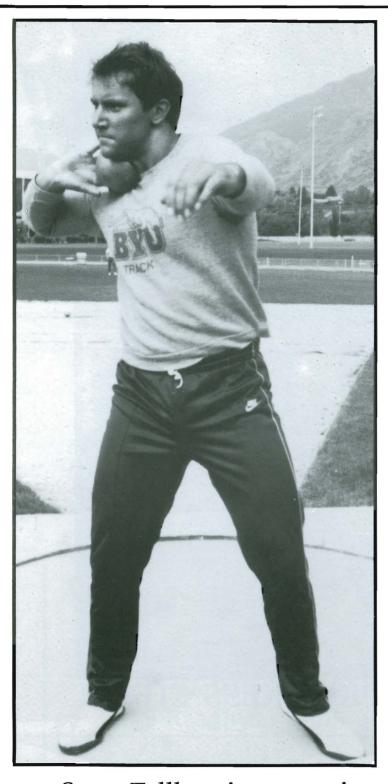
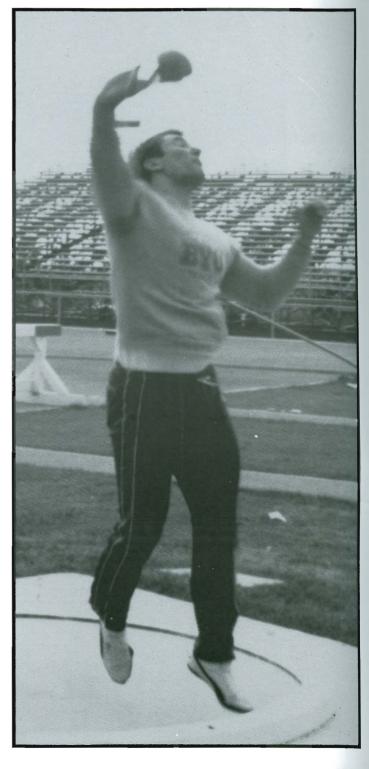
SOREN TALLHEM Greg Shepard



Soren Tallhem is an amazing athlete. All football coaches should listen closely to his story 6 on pages 16 and 18.

Height 6-3½ — Weight 250 4.3 — High Jump 40 7-0 Best Shot Putter In the Nation as of June 1, 1985.



Soren Tallhem grew up in Sweden and then like so many Scandinavian throwers decided to come to the United States to attend college. Many of these throwers go to Brigham Young University. BYU has had a long line of fantastic throwers probably more than any other university over the last 15-20 years. The BFS Journal has featured two such athletes, Goran Swensen and NCAA Discus Record Holder, Stephen Fernholm. The reaction by football coaches to Stephen's accomplishments was one of awe and yet skepticism.

The skepticism stemmed not from Stephen's throwing but from his speed. Fernholm is 6-1 260 pounds and runs a 4.3 forty with 31 inch thighs and an 11 foot standing long jump. Football coaches especially those in college are skeptical because their backs cannot run a 4.3 forty. Big college linemen are considered fast if they run under 5.0 in the forty. Granted many high school players come in with invalid forty times with quick hand held times. Consequently their 4.5 athlete turns out to be 4.7. Thus, I can understand this skepticism. But, I timed Stephen myself with an electronic timer which was started by hand but ended electronically. BYU's head football coach, Lavell Edwards witnessed the event and seemed to be in shock after Stephen ran it. Is Stephen a once in a lifetime athlete or are there more like him? If there are more like him, what do they do that isn't being done now with our football players?

Let me tell you Stephen is not an athlete that stands by himself in physical abilities. There are many like him or very close to him in ability. Soren Tallhem is one of these athletes. I asked Soren who was fastest. He replied, "It's very close. He's won one race; I won the other."

I asked Soren about American football players and how they train. Soren's answer was blunt and direct, "I know track athletes are superior to football players. I don't see football players squatting or training correctly. They work too much upper body. Most football players are real slow compared to throwers. I can't understand why they are so slow. All my friends run at least a 4.5 forty and all the big track athletes I know run a 4.5 forty or better."

"Soren," I continued to question, just who are your friends." He shrugged shyly and said, "Those 8 guys over there." I whirled around and saw 8 throwers all of which were 250 pounds or more. They were all throwers with massive thick builds and all from Scandinavian countries.

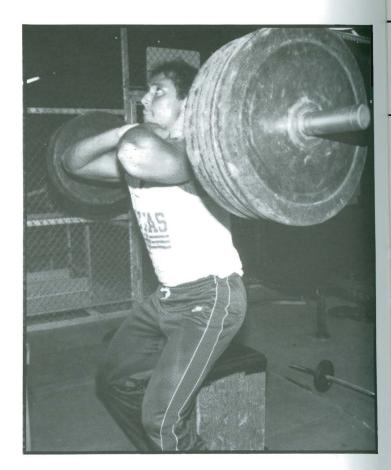
I asked Soren what he thought of Nautilus and got the expected response, "It's a waste of time. You must work primarily with free weights. You can't develop explosiveness on a machine."

"Then what about one set of 8-12 reps or 2-3 sets of 25 reps?," I further asked. He candidly responded, "That's silly and very poor for a football player. It is best to do 3-5 sets and between 3-5 reps."

Here is what Soren does in his own personal training as he answered specific questions:

Lift: 3x per week

Technique: 2x per day 6x per week

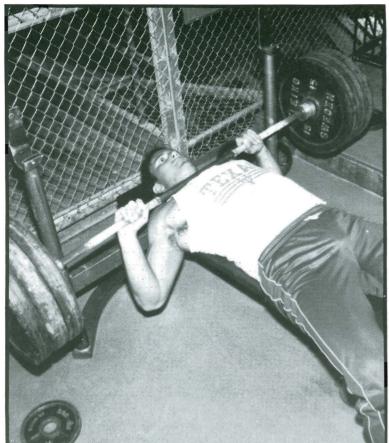


Soren doing Front Squats down to a Box.

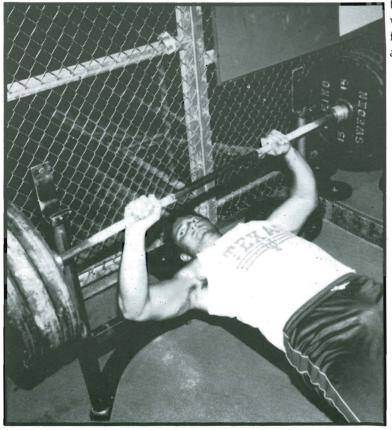


Soren qualified for Nationals in the Javelin but prefers the shot.

16



Soren duplicates his shoulder and arm position by doing a Neck Bench Press. Soren does this with 400 lbs.



Soren's arms are not massive at all but yet he does dips with 240 pounds! He also does Tricep Pushdowns. Other Stats: Discus 186-3, 60 meter 6.9, Standing Long Jump 10-5, Vertical Jump 29 inches.

SOREN TALLHEM cont. from page 16

Agility: None Plyometrics: None Sprints: A lot

Flexibility: Some 3x per week Most Important: Squat-Bench Order: Throw then lift

Cleans: No, however many do them Snatches: No, however many do them Diet: It's good but nothing special

Steroids: You can manage without steroids, if you train

Drugs and Alcohol: You've got to be kidding. You can't

do your best doing that.

American Women: Swedish are better

Soren Tallhem qualified for the NCAA national meet in the javelin with a throw of 257 feet. As a 17 year old, he was 1 foot off the world record in the javelin for his age group. He threw the hammer 195 feet and has high jumped 7 feet according to BYU's track coach, Clarence Robinson. However, Soren set the track world on fire this year by having the top shot put for months. He was nosed out by massive 295 pound Dave Campbell from Louisiana State University for the NCAA championsip. However, Soren is only a sophomore and will be a force to be reckoned with I'm sure:

In our next issue, our special November edition, I will write an interesting innovative article on how we can close the gap on speed with our football players and will attempt to answer the question as to why we are so slow. My article will, I'm sure, stir up quite a bit of thought. I'm looking forward to it as I assemble my thoughts and observations after being involved with world class throwers since 1968.

PROGRESS CHART

Age	Shot	Bench
21	69-81/2	400 Neck
20	67-7	420
19	57	335
18	55-6	295
17	57(14)	270
16	58(12)	230
15	55(12)	X
14	55(8)	x
13	41(8)	x
12	42(6)	X
11	33(6)	x