

Mike's Gym Newsletter



Very, very, proud dad!!! Needless to say watching my son clean and jerk 218 kg was an experience!! I am not sure who is more happy, Casey or me!! Yep, that is me in the background celebrating the 218 lift!! I had to put the pix in this newsletter because this lift put Casey number 1 in the USA!! 77 kg lifter Chad Vaughn had Casey beat on percentage points for the number 1 ranking and therefore necessitating this 218 to go less than 1 percentage point ahead of Chad. What a great lift and what a great meet for Casey. He went 6 for 6 for a new pr snatch of 176 and a new pr cln and jerk with this 218 and finally a new pr total of 394!!

This will be a very interesting newsletter I feel. Lots of information (iron-grapevine style) to share from all over the USA. Lars Anderson has written a nice piece on the dead-lift along with some communication with past star, Joe Dube. In addition, in his prolific style, Mike Conroy has written a nice article on program design.

THE IRON GRAPE-VINE

Congratulations to Leo Totten and John Thrush for being selected as the Pan American team coaches as well as the World team coaches. Dennis Snethen was selected as Team leader. The Pan Am Championships will be held in Guatemala City in May and the World Championships will be held in the Dominican Republic in early October.

The Jr. Pan Am coaches are: CJ Stockel, mens head coach, Chris Polakowski, womens head coach.. Tim Swords, assistant coach and The Team Manager is Kyle Pierce.

Doug Fairchild from Texas writes:

Amarillo Caprock HS is a minority based school. We have an extremely, extremely diverse student body and a highly limited supply of athletic individuals. For us, any weights lifted above the head are personal records!! We have never had a student clean more than 120 kg. and only recently have some of our lads put 100 kg above their heads.

Our younger lifters can make the lower qualifying totals but most of our students truly cannot afford the \$20 p/ year USAW membership fee. In Texas, we are not permitted to have fund-raising, our State's legislature feels

that what is provided financially by the state does not require supplementation.

This was a break out year for Caprock HS. We had 5 students qualify for the School-age Championships. That's a positive move for us. Unfortunately, every one of the qualifiers will be required to work this summer in order to support their family.

Rising star, Donny Shankle, who once trained at Mikes Gym before moving to Texas writes:

“made a few pr's this week i wanted to tell you about....

on tuesday BS 220k x 10 (17.5 kilo pr)

and today BS 240k x 5 (5 kilo pr)

BS 250k x 3

BS 272.5 x 1

PC 180 from the ground and caught it

high all pr's were done consecutively one after another”

Chris Polakowski, Team Vt. Writes:

Mike,

I'm at the OTC in Lake Placid right now. Today was our low volume day. One workout. Younger kids were doing front squat/squat. The three kids I'm bringing to Nat. JR's. did stop squats. A lot of kids had PRs today.

Simone (girl) Mendes age 14 b.wt. 40Kg. did a fs/s 1+2x50 (she been lifting two months)

Alex Maglione age 12 b.wt. 43Kg. fs/s 1+2x47.5

Katy Bean age 13 b.wt. 42Kg. fs/s 1+2x45

Austin Franchino age 11 b. wt. 60Kg. fs/s 1+2x60

Alex Franchino age 16 b.wt. 76Kg. stop Sgt. 2x130

Mat Fraser age 16 b.wt. 74Kg. stop sqt. 2x130

Katie Polakowski age 13 b.wt. 47Kg. stop sqt. 2x2x52.5

Ryan McEvoy age 11 b.wt. 34Kg. fs/s 1+2x35

There were other PR's but that's what I remember
Chris P

Joe Jolley from Team Arizona writes:

Danny Schlag is going to go up to the 94's and eventually to the 105's.

Which makes his coach very happy.

Leo Totten from East Coast Gold:

MIKE - Here's a couple of things for you from East Coast Gold:

We had 10 lifters at the Juniors plus 6 in the Pan Am Trials. The highlights of the Juniors was Aaron Adams putting together the 100% needed for the Junior Worlds! Also, James Moser won gold and qualified for the Jr Pan Am Team while Dan Delago hit several PRs and made the Schoolage Pan Am Team.

On the Pan Am Trials side, Lance Frye came through to rank #3 even while competing with a torn abdominal muscle. A real gutsy effort to even compete, let alone at that high a level. That effort once again put him on the Pan Am Team. Jason Gump is coming back strong from major back surgery to hit a PR snatch and total. (By the way, Jason cleaned an extremely easy 205 about two weeks before the Pan Am Trials!) Matt Devine is now training at the OTC and hit only openers with 140 and 185, but very close misses with 15kg more!

On the girls side, Carissa Gordon and Natalie Woolfolk both lifted very well to put themselves again in the elite 7 and on the Pan Am Team. Kiyo Fujimoto was very sick for two weeks before the meet and still managed a nice 170 total in the 63kg class.

We also have 10 Masters going to the Masters Nationals in April plus we are

hosting a huge East Coast Classic on April 1-2 where we have the Open Women followed by the Open Men on Saturday. Then, we come back on Sunday for the Schoolage, Junior and Novice Divisions. It is always a great meet with lots of great lifting and teamwork. Then, in June, we anticipate about 25 Schoolagers going to the Schoolage Nationals. Not only lots of lifters, we send about 5 or 6 new coaches to develop as well. June 30-July 7, ECG is once again hosting our Weightlifting Camp in Gettysburg, PA (the 22nd year we have done it!!)

Information from CJ Stockel, Team Ga.

Team GA Weightlifting –

- Chandler Alford, the 77 kg National Juniors Champion, will be competing in the Jr. Pan Am Championship in Cali, Columbia.
- Coach CJ Stockel will be the Jr. Pan Am Men's Team Coach.
- Union County Weightlifting has recently merged with Team GA. This brings the clubs membership to over 35 members.
- Travis Cooper, the 77kg Clean & Jerk Silver Medalist at the National Jrs., has announced he will be attending the Ga. Institute of Technology (GA Tech) next year. Where he will join Chandler Alford who is currently enrolled as a sophomore at Tech.

War Eagle Weightlifting

- Natalie Friend, the 63 kg National Junior Champion, will be competing in the Jr. Pan Am Championship in Cali, Columbia

Howard Cohen has taken over as interim LWC President until the LWC elections at the State Games in July.

The next meet in the LWC will be the Matt Davis Memorial on Saturday April 22nd in Savannah.

Chip Kent from New Mexico reports:

Bull Ternus will be going to Masters nationals. Shannon Sheesley placed 2nd in Jr. Nationals and will be at Collegiates. Katie Page will be at Collegiates. Jeff Wright was looking very strong at the New Mexico Spring Invitational.

The New Mexico Games will be June 3 in Albuquerque.

Chip

Joe DeLago Moorrestown WLC and WerkSanUSA

Mike- here are a couple of news items for your newsletter:

Moorestown WLC news - Lifters from the MWLC have a good shot, or are committed to competing in the Worlds, the Pan AMs, the Junior Worlds, the Collegiate Worlds, the Schoolage Pan Ams, the 15U Pan Ams, the Schoolage camp, the Rudy Sablo camp, the World Masters, and the Martian Invitational. (The last, only if transportation can be arranged on United by the USAW office.)

Our monthly development meets have become an attraction. About half of the lifters in our March meet were "drop ins" from other clubs needing to qualify for something, or just wanting a little platform time. There is no charge to compete in our sanctioned development meets....and no awards, either. The more the merrier.

Biggest news of all is that full time coach, Victor Gallego, passed his citizenship test in March. He floated away from Cuba last decade, and never looked back (well, that's not true, his parents still live on the island). Victor studied hard for his test, and knows more about American history than most of the local kids he coaches. A big Welcome Amigo to Vic.

WerkSanUSA news - WerkSanUSA and Glenn Pendlay have teamed up. WerkSanUSA's website now features training products provided by Glenn in

addition to the competition and training items imported from Turkey. Newest is an inexpensive quality training bar designed by Glenn, himself. Like all bars sold by WerkSanUSA, Glenn's training bar comes with a lifetime guarantee. Interested parties can visit WerkSanUSA.com to order.

Good luck with your newsletter. How can I get one?

Joe

Kathy Recher Bowling from SacState:

Hi,

How are you? Pretty good I bet. Did you get my email from your website? Anyhow, I have a new lifter, Ben Claridad, who just qualified for collegiate nationals if you would like to put that in for the West?

THanks,
kathy

Danny McDermott from Team So. Calif.

Shaughnessy:

2 PRs at the Jr. Nats

C&J: 137

Total: 247

I might add that Shaughnessy is basically a beginner to weightlifting. I think this young man will be a great one some day.

From Mikes Gym: Bonsall, Ca.

Aimee Anaya 63 kg lifter of the past, came out of retirement and is doing some impressive lifts. Justin Rojas, 94 kg lifter is training again and making good gains. Sage Burgener is mending with the wrist and cannot train full tilt yet, but I am sure she will doing fine in a few weeks. Sage is visiting her big brother Casey next weekend in Colorado Springs. Jasmine Hernandez, 75+ jr lifter set a new pr cln and jerk of 80 kg. When Jasmine figures out how strong and athletic she really is, she will make big improvements. 8th grader, Connor Ito, Collin's little brother is doing well and is training hard. Evelyn and Edgar Hernandez were married this past month in Mexico. Congratulations guys!!



CASEY BURGNER'S 176 KG SNATCH!!

That's it for the Iron Grape-vine in this months addition. It was good hearing from everyone and I appreciate the updates you sent. If you want to get your kids names in the newsletter tell us what they are doing, by sending me the information by the first of the month.

The selection of the Pan American Championship team is below. I got this from the Usa Weightlifting website. It looks like a very solid team that will do well in Guatemala City in May. Good luck men and ladies!!

Lars Anderson writes a great article on the dead-lift following it up with a question and answer section with former super star Joe Dube!

USA WEIGHTLIFTING 2006 MEN'S and WOMEN'S PAN AMERICAN CHAMPIONSHIPS TEAM

Top 8 men and Top 7 women
per the rules of Weightlifting, with no more than 2 athletes per weight class
Guatemala City, GUA
May 17-20

Rank Men's Team YOB Cat. Q-Total Date Event Total Percentage Coach

1	Casey Burgener	1982	105+	397	3/11/06	PAQ	394	99.244%	Fleschler / Burgener
2	Chad Vaughn	1980	77	332	3/11/06	PAQ	329	99.096%	Flemming / Miller, S
3	Lance Frye	1984	77	332	3/11/06	PAQ	325	97.892%	Totten / DeLago
4	Robert Murphy	1978	94	367	11/14/05	WC	358	97.548%	Fleschler / Lansky
5	Zach Krych #	1983	85	355	3/11/06	PAQ	335	94.366%	Fleschler, P
6	Innocent Ukpong	1976	85	355	3/11/06	PAQ	335	94.366%	Swords, T
7	Anthony Martin	1981	94	367	12/3/05	AO	342	93.188%	McCauley / Powell
8	Donald Shankle	1982	105	390	3/11/06	PAQ	362	92.821%	Pendlay, G

Rank Women's Team YOB Cat. Q-Total Date Event Total Percentage Coach

1	Cheryl Haworth	1983	75+	255	11/15/05	WC	287	112.549%	McCauley / Meyers
2	Jackie Berube	1971	58	200	3/10/06	PAQ	200	100.000%	Morris / Gattone
3	Natalie Woolfolk	1983	63	212	11/12/05	WC	204	96.226%	Morris / Woolfolk
4	Carissa Gordon	1983	63	212	3/10/06	PAQ	198	93.396%	Morris / Polakowski
5	Melanie Roach	1974	53	187	3/10/06	PAQ	174	93.048%	Thrush, J
6	Emmy Vargas	1977	75+	255	11/4/05	AO	233	91.373%	Jianping / Brien
7	Doreen Fullhart	1976	75	235	3/10/06	PAQ	212	90.213%	Morris / DeGarmo

Primary Qualifying Event: Pan American Qualifier Altamonte Springs, FL March 10-12, 2006

Secondary Qualifying Event: 2005 World Championships Doha, QAT November, 2005 or 2005 American Open for non-World Championship 2005 team members.

Kissimmee, FL December 2-4, 2005

Krych had lower bodyweight than Ukpong.

5 Oscar Chaplin III % 1980 85 355 3/11/06 PAQ 337 **94.930%** O. Chaplin, Jr.

% Oscar Chaplin III withdrew because of injury.

6 Kendrick Farris* 1986 85 355 3/11/06 JR 336 **94.648%** Pierce, K

7 Jake Johnson* 1988 62 272 12/2/05 AO 254 **93.382%** Eksten, F

*Jake Johnson & Kendrick Farris elected to compete in 2006 Junior World Championships

Final Team will be determined pending results of drug-testing.

2006 Pan American Championships.

Below you can see the final results of the Pan Am Qualifier that was held in Altamonte Springs, FL in March. These results were the results that lead to the Pan American Championship Team above. Great job by all the athletes and coaches of the athletes.

**2006 PAN AM QUALIFIER
ALTAMONTE SPRINGS, FL - MARCH 10-12, 2006**

	YOB	BDY WGHT	SNATCH	C & J	TOTAL
MEN					
56Kg.					
Shelton K. Gilyard	1974	55.84	92	121	213
69Kg.					
Henry W. Brower	1982	68.82	124	157	281
77Kg.					
Chad T. Vaughn	1980	76.91	145	184	329
Lance Frye	1984	75.13	145	180	325
Matthew Bruce	1983	76.97	140	175	315
85Kg.					
Oscar Chaplin III	1980	83.99	160	177	337
Zachary Krych	1983	84.88	145	190	335
Innocent G. Ukpong	1976	84.90	142	193	335
William (Paul) Roberts	1985	83.93	140	165	305
94Kg.					
Robert L. Murphy	1978	93.98	156	196	352
Matthew T. Devine	1975	93.07	140	185	325
Jeffrey M. Wittmer	1984	89.58	147	--	--
Anthony J. Martin	1981	90.64	--	--	--
105Kg.					
Donald C. Shankle	1982	103.90	160	202	362
Jason R. Gump	1980	101.73	155	192	347
105+Kg.					
Casey J. Burgener	1982	119.08	176	218	394
Josh J Moreau	1982	124.20	145	190	335
Matthew L. Rue IV	1980	125.49	151	175	326
WOMEN					
53Kg.					
Melanie Roach	1974	52.75	73	101	174
Jodi L. Vaughn	1980	51.25	70	--	--
58Kg.					
Jacquelynn A. Berube	1971	57.72	90	110	200
Sarah E. Davis	1983	57.73	76	91	167
63Kg.					
Carissa Gordon	1983	62.62	87	111	198
Natalie J. Woolfolk	1983	60.92	91	104	195
Kiyo T. Fujimoto	1984	62.21	75	95	170
69Kg.					
Teresa Gaume	1982	68.99	88	115	203
75Kg.					
Doreen D. Fullhart	1976	74.49	98	114	212
75+Kg.					
Cheryl Haworth	1983	135.13	117	140	257
Emmy M. Vargas	1977	97.16	90	122	212
Rachel C. Hearn	1980	115.87	90	120	210

To improve is to change. To be perfect is to change often.

-Winston Churchill-

“How much do you squat?” How many times do you hear this question? It is probably the next question a lifter is asked after they are asked about their competition lifts. But why do we ask just about the squat, why not the dead lift? After all you have to pull a weight first before you stand up with it. In the other parts of the world you may be asked what your dead lift is along with your squat.

My introduction to the concept of regular dead lifting began in the summer of 2000. I received a stipend from the University of Cincinnati to attend advanced language studies in Nagoya, Japan at Nagoya Foreign Language University. Wanting to lift while I was in Nagoya I contacted the Japanese Weightlifting Association and they gave me the name of Chikara Takahashi coach of the Meiden High School Weightlifting team in Nagoya.

Having almost 3 months to study in Nagoya I was able to spend many hours talking training with Coach Takahashi and other coaches and athletes who stopped by to visit and train. Being in close proximity to China and Russia many of the coaches and athletes go to those two countries to train and be coached.

One of the interesting topics that came up regularly was “Do American weightlifters dead lift much?” Outside of RDL’s I told them no. “Why not?” At the time I really didn’t have an answer but as I observed the training of different levels the athletes both male and female from Jr. to Master I noticed almost everybody dead lifted. Some of the athletes had quite impressive dead lifts. It wasn’t just dead lifts from the floor but off of blocks from various heights targeting specific weak points. Another interesting thing I picked up on is Japanese and Chinese lifters could dead lift what they squat or even exceed their squat max at times. I do want to clarify that the dead lifts were done with a regular overhand grip. Some of the guys would do their deadlifts with straps and some wouldn’t. If you have the grip strength then tape up your thumbs and give it try sans straps.

Curious I asked Coach Takahashi what was up with all the dead lifts. He replied that in Asia the dead lift is viewed as a fundamental strength lift along with the squat; dead lifts are for base pulling strength, squats for stand up strength and press work for pressing strength. He said dead lifts help build and maintain “Everyday strength”. I had never heard that phrase before in English or Japanese; I understood the words but not the concept. Everyday strength he explained is strength you have day in and day out. To show me what he mean he walked over to a bar loaded with 200k and dead lifted it with a flat back and little effort weighing only 67.5k at 52 years of age. “I can do this any day of the week and more if I want”.

According to Coach Takahashi this focus on dead lifts and base strength work I was told was a concept they picked up from the Chinese and Russians. The concept has also been accepted in other Asian countries besides Japan. The reason is some Asian lifters are not only shorter as a general rule but some Japanese have a longer trunk with shorter legs resulting in weak leverage in regards to the 1st pull and so they develop their dead lifts to compensate for the weak leverage. Secondly if squats build stand up strength then they reasoned dead lifts build pulling strength provided a more complete strength base for a weightlifter.

One example of a Japanese weightlifter with exceptional base pulling strength is a lifter by the name of Nishimoto from Okinawa who held the Japanese national records at 108 and 105k with competition lifts of 180/220. He dead lifted 300x2, squatted 310k and pressed 150k. My training partner Toyotaka Murata an 85k lifter I trained with (155/195) dead lifted up to and over 250k and snatch dead lifted around 200k.

Being the curious type I decided to add dead lifting to my training and see what would happen. I found it is possible to train and recover from dead lifting 4X a week. I would DL 2x off the floor and 2x off blocks at the transition of the 1st and 2nd pull. After three weeks or so I started noticing that cleans which had been a problem in the past starting moving much smoother and my control of the lift improved. For me I was able to see a direct link between a stronger deadlift and the improvement in my clean results.

Returning to the States in August of 2000 to finish my senior year I really felt physically prepared, confident, and was looking forward to competing in '01 Nationals. However a week before Christmas 2000 I was

hit head on by another driver resulting in blunt force trauma to my left knee (think sledgehammer to the knee), lumber/hip problems and a torn muscles in my left shoulder.

After the wreck I really couldn't put much power through my left knee and gave up trying to squat or do any competition lifts but found I could dead lift. I started doing snatch and clean dead lifts 1x a week. In June of '01 the pain in my knee somewhat disappeared to the point I could front squat with out much pain. I front squatted 2x the first week and on the second week feeling my oats I decided to see what I could do for a double. I worked up to 150K (pretty much pain free) and then did 180k for a single! 1 month later I front squatted 200k for a single! This was without doing squats of any kind and only dead lifts for 6 months. It was a major shock to me; it didn't make sense to me. How could I front squat 200k for a single without front squatting for 6 months with a gimpy knee? Maybe there was something to this dead lift thing... This was massive paradigm shift for me and really started me on a study of training techniques from around the world to see what kind of different techniques and methodologies were being used and if they had application here in the US.

As I started studying anything and everything strength related one of the things I did find out is that lifters here in the States during the 60's and 70's dead lifted. Some of our past champions had dead lifts that would have won power lifting meets in their day. For example, Norbert Schemansky dead lifted 200 lbs over his 445 C&J, squatted around 600, benched 440 and curled 225. Bill March another 60's era lifter had a 575 dead lift, 315 snatch, and a 405 C&J. In this era the RDL has become popular with weighlifters and powerlifters here in the States after it was demonstrated by Nicu Vlad at the USOTC in the early 90's. In an article taken from the USAW magazine it was reported that Vlad did a 300kg x 2 RDL (USAW magazine article titled (Vlad's Pulling "Secret": The RDL.) Do you think that 300k RDL helped? You Betcha!

Looking at our recent Super Heavy weight national champions it is interesting to note that the past two were world class power lifters before switching over to weightlifting. Mark Henry dead lifted 905. That's 905 folks, no matter what that is a lot of weight. I think that you can count the number of men in the world on one hand who have squatted and deadlifted over 900, snatched 180k and C&J'd at least 220. In the late 60's and early 70's the great Jon Cole from Arizona was not only a great weightlifter but also a world class power lifter and thrower who could deadlifted in the mid 800's.

On the subject of throwing; I learned that hammer throwers utilize the dead lift in their training. I had the chance to train several times for extended periods of time with the French National record holder in the Hammer and 3 time Olympian Christophe Apelle at 6'7" 275 lbs seemed like the last person who would dead lift. He to the best of my knowledge still has the 15th best throw of all time in the Hammer. One day while we were training together I watched him dead lift 250k 5x5. He said his max was 315k. He told me that every major hammer thrower in Europe he knows and some here in the States dead lifted regularly. It is interesting to note that he did all dead lifts overhand with no straps until his hands tired then he would alternate to supinated right hand over, switch to supinated left over so that his hands would not develop a strength imbalance. Try that if your feeling your wheaties.

On the subject of weightlifters and power lifters according to Lou DeMarco Dimitri Klokov's training consists of a 2x a day training plan. In the AM power lifting style bench, deadlift, squat in the morning and then the Olympic lifts in the evening. Something to think about. (Thanks, Lou)

I hope that this little article will be of benefit to some of you who read this. Please feel free to email me with feed back and your own experiences. I consider this a living article in that I will update it from time to time if there is enough feedback and people want to contribute routines for the good of everyone. I like to look at all exercises as tools in a toolbox, the greater the number of tools the greater chance of finding the right combination of tools necessary to accomplish a job.

Conversations With A Champion – Joe Dube
" To be a Champion you have to be Strong and lift like a Champion"
Joe Dube

In writing this article I had several email conversation with Joe Dube and I want to personally thank him for his contribution. I was originally going to weave his comments into the article but felt that they stand on their own. Enjoy...

Q: What are some of your best lifts:

Joe: Some of my best's on the Squat was: 660 x 23 reps, 710 x 17 reps, 745 x 5 for 4 sets. As I said, these were full rock bottom and with my feet about shoulder width or a little less. Sometimes I would do them with a narrow foot spacing, about a foot apart. This would help my pulling from the floor. I also would do about once every 10-15 days, Quarter Squats, taking the weight off the racks and stepping back. I worked up to around 1400 lbs. for 3 sets of 10 reps. This really helped the drive in the Jerk. My best ever "Power Clean" was 452 and my best Clean & Jerk was 485. My best Clean & Press was 475 unofficial, 463 official. I once did a Military Press in training with 429.

Q: What is your opinion on the role of squats for a weightlifter?

Joe: I believe as Paul Anderson did, that Squats will increase a lifters Clean & Jerk. It's common sense that if a lifter with good technique and is flexible, and increases his leg power considerably, will C & J more. Paul Anderson, the "King" of the Squat. had the power, in my way of thinking, to Clean & Jerk 550 - 600 lbs. If he had the flexibility and technique, he would have done a lot more than he did. Paul and I discussed the values of the Squat and this is why I decided that I was going to work on this exercise and make good of it for my lifting.

Q: Joe do you feel military press still has an application for today's lifters?

Joe: I do think that Military Pressing is beneficial for the lifters overhead strength for the Jerk and should be practiced or included in the schedule. Other good exercise's for the lifter to do in their training is the Push Press and Power Jerks. These are great movements for the lifters shoulder power as well as their overhead lockout power.

Q: Do you feel that the dead lift is applicable for weightlifters?

Joe: As for the Dead Lift. I think they are great for developing that overall back power for the Snatch and Clean & Jerk, " if done in the correct way" with the Clean and Snatch Grip. And what I mean by this is, pulling with your back flat and in the same position as you clean or snatch. They also should be done with explosive speed at all times. I don't believe and I would not recommend that an Olympic Lifter do them slow with max. weights.

Continued:

Again, I do believe that Dead Lifts are a must for the Olympic Lifter. I have seen a lot of lifters doing their Pulls with straps and with a shrug. They were only working up to about maybe 20-30 pounds more than they could clean and doing only a single or double with it. I think they should be working up to maybe 50 -100 lbs. more than they could clean and doing anywhere from at least 3 to 5 reps with the weight. They are missing out on developing greater pulling power by not doing these as I mentioned.

Q: How strong do you feel a weightlifter should be?

Joe: I think that an Olympic Lifter should have big Squats and Dead lifts and try to be as strong as they can get.

Q: Did you ever do a max dead lift just to see what you could do?

Joe: Don't ever remember trying any limits on the dead lifts during the later years of my lifting. I did do them, but did them in sets of 5's most everytime I did them. They were always done with the correct olympic pulling position and with explosive speed. I know that I did work well over 700 lbs. for sets of 5's. I always like doing these in sets of 5's.

Q: Do you have any thoughts and feeling on how USAW could have used the great knowledge resource of our past world and Olympic champions?

Joe: I think that the USAW should have contacted Lifting Greats years back and tried to get their thought's and knowledge on training and what they would suggest that younger lifters do in their training.

Thanks to Joe Dube

In conclusion a big dead lift or squat alone will not ensure success; limit strength must be converted into success on the plat form. In racing terms a powerful engine in a car or motorcycle will not guarantee success, the total package must tuned and developed to take advantage of the increase in power. The same goes for weight-lifting An increase in pulling and leg strength needs to be developed and converted into success in competition. However all things equal an excess of strength will always beat a lack of strength. Strength is like money; having a lot of it is better than not enough.

Here are couple of ideas for add dead lifts into one's training. Please feel free to submit your own and I will gather them together and have Mike post them on the site at a later date.

I thought I was so smart in developing the following routine only to see a version of it being used over in Japan and a variation of it used by some power lifters here in the States. Dead lift first once your finished dead lifting reduce the weight to what is normally done for pulls, perform the pull s, then further reduce the weight and do a clean or power clean variation that way you finish with speed. I stated above I learned one version of this in Japan where like us here in the States most lifters are self supported and training time is limited. This can also be done using a Snatch dead lift.

Mike Burgener has a DL/RDL combo that may be of interest to some of you. "pick weight off ground keeping tight and back at the same angle all the way thru to the end of the first pull....then drive the knees forward (scoop) creating a high chest...right before the explosion phase of the lift....then extend upward (stand up). at this point its just positioning work, but I anticipate that the lifters will be lifting well in excess of their cleans and or snatch." Give it a try and feel free to feedback.

In preparation for this article I talked with various lifters and coaches and want to thank them for their time and input. In particularly Joe Dube, Pietr Elmendorf, Lou De Marco, John Davies, and Chikara Takahashi among others.

I have lots of more information to report but I will stop here and wait until maybe a mid April newsletter and then another newsletter in May. Contact me with information: mikeburgener@mac.com