

TITO STEINER

Story by
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Tito Steiner is a three-time N.C.A.A. Decathlon Champion (1977-1979-1981). He was training in 1982 at a world record pace, but since Tito is from Argentina, he had his training interrupted by the Argentina-Great Britain conflict over the Falkland-Malvinas Islands. His best marks are as follows:

100 Meter: 10.91	110 Hurdles: 14.62
Long Jump: 24'6½"	Discus: 183'3"
Shot Put: 53'3"	Pole Vault: 15'6"
High Jump: 6'10¾"	Javelin: 232
400 Meter: 48.98	1500 Meter: 4:27

Tito is a great example of tendon strength development at 6'5" and 200 pounds bodyweight, he looks like a slim basketball player, but bench presses 380 pounds. he also easily throws a football 90 yards. Tito stretches 30-45 minutes every day and jogs 42 miles per week from August to January. Every two years he takes 2-3 months off by playing handball. The following is an annual account of Tito Steiner's achievements:

Year	Bench	Cl. & Jk.	Squats	Decathlon Points
			(2-3" Above Parallel)	
1975	125	110	155	7620
1978	220	200	240	8000
1979	250	220	310	8124
1981	335	300	510	8279
1982	380	325	550	—

I asked Tito, "Let's say I was introduced by your track coach as one of the premier strength coaches of the world, who had just been hired at your university. If I told you we were going to work out primarily on Nautilus to be a world class athlete, what would you say?" Tito responded, "I'd tell them to experiment with another guinea pig." I then asked, "What if I told you we were going to work out with only one set of 15 or more reps like several major college football programs?" Tito laughed softly trying to be polite and said, "That's a system I don't think would work. There is no explosiveness developed and no one is successful that way. Just show me."

