on Monday. And, after three years of it, your body might

just possibly adapt to it! In truth, ANY change will help progress. That is why shifting to just one set of each exercise or subbing dumbbells for barbells works so well: it is a change.

I suggest at the very least that most people adopt four different seasonal plans. I suggest a disciplined set and rep scheme for autumn when many of us go "back to school" and football rules the television sets. Autumn seems to be a time to organize our lives. In winter, I recommend going heavy and hard. I also tell my athletes to use their slow cookers and enjoy hearty stews and soups this time of year, so you can "warm your belly" after you train. In spring, start getting outside again and add some fun to your workouts. And, as summer comes around, make your fitness lifestyle as active and fun as your budget can allow. Simply following the four seasons approach can add years to your life as well as benefiting your body composition goals.

Second Commandment: Attack fat separate from any other goal. I fought this for years, but I have to come to this simple conclusion: if you are doing this and this and that and this...you can't also have the energy to lose fat. I recommend two week to four-week periods of commitment. Doing something as simple as the Atkin's Two Week Induction, literally a feast of fish, meat, eggs, and cheese for two weeks, can allow you to focus on the single goal of losing fat. One or two concentrated two-week fat attacks a year seems to do better than the 52 week a year diet failure that most people endure.

Third Commandment: People tease me about one of my key training principles: I recommend that you floss twice a day. Yes, floss. Why? Well, if you ask any dentist or dental hygienist,

they will tell you that not only does flossing save your teeth, but new research tells us that it might be the best thing you can do for your heart health. It seems that keeping small dental infections at bay is a great thing to do for the rest of your system, too.

But, there is a point beyond the issue of cardiovascular health. If someone asks me to design a multi-year training program that peaks with an Olympic championship or a Mr. Universe victory, but can't set aside two minutes or less a day to floss, well, then why are we all wasting our time? And that is the issue here: what are the secrets to long-term fitness? Sadly, most of us "know" this already, but let's decide right away to rededicate ourselves to taking these simple concepts and running with them.

Fourth Commandment: Cultivate the free resources that can keep you in the game for a long time. Here is one thing: sleep. I can often improve an athlete's career simply by insisting on going to bed earlier. Sleep is free and it does wonders for the hormone profiles, recovery process and fat burning. Fat burning? Sure, do you eat while you sleep? For most of us, the answer is no. The other free, or nearly free, resources include drinking water as your chief beverage. Don't swallow liquid calories, or, at least, limit them to special days like the Super Bowl or College Game Day. Finally, don't sit in the car waiting for the parking spot next to the gym. Park a little farther away and get some extra work for the whole body. Take the stairs, too. Over a decade or so, the extra flights of stairs and the extra paces across the parking lot are going to add up.

Fifth Commandment: Your P.E. teacher and the Drill Sergeant were both

right: Push-ups do wonders for you. Not only does the standard push-up work the upper body's pushing muscles, it is also a great exercise for that loathsome term, the "core." I'm amazed as I work with adults and adolescents who simply cannot hold the plank as they do push-ups. Not convinced about the value? Plop down on the ground with a dictionary lined up on your sternum. Crank out as many push-ups as you can in one minute. If you can't do 40, I don't allow you to lift weights until you can! And, tomorrow, that odd soreness in your muscles is reminding you that maybe the simplest exercise of all is still one of the best.

Sixth Commandment: Always choose intensity over volume. When in doubt, do less sets or less reps, but go heavier. When in doubt, go faster, not longer. If you are truly interested in being ripped, join the track team and run the 400 meters. I see "skinny fat" joggers every single day at the park where I train, but you can't find a person who runs a sub 50 second 400 meter who is anything but cut. When in doubt, go to the track and run one lap as fast as you can. Enjoy the last 100 meters of the "fat burning zone." That thing on your back is called the "bear," by the way. In the gym, don't waste your time with lots of sets and reps of not much more than baton twirling. Pack the plates on and go heavy!

Seventh Commandment: When you rest, rest. I used to believe in light days and easy weeks, but as the years in the gym add up, I began to notice an interesting thing. When I stayed away from the gym for a week or two on a vacation or work trip, I began to miss the sights and smells and fun of training. I looked forward to my workouts. So, I took the advice from my mentors and

decided that on work out days, I work out. Rest days, I rest. I no longer have those “easy” days that do little more than cut into my time with friends, family and football games on television.

Eight Commandment: Eat more protein. Eat more fiber. I know you think you do, but you don’t. Not long ago, I experimented with adding two additional low carb protein shakes a day to my diet and, besides the fact my belt got too loose in a week, my energy and general level of happiness soared. I then started adding an orange flavored no sugar psyllium supplement to the protein and my blood profile improved at my next check up.

Here is the deal: I have my athletes who are struggling keep a two week food journal and overwhelmingly the biggest lapse is protein. “But, I ate chicken with dinner,” they will argue. Right...a 200 pound guy eats 40 grams a protein and thinks that is enough? Try to eat a palmful of protein at every meal and a palmful of veggies or beans, too. Eat breakfast. Eat!

Ninth Commandment: Cultivate Community. Whether at the gym or the park or a rec league team, try to get training as a part of your social world, too. I have buddies in lifting and Highland Games and here and there that I genuinely look forward to seeing in competition. I also have “Fitness Buddies” that are always happy to try something new in the world of training. Walk your dog, at least. Many have noticed that fat dogs have fat owners and, for the love of the dog, walk your puppy back into condition. Finally, try my favorite training idea: invite some friends over for a workout and a BBQ afterwards. You will get the workout of your life and a great protein rich meal, too.

Tenth Commandment: Avoid things that hurt. You know, every so often I will read somewhere about a puke inducing workout or a program that guarantees sore joints or whatever. It is hard to work out for more than a decade throwing up three days a week. In fact, there is probably a disease named for this! Certainly, soreness and fatigue are part of the deal, but learn, and learn quickly, the difference between “good soreness and fatigue” and agony and injury. You can’t always avoid it, but use a dose of common sense occasionally and look to the next decade of training...and the decades after that. *I know I am sensitive, but I think both of these Rejected Articles have value. I’m lucky I have Get Up to publish any and all junk that I have laying around...*

The Editor.

Little Gems of Knowledge from the NTCA 2007 Conference

Earl Curry

Earl has been writing “First Person” Articles for Get Up for a couple of years. He has been seen in the company of both David Witt and Dan John concomitantly, so, well, judge for yourself...

I just returned from a weekend at the 2007 National Throws Coaches Association held November 16-17, 2007 at the Marriott, in Columbus, Ohio. If you’re a coach, athlete or just a fan of the sport, it’s definitely worth attending if you have the opportunity. I’ve attended the last 3 years and I’ve never been disappointed. It’s not every day, unless your name is David Witt, you get to rub shoulders with icons and legends of the sport or get your questions answered by some of the best coaches and Olympic athletes in the World.

I'm not trying to take credit or even go into great details about each individual seminar or demonstration. I just wanted to pass on some of those little "Hmmm" little gems of information...I think I understood. If you coach kids or coach yourself, I think some of this might be interesting.

Just keep in mind the one thing I took away from this that is 100% accurate...everything works for somebody and everybody is different. You have to get your hands dirty and try things and see what works for you. Hmmm...didn't Dan say something like that?

At Camp this summer, I overheard Brian Oldfield say "You can be a thrower who lifts or a lifter who throws." Well, I'm a Lifter who throws. I love the training, both in the gym and out in the field, more than the competitions. The competitions for me are just a way to test myself and have a little fun. I heard over and over this weekend from the majority of the best throwers in history, including Brian, they were all "throwers that lifted". Lifting was just a means to an end (throwing whatever implements farther). Well, the first day was almost all about lifting and training...so I got my fix.

Brian kinda, sorta, instructed the #1 Shot Putter in the World, to try to hit the wood on the wall. The medicine ball knocked out a ceiling tile. Opps! Probably not a good drill for Hotel meeting rooms.



Nick Osbourne – Built Solid Gym –
Trainer of World's Strongest Man, Phil
Pfister – *Functional Training for
Maximal Strength & Power Output*

- Get stronger in the exercise or movement, and then make it faster.
- A lot of goofy things are considered "functional", we make them useful.
- Make it fun!
- When selecting exercises ask yourself, "Do you do it standing? Do you do it moving?" (like you do in just about all sports)
- NO EGO!
 - Functional training requires
 - Less weight
 - Less Stability/Balance
 - And you look silly doing it
- Progression!
 - Work on Speed...do it faster
 - Work on technique – perfect the movement or exercise.

Louie Simmons – Westside Barbell –
*Development of Special Strengths &
How to Defeat the Speed Barrier*

I can listen to Louie all day long and I'm pretty sure he could talk about training all day long. Jud Logan said he took 3 pages of notes on this one lecture and if you ever heard the amount of information Louie freely shares you would know why.

- Do a lot of Jumping, not necessarily Plyometrics.
- Best vertical jumping results came from sitting on a box and jumping up onto a second box.
- Absolute power has a lot to do with explosive power. A stronger athlete will almost always be faster than a weaker one of the same size.
- You can't lift a heavy weight slow.
- - Minimal training = For wimps
 - Maximal training = Too much
 - Optimal training = Just right
- Jumping from knees good test of explosive strength, one of his lifters did demo without weight, but in Europe it's not uncommon to use hundreds of pounds on their back and jump up from the floor on their knees to a standing position. (I heard this several times from different coaches...European coaches and athletes are amazed at how "weak" American athletes are.)
 - Doing sets of 3 to 5 reps on explosive jumps like this and box jumps.

Like 4 sets x 4 reps for a total of 15 to 20 reps for box jumps.

- If you can't override inhibition you will fail. To throw as far as you can, you have to overcome fear. He was talking about fear of tripping while jumping on a 54 inch box or fear of putting 1100 pounds on your back to squat. If you fear it, you won't be able to do it.
- He hates athletes that are only concerned with winning a meet or getting a trophy. "The hell with winning...did you PR? That's all I care about."
- When using sled dragging, imitate your sport. Don't just strap on a heavy weight to your belt and pull (although he wants you to do that too). Think about the movements patterns you use for your sport and imitate those while pulling a sled.
- After 3 weeks you generally won't get any better or stronger – change every 3 or 4 weeks, usually doing more rep work for a week.
- Break the pattern in your exercises, change to different bands, chains, weight releasers or combinations. It's all about how fast it's moving.
- NFL coaches send athletes to him all the time to take time off their 40 when nobody else can. It actually bores him and it's not fun anymore because it's too easy for him to do.

Jud Logan – Ashland University –
*Manipulating Sets and Reps for
maximum Strength Gains*

Jud is another coach I could listen to all day.

- When you think you know it all, you have stop growing and learning. (Referring to his 3 pages of notes he just took during Louie Simmons' lecture.)
- With Shot Put and Hammer throws, it's all about velocity and height of release. Discuss the wind is also an issue.
- If you don't think Absolute strength has anything to do with velocity, you're wrong.
- Change your workout every 3 weeks.
 - A study showed that on the 4th week of the same program, out of 10 athletes
 - 2 got better
 - 7 got weaker
 - 1 got hurt (nobody got hurt the first 3 weeks)
- 5 reps is a wonderful number. Usually 83 to 85 % of 1RM = 5 rep max. Girls are better at reps than boys, so generally can use a higher percentage.

Brian Oldfield – World Record Holder - and his little helper Reese Hoffa
Second day – *The Oldfield Spin*

- Starting Position is the power position
- Concerning sweep leg out of the back...if you lift it you have to put it back down, why waste the time.
- Release over the eyes, not in front of the eyes (higher angle)



Brian Oldfield coaching the new guy, Reese Hoffa, on how he can throw farther.

Barry Swanson – Shot-Putting – *Getting Beginners to Throw Far, Fast!*

Barry coaches at a Juvenile Facility, so only gets his throwers for 1 year usually. So he teaches the glide for most throwers. He's had over 25 throwers over 56'. He's very into drills and progressions. He uses the drills to strengthen the muscles needed to throw.

- Grip – Palm points to neck – elbow out, not down
- Left arm thumb down, loose and straight, forces you to get a full stretch and block at the end.
- Rarely reverse in practice, when thrower starts to foul...then he teaches a reverse
- Practice into a net or wall at a target, rarely outside – this keeps kids from worrying about how far they throw instead of technique.
- Let hips fall out of the back, drive left foot “down” and back in straight line.
- He does a lot of drills with a band around the ankle or wrist,

like the left leg drive or what he calls the kick in the power position. It strengthens the muscles needed to do the glide properly.

Larry Judge – Ball State University –
Core Training for Superior Sports Preparation

Larry is a Ph.D. who really knows his stuff, but comes off like a Ph.D. who really knows his stuff. Sorry, but for the most part it was really like sitting through a biology class. He had some interesting ideas on conditioning/bodyweight exercises though. Like doing pushups with the hands turned in...like when you actually throw a shot put.

Larry has a very good website with some good articles and videos.

<http://www.coachlarryjudge.com/>

You can find some of Larry Judge's instructional videos at this website.

<http://www.championshipproductions.com/cgi-bin/champ/auth/1447/Larry-Judge.html?id=czcRhXeK>

Reese Hoffa - 2007 World Champion in Shot Put – *2007 Hoffa Training Regimen*
Basically, Reese went over his training program for the past year. It was very interesting hearing how things work from a Professional Shot Putter. He makes a very good living throwing the Shot Put. But it's not like you can be the number 1 Shot Putter in the World for 30 years in a row and retire, so he's trying to make the most of what he can now.

- Pre Season points
 - Stay on the toes
 - Throw sore

- Work on weaknesses
- Pre Season to Indoor Season
 - Pick meets
 - Be at his strongest by December, after that it's just maintenance
 - Only use 1 or 2 queues per practice and attack that 1 thing
- Works mainly 2 lifts, Bench Press and Squat with a little arm work for recovery
- In Season, Reese is always looking to hit his Professional Standard of 21 meters within 2 throws. If you can't qualify, you can't win any money. He's all about the average; if he keeps to his standard he will win or place.
- He uses a 15 pound or 15.5 pound shot in practice usually; it's easier on his hands than the 16 pounder.
- He throws better during the season by not maxing out on his lifting, he tries to stick to 3 to 5 reps with 75-80%.
- Generally, he worked practice and lifting around his schedule. He goes to a lot of meets all over the World. It sounded like if he can get in 1 Bench workout and 1 Squat workout a week he was lucky in season. Just to maintain.
- Around big meets he tries to train at the same time as the meet will be, usually 10am for World games.
- Diet – “Anything I can get my hands on.” Usually McDonalds or KFC kind of thing, especially in foreign countries. If he has to slip a 5 or 6 ice cream bars in there to get his protein in, so be it.
- Supplements – only protein shake after lifting since any

supplements might be tainted and cause a positive drug test.

- You can't throw if you're not healthy. Don't strain in training.

Panel Discussion - With Reese Hoffa, Connie Price Smith, Al Feuerbach, Moose Thompson and Brian Oldfield.

- I got to meet my other inspiration for lifting and throwing, Al Feuerbach this year. I met the first, Brian Oldfield last year and was honored to spend some time with him at John Powell's discus camp this summer. (Thanks again for letting me hang out David and Dan.) Al was on the cover of the first lifting magazine I ever saw, Strength and Health, back in the 70's.
- New buzz word from Brian Oldfield – "Throwgasm"
- From Reese, more insight into the business of Professional Shot Putting. You can make 2 or 3 times more money overseas than you can in the US. They pay the top people just to show up. Track is the number 2 sport in Europe behind Soccer. There's just not enough interest in the US except at some of the major meets. American throwers will skip some of the big US meets to go throw in Europe because the payoff is bigger. Shot Putting is his business and he treats it like a business.

What a panel! (Left to right) Reese Hoffa, Connie Price Smith, Al Feuerbach, Moose Thompson and Brian Oldfield.



John Smith – Southern Illinois University – *Rotational Shot Put – Training Taller Athletes vs Shorter Athletes*

- Tall is 6'5" or over
- Short is 6'2" or under
- Hybrid is between 6'2" and 6'5" so you have to adjust
- Some advantages/disadvantages of being a Tall Thrower (like a Cantwell)
 - Can use a bigger Sweep
 - Get to Power Position and go UP – Get Vertical
 - More erect Start position
 - Throw from a smaller base
 - If the shot put Circle was the size of a Discus Circle all the tall guys would be the best in the world and you would start seeing more monsters throwing, guys over 6'5"
- Some advantages/disadvantages of being a Short Thrower (like a Hoffa)
 - Generally faster across the circle

- Can sprint more across the circle and use the circle more effectively
- Can bend over at the back of circle and get more force going outside the circle
- For Shot Put power the Bench press is the number 1 exercise. In Europe they use more of a ballistic style of bench press, but it better simulates what's happening in the bench press. Watch Brian Oldfield's Shot Put video to the style he's talking about. In American they use a stricter, bodybuilding style that's not as effective.
- Other exercises for Rotational shot putters, Box Squats, 30-45 degree Incline Press and Behind the neck Push Press.
- Train the way you throw, for standing throws and drills on Tall guys, use a narrow base (we're talking rotational shot putting here)
- Thought process is the go vertical as soon as your foot hits the power position.
- Do "dry runs", start full throw and freeze in power position and check your positioning.
- You're just inviting injury doing Plyometrics if you didn't start them when you were young.
- For Short throwers
 - Throwing from stand is important
 - Do more running and jumping
 - Train more outside the ring (for taller throwers it's important to train in the ring to get used to the confinement of it, but

shorter thrower shouldn't have that issue)

- Having a wingspan 6 to 8" over your height is ideal for a thrower.

If can get more information on the NTCA at the following link. They sell DVD's of all the lectures and I missed a lot of them because they have 2 or 3 different lectures going on at the same time.

www.nationalthrowscoachesassociation.com

Earl, that was fantastic. Thanks for doing this...what a great resource...

Finally, a Good Question

As we close this edition, Dave Witt asked if I would discuss how I have trained for decades without a bunch of nagging injuries. Dave noted that I have had some issues (wrist broken and some lung problems), but, overall, I never really get "hurt" much. I'm spending some time in my old journals because I may want to write on this in more depth, but two factors seem to hold out over the journals I have kept since 1971:

1. I tend to not miss many days of training...and training is a mix of all kinds of things with at least part of the workout being "fun."
2. I believe in Protein...and supplements. Yes, I eat a fair number of pills with the most important one being Fish Oil. I also seem to focus on sleep quality over the years and having "fun."

I think I see where this is heading. Until next time...

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