

H.I.T.

HIGH INTENSITY TRAINING

NEWSLETTER

Reliable and Sensible Information on Strength Training and Conditioning

Volume 4 No. 4

1993

Successful Results: Part II

By Dr. Ken E. Leistner

The specifics of any successful program are always a lot simpler than imagined by most who do not have a particularly successful program. With athletes and coaches looking constantly for the "Magic Bullet", it is often a case of the forest obscuring the trees. The programs at many schools are successful because the coach who is in charge of the strength training program is organized and enthusiastic and imparts this to his players. They in turn train in a progressive manner, do so with zeal and are thus consistent. The above few points represent ninety percent of a program's success in my opinion.

The reason that so many different programs seem to work well, and produce confusion among the observer, lies in the fact that consistency in training, some type of progression over time, and the avoidance of disruption or interruption of training due to injury or illness are key factors. Many who disagree with my training advice and methods, and who in turn have programs that I do not particularly endorse, have been highly effective because they have satisfied the basic requirements noted. Paul White is an enthusiastic and committed man who was the strength coach at Auburn University for fifteen years. In that time, he had more number one and two draft choices than any other school in the country. His players had a low rate of injury and did not miss a lot of practice time or the very critical games. While he was blessed with excellent athletes, others have done a lot less with more talent. Paul had his players "wild and crazy" in the weight room, reflecting his enthusiasm and dedication to training. As an athlete he loved to train and he had his players, many of whom did not train with weights before arriving at Auburn, and many of whom did not particularly want to train, looking forward to every workout.

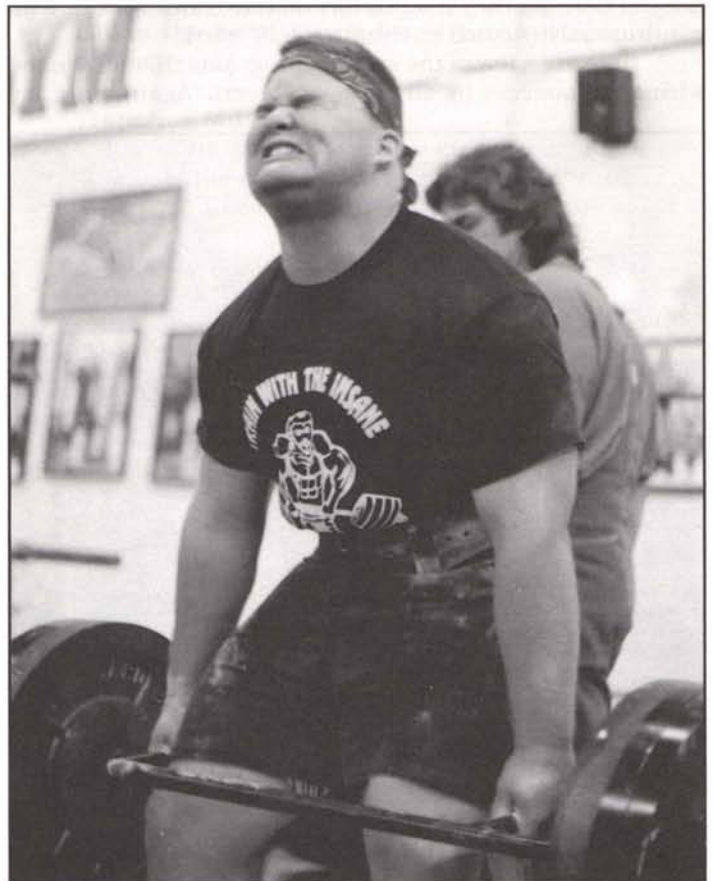
While his philosophy and mine differ, he sure got great results just as Ken Mannie has at Toledo, with an approach that is similar to mine. This is the type of thing that confounds the so-called experts when the truth is very apparent. It does, however, make it difficult for the sincere and interested coach who wants to "plug in" a program at his school. What to do, with so many bits of information that seem to be in conflict?

As an example of what can be accomplished, allow me to relate the training history of Greg Roman. I started his training program when he was a soft, underachieving athlete of fourteen years of age. Short, heavy, slow was counterbalanced by dedicated, tough, and willing. His

early programs were simple two day per week affairs consisting of the following:

Barbell Squat - 1x20	Chins - as many as possible
Stifflegged Deadlift - 1x15	Pushups - as many as possible
Overhead Barbell Press - 1x12	Barbell Curl - 1x12
Barbell Row - 1x12	Situps - 1x12
Pushups - as many as possible	

The "gym" he trained in was an unheated shed with a dirt floor next to his house which contained a barbell and a pair of squat racks. We eventually added makeshift chin and dip bars. He spent a lot of time puking into a hole in



Dr. Ken Leistner, in the background, supervises Greg Roman, 5'8" 252 lbs. nose guard from John Carroll University, through a set of Trap Bar deadlift. Greg now weighs 235lbs.

The Stairmaster Fitness Handbook

By Dr. James Peterson and Dr. Cedric X. Bryant

The title of this book is very misleading. Before I thumbed through it and inspected the table of contents, I thought this book was going to be a user's manual for stairmaster products. Man, was I pleasantly surprised! Unless I'm mistaken, the word "stairmaster" isn't mentioned in the text until page 98—and then it's to explain an equation for predicting maximal oxygen consumption on the 5000 and 6000 models. Other than a few editorial notes, the next time the word "stairmaster" appears is page 211.

Why isn't the title more consistent with the book's content? Well, the two editors are the Director and the Associate Director of Sports Medicine for Stairmaster Sports/Medical Products, Inc. The contributing authors read like a Who's Who of leaders in the sports medical and health professions. The all-star lineup features 28 authorities, including 19 Ph.D.'s and 2 M.D.'s (both editors are also Ph.D.'s). Right off the bat, the forward is written by Bruno Balke. (That's the same Balke that has an exercise protocol named after him. Listen, how many people can say that?) Thereafter, the reader gets bombarded with information by the likes of Franks, Graves, Hodgson, Pollock, Skinner, Stoedefalke (one of my former professors) and Westcott.

With an emphasis on safety, the book's content is crammed with some of the most comprehensive, yet easy-to-understand knowledge I've ever read concerning exercise and fitness. The subject matter includes information on pre-exercise health screening, assessing and addressing coronary risk factors, the physiological basis of cardiorespiratory fitness and muscular fitness, the psychological basis of exercise, graded exercise testing, legal considerations in exercise prescription, assessing physical fitness (i.e. body composition, cardiorespiratory fitness, muscular fitness and flexibility), exercise prescription guidelines for cardiac patients and older adults), environmental considerations (i.e. heat, humidity, cold, altitude and air pollution) and nutrition.

Wait, there's also 19 tables, 12 figures, 8 appendices, 247 references and a 301 word glossary (I counted'em)! There's so much info in this book that I can easily see students using it as a college text and practitioners using it as a reference manual. It's one of the most valuable books in my professional library.

Hey, ya gotta get this book! In fact, you can't afford not to get it. Look at it this way: for a measly \$12.95, you can either get yourself a copy of The Stairmaster Fitness Handbook or a couple of quarter pounders, fries and a shake. The book is available from Masters Press (1-800-722-2677). The food is available from any hamburger joint. Need I say more?



Dr. Ken Leistner spots Greg Roman on a set of standing military presses. Greg who plays at John Carroll University has transformed his body over the summer at the Iron Island Gym in order to play linebacker instead of nosetackle.