

# HOW TO OVERCOME FAILURE

BY ROB LUYANDO



**I** have been competing for 18 years now. During this time period I have taken a few layoffs, but always find myself coming back to the sport. After each layoff I usually find that I am more pissed off about the lay-off and train harder than I did before the previous layoff.

Personal records (PRs) are what it's all about for me. Chasing numbers is one thing, but it's how you get to those numbers that makes the difference. I track my training and keep track of my PRs whether they're for an assistance exercise or an actual competition PR.

I try to keep my training fresh so I change things up often — so that just means more PRs to keep track of. As a rule, I shoot for a 5-lb. PR on all my assistance movements every week. I usually run a 12-week training cycle, so my overall training goal is a 60-lb. PR on all my main assistance movements.

That seems like a big jump, but it's doable if you set your sights

on something and stick with it. Failure doesn't sit well with me, so I always try to set realistic goals.

## **BOMBING BIG AND BOUNCING BACK**

My last three meets have resulted in bombs that all came after a long layoff. My strength is stronger than ever on all my movements. I was concentrating too much on my strength goals and too little on my technique. I also changed my surroundings and trained with a new crew. So how am I fixing my technique to make sure it grows with my strength?

First, I got myself back on track with a sensible nutrition plan to maintain my body weight and quit jumping around. A few pounds can make a huge difference on how your gear fits and how hard you have to work to make your gear work.

Second, I now kick back on my assistance training days and am

more consistent — going back to basics.

Third, I keep changing my training phases to keep my body guessing.

Fourth, I'm concentrating on myself and my geared technique. My training partners will all have to fend for themselves. I know it sounds selfish, but know one else is going to put my time in and do my work.

I will also be filming more of my training sessions so I can critique my form. That way a few of the guys who help me train via Internet and text messaging can also tell me what sucks and what needs to be focused on. I will throw in a lot more raw volume, as well.

Once things start to turn around in the right direction, I will pick a meet and take to the platform with a vengeance to shut a lot of people up. Those who doubt me can kiss my ass. I will be back on top of my game and feel sorry for anyone that gets in my way.

Shut up and train! **PM**



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# RAW ASSISTANCE DAY

## CLOSE-GRIP BENCH

(ONE HAND WIDTH IN FROM COMPETITION GRIP):

Bar x 12 x 2  
135 lbs. x 10 x 2  
225 lbs. x 5, add 4 boards  
315 lbs. x 5, 4 boards  
405 lbs. x 5, 4 boards  
455 lbs. x 3, 4 boards  
505 lbs. x 3, 4 boards  
550 lbs. x 3, 4 boards  
585 lbs. x 3, 4 boards  
610 lbs. x 3, add 5 boards

## SPEED BENCH WITH DOUBLED MINIS AND TWO BOARDS:

405 lbs. x 5 x 5  
KEY PRESS: 120 lbs. x 10 x 4  
PUSHDOWNS:  
200 lbs. x 12  
225 lbs. x 12  
250 lbs. x 12  
275 lbs. x 12  
300 lbs. x 12

## DECLINE BENCH CLOSE GRIP WITH SLING SHOT

405 lbs. x 10  
455 lbs. x 10  
525 lbs. x 10  
SHIRT DAY: Raw warm-ups  
Bar x 12 x 2  
135 lbs. x 10  
225 lbs. x 8  
315 lbs. x 5  
405 lbs. x 2  
455 lbs. x 1  
525 lbs. x 1

625 lbs. x 2, add shirt and 3 boards  
675 lbs. x 2, 3 boards  
725 lbs. x 2, 2 boards  
75 lbs. x 2, 2 boards  
825 lbs. x 2, 2 boards  
875 lbs. x 1, 1 board  
925 lbs. x 1, 1 board  
975 lbs. x 1, 1 board

1,015 lbs. x 1, 2 boards  
1,030 lbs. x 1, 1½ boards  
LOSE SHIRT, ADD SLING SHOT AND 2 BOARDS:

425 lbs. x 10  
475 lbs. x 10  
525 lbs. x 10  
550 lbs. x 6  
PECK DECK:  
120 lbs. x 12  
150 lbs. x 12  
180 lbs. x 12