



SHOT PUT :
Mike STULCE
 questioned by
Peter INGLETON



Disciplines Lancer du poids
Nationalité Américain
Naissance 14 juillet 1969 (51 ans)
Lieu Killeen
Taille 1,90 m
Poids 122 kg

Records

21,82 m (1990)

Palmarès [modifier | modifier le code]

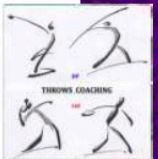
Année	Compétition	Lieu	Résultat	Marque
1988	Championnats du monde junior	Sudbury	2 ^e	18,47 m
1989	Universiade	Duisbourg	2 ^e	
1992	Jeux olympiques	Barcelone	1 ^{er}	21,70 m
1993	Championnats du monde en salle	Toronto	1 ^{er}	21,27 m

With courtesy of Peter and Mike we reproduce here an interview done by Peter and published on Facebook with additional video documents from diverse web sites

Michael "Mike" Stulce (born July 14, 1969) is a former [shot putter](#) from the [United States](#) who was an outstanding athlete at [Texas A&M University](#). He won the gold medal at the 1992 Summer Olympics in [Barcelona, Spain](#). He is also three times national champion. In 1993 he won the U.S. National shot put Championships.

Stulce had returned from a 1990 two-year doping ban just in time to win the gold medal at the Barcelona Olympics.

He subsequently failed another doping test at the [1993 World Outdoor Championships](#) and received a life ban.



SHOT PUT : **Mike STULCE** questioned by **Peter INGLETON**



Ingleton :

We began with a discussion of the video of Mike doing cleans with WR holder Randy Barnes in the old Texas A&M weight room, which I posted on my Facebook and Instagram pages:

Mike: Looking back, this video makes me really appreciate having **Randy Barnes** take me under his wing and push us both to work hard every day. If my memory serves me correctly, this was filmed in the late fall, when we were both taking in a lot of throws out at the track. To my knowledge, this was the only time one of our weight workouts was ever filmed. Even though I didn't own a camera back then, **Randy** luckily had his camcorder with him on this day and asked my wife to film us lifting. I had actually never seen this footage until **Randy** shared in 2010 and I was glad he was able to recover it. Whether written or recorded (on video), we were never big on documenting lifts. At least for me, it was not a priority and something I didn't think about. For us, it was all about quality reps and explosiveness during the weight training workouts.

This video will be available in this chapter of the blog



Randy BARNES
and **Mike STULCE**



SHOT PUT : **Mike STULCE** questioned by **Peter INGLETON**

Mike: From adding up the weights here on my final attempt on this video, it appears to be a dismal miss with 507 lbs (230kg). My better lifts were always during the Spring, when I backed off the high volume at the track and scaled back plyometrics. Since I felt the longer movement of the snatch better translated to my throws, cleans were always secondary exercises after I had already completed a wide variety of various snatch exercises (power, hang, hip, box, one-hand, etc). Then, we usually finished off a workout with some variety of powerlifting exercises (bench, squat, etc.).

My best clean was 540 lbs (245kg) and I think my best hang power clean was 455 lbs (206kg) . My best power clean was around 470 lbs (213kg) only 10 kg more than from the hang. My best power snatch was 380 lbs (172,5kg). These were all caught in a quarter squat or higher. The full clean would have been done with a major drop, butt to the ground, with leather straps and no jerk.

The snatch was definitely my favorite of the two Olympic lifts, and I always felt it was my best lift. My best full snatch was between 446 lbs (202kg) and 468 lbs (212kg) , with leather straps (using a fairly generic 45 lb (20,5kg) bar and 2.5 lb (1,13kg) collars with kilo plates). I remember working my way up to 3 reds + a yellow (446 lbs -202kg) and catching it off the bottom multiple times throughout the late spring. But I also cannot tell you how many times I missed 3 reds and a blue (468 lbs- 212kg) that year, perhaps coming up with it once or twice. Or, it's equally possible that I was never able to get up and out of the hole, then make it up to the top. That weight was always my "Mount Everest to climb" at the end of every training cycle, at least when I was at my best.

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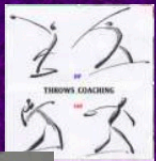
Ingleton : *Did you never attempt to snatch 457 lbs after hitting 446 lbs and before attempting 468lbs? 22 pounds is a huge jump on a max snatch!*

Mike: When I was moving up the weights, at least on the backend of a snatch or clean workout, I only remember jumping whole plate sizes. In other words, pulling a 15kg and then replacing it with a 20kg on the way up. So I never bothered to attempt 457 lbs (207,25kg) .

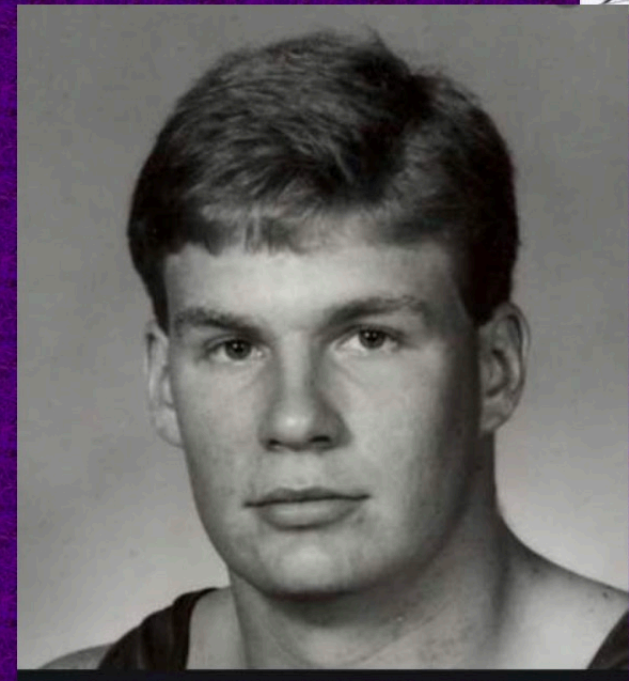
[When lifting], my objective was usually an 80/20 approach, where by definition, a power clean, power snatch, etc. (drop into quarter squat or higher) would have fallen into the 80% of the workout that was designed to remain somewhat explosive. When I typically reached enough explosive work to fall in those parameters, I wouldn't hesitate to drop to parallel or below on the 20% home stretch of a weight workout. When it became so sloppy that I couldn't pull the weight up to my hips when doing cleans, we just converted the remainder into clean pulls.

My snatch weights varied wildly throughout the year. The higher the volume in the off season, the lower the weights. During the early part of every new training cycle, when my number of reps went up, the weight percentages naturally went way down. This was especially true as I began to incorporate more explosiveness into my weightlifting as I progressed as a thrower. Building up prior to the competitive season and then just before the peak cycle (for my biggest meet of the year) would have been my heaviest and best lifts. Following that, during the peaking cycle itself, I'm sure many distance runners were pushing around more weight than I was.

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Mike: For the NCAAs, my best lifts were in April. For the 1992 Olympics, my best lifts were in late May / early June. Actually, all my Olympic lifting and squat PRs would have been in the late spring, but my bench PRs were always in the late winter. Not sure why it worked out that way, but my bench seemed to drop significantly during throwing season, while the rest of my lifts improved.



Mike STULCE

Mike I did full snatches at the end of every snatch session while working my way up (the “20” in my 80/20 target window). I absolutely loved one hand snatch. My left arm was much stronger than the right. I think it had something to do with throwing fatigue because it wasn’t even close. My best full one hand left was somewhere around 270 lbs (122,5kg) and 220 lbs (100kg) with the right. In the last few years of my career, the one hand snatch was a staple. My one hand snatch would freak out even seasoned veterans, who weren’t easily impressed.

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Ingleton : *That is ridiculously amazing. Given that you trained with a weightlifting coach, why did you continue to use straps on your back? That is very common for throwers but strongmen don't use them.*

Mike: Yes, **Mihaly** definitely used them. At that point, I had even used them in the past. I was a member of the club and I was under the impression that when I was outside the club, I was an athlete. I was making a living and they were relying on me. When it came to pushing weight around, they looked up to me as elite and asked for tips all the time.

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Mike STULCE



