

Kettle Bells and Throwers

Foundation Statements:

1. "Any drill that 70% of the fighters cannot catch on to right away has to be eliminated, no matter how good it is."

Steve Baccari

2. "If it is important, do it every day. If it isn't, don't do it at all."

Dan Gable

3. "Only recruit two things: speed and smarts. You can teach everything else."

Coach Ralph Maughan

4. "Rome wasn't built in a day...but I wasn't the foreman on that job either."

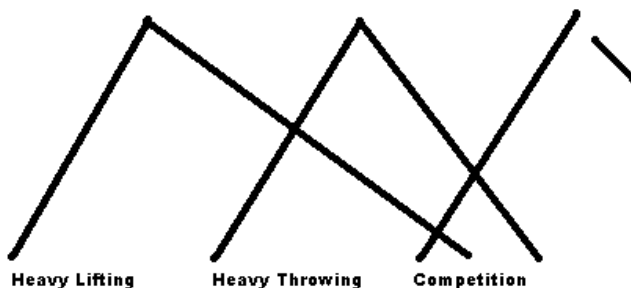
Dan John

Kettlebells and Throwers: My Approach

Things we "do a little different:"

- We don't warm up.
- We don't run.
- We don't do "standing throws."
- We don't jog.
- We think everyone can win the State Championship.
- We rarely train for more than an hour.

Three Phased Approach



Rules of “Heavy Lifting”

- **Think “Day One of 40”**
- **Deadlift, when in doubt**
- **Press**
- **Do something quick**
- **Work the abs, in a way that relates to what we are trying to do!!! (Saxon Sidebends, Suitcase Carries, Waiter Walks, “Cross Walks”)**

Heavy Throwing: The “Full Circuit” Excellent two or three times a week.

Try not to “coach” too much...emphasize reps!

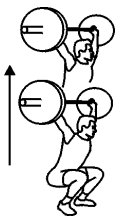


Tire Tossing

All Five Drills
(Standing Throws, 2-3s,
1-2-3s, Training Wheel, Full Throws)

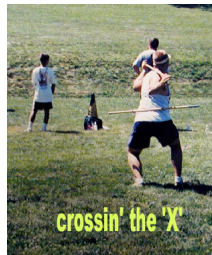
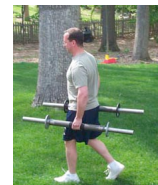
Powerballs into the Walls **All Five Drills**

(Standing Throws, 2-3s,
1-2-3s, Training Wheel, Full Throws)



Overhead Squats

Farmer’s Walks



“X” Sticks



The “New Circuits”

- **One Kettlebell at the Track Option**
Crosswalk...Throw...Kbell Snatch...Throw...Military Press...Throw...Waiter Walk...Throw...

The “German Javelin Program

Power Clean: 60K x 10

Squat: 70K x 10

Power Snatch: 50K x 10

Front Squat: 60K x 10

Crunches: 25

You did these in a circuit, one after another, then tracked your heart rate on completion. You did this cluster for three sets. As your heart rate would go down (over time), obviously your conditioning was better.

Also, your total circuit time should try to go down, too.

The German Javelin Program...with Kbells

One hand Clean x 10

One hand Military Press x 10

One hand Snatch x 10

One hand Front Squat x 10

Switch hands and repeat!!!

Try one full circuit.. then, two, then three over time...

Peaking:

Well, we don't believe in it...but,...

- 1. NO STATIC!!!**
- 2. One Throw Competitions! (The Champ Maker!!!)**
- 3. The courage to stay in bed...on a snowy Saturday morning.**

Throwing 101: What Kettlebell Enthusiasts can learn from throwers:

- 1. The need for “Continuous Acceleration.”**
- 2. Push the “Car up the Hill”**
- 3. Check for Leakage**
- 4. Make it whip**
- 5. Don't be a fool when you talk about “strong.”**

Percy Cerutti on “Strength Training.” * (Now, ignore this asterisk for a minute)

- 1. One handed Swings: Up to half bodyweight for 20**
- 2. “Cheat” or “Power” Curls: Full Bodyweight**
- 3. Bench Press: Full Bodyweight**
- 4. Deadlift: Double Bodyweight**
- 5. Situps: 25 reps with 25 pounds.**

Okay, *: These are the lifts for long distance runners...joggers...you know, marathon guys...not 'strength trainers.'" Runners...double bodyweight deadlifts...gym rats, afraid to deadlift...go figure...

Thrower Minimums:

Snatch: 250

Clean: 300

Bench: 400

Squat: 450

After reaching these minimums, improvement 'correlates' with improvements in the Deadlift and the Press (Bench, Incline, or Military)...doesn't this sound like "Power to the People?"

What throwers can learn from Gireveks:

- 1. You don't have to be 40% body fat to be an athlete.**
- 2. Time is an essential component of training**
- 3. You can train in a small, small area**
- 4. Real strength doesn't necessarily need to be a big package.**