

Annual Plan Considerations in the Hammer Throw



Annual Plan

- Setup and layout
- Considerations for the Collegiate Athlete
- Weight Training
- Implement selection and volume

Setting up the Annual Plan

- Thematic approach
- Breakdown of bio-motor abilities
 - Speed/Power
 - Strength
 - Coordination
 - (Mobility/Endurance)
- Needs assessment for particular athlete

Theme:

- Themed Annual Plan
- Themed Meso-cycle
- Themed Micro-cycle

FOCUS on single
bio-motor ability

- Themed Session

CONTAIN single
bio-motor ability

- Important to remember
that we work ALL bio-
motor abilities throughout

Annual Plan for Collegiate Hammer Thrower

- Phases in Double Periodization Model:
- General Preparation: 12 weeks (Thanksgiving)
- Specific Preparation I: 8 weeks (mid Jan)
- Pre Competitive I: 3 weeks (March 1)
- Competitive I: 2 weeks (NCAA)
- Transition: 1-2 weeks
- Specific Preparation II :4-5 weeks (Mid April)
- Pre Competitive II :6 weeks (SEC)
- Competitive II : 5-6 weeks (USATF/NCAA)

General Preparation

- Bio-motor abilities:
- Endurance-Build work capacity
 - Circle
 - Weight Room
 - Conditioning (stadiums, etc)
- Speed and strength also addressed in these venues
- Coordination via increasing reps

Specific Preparation I

- Eliminate Endurance
- Last bit of true Strength development
- Coordination becomes more important
- Speed continued

Pre Competitive I

- Heart of the regular season meets
- Coordination/Speed most important

Competitive I

- Coordination and peaking
- No strength or speed development
- Peak/restoration and keep neuro pathways in tact
- Shorter of the 2 peaking Competitive phases

Transition

- Restoration for athlete
- Active rest or complete dismissal

Specific Preparation II

- Short cycle to “re-prime the pump”
- Will get back to some light General Preparation principles
 - Increase work capacity
 - Very light Endurance work
 - Brief period of Strength development
- Occurs through beginning of outdoor season
 - Expectations for first 3 meets?

Pre Competitive II

- Similar to PC I
- Last chance to address Speed with Coordination
- Both volume and intensity are generally lower
 - Longer duration meets/travel
 - Athlete has sustained a high level of work all year

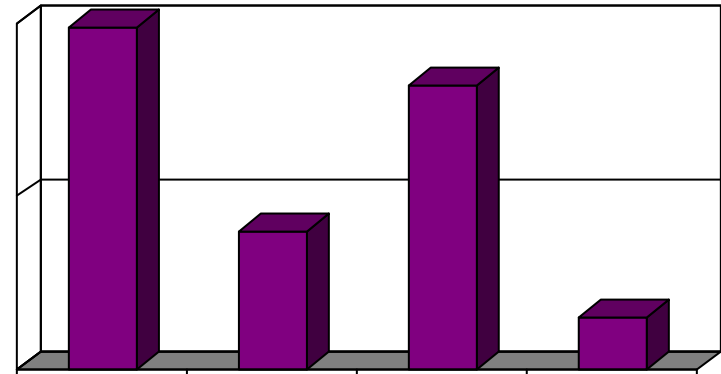
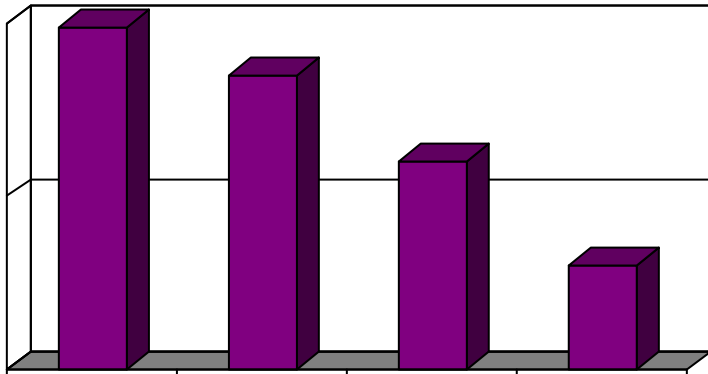
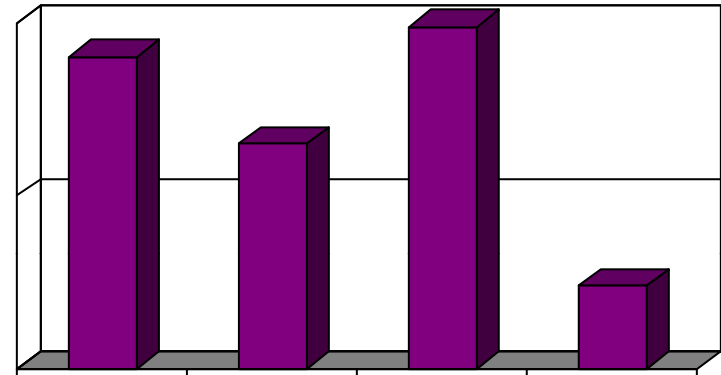
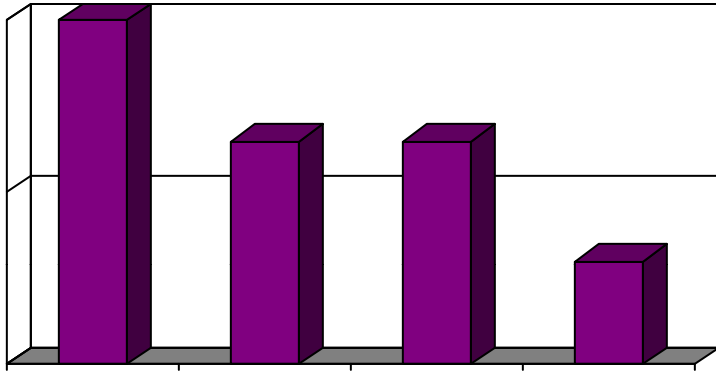
Competitive II

- Very low volume
- Moderate to high intensity in practice setting
- Coordination only with very little speed maintenance

Meso Cycle Considerations

- Stagger the themes
 - Ex No back to back speed cycles
- Undulate the weeks
 - Overall work
 - Themes
- Restoration

Example Meso Cycles (Volume)



Example Meso Cycle (Theme)

- Week 1: Strength
- Week 2: Speed
- Week 3: Strength
- Week 4: Restoration

REST

- Rest and Recovery are very important and often overlooked
- Every 4th week is a restoration week
 - Drop either volume or intensity (unless peak--both)
 - Enables testing/ quality technical practices that week
 - Athletes can train more aggressively the following week
 - Drug free athletes must REST/RECOVER

Micro-cycle Considerations

- Each day of the week has a theme
- Typically Monday is a speed development day
Why?
- Sunday is OFF DAY
- Important to put 48-72 hours between like bouts
 - Speed /Power workouts
 - Strength workouts

Typical Micro with 3 Speed Sessions

Name:	Hammer		M	T	W	Th	F	Sa	Su
			5	4	3	2	1		
Week Ending:	8-Nov								
Micro:	9								
Meso Theme:	Strength								
Monday	Technical Warmup Throw 20x light ball Weight Room Day 1 10x Sprint/Float/Sprint 10/30/10 Cooldown- Jump Rope 250		Tuesday	Technical Warmup Throw 15 10 x heavy, 10 x comp Cooldown T 2 X 10 light ball		Wednesday	Voluntary Day General A Warmup Weight Room Day 2 Stadium Runs x 10 Ab Circuit Rocky X 30 Cooldown Static stretch		
Thursday	Tech Warmup 4,3,3 16,14,14 Weight Room Day 3 Ab Circuit Rocky X 35 Cooldown Medball Sergei 2 X 8		Friday	General Warmup A Line Turns Repeat wind, turn, wind 2 turns.... wrap around Left Handed 10 x 100m buildups Cooldown PNF Flexo		Saturday	Technical Warmup All Plyos Medball Yuri 3 x 6 Light Jump rope x 250		
	Active stretch/Recovery			Biomotor Ability SPEED COORDINATION FLEXIBILITY ENDURANCE STRENGTH			Focus 4 2 3 3 4		
							Technical Focus		

Example of Out-of-Season Micro

- Monday- Speed
- Tuesday- Strength
- Wednesday- Technique/Restoration
- Thursday- Speed
- Friday- Strength
- Saturday- Technique/Transition/Restoration
- Sunday- Total REST

Example of In-Season Micro

- Monday- Restoration/Light Speed
- Tuesday- Strength
- Wednesday- Coordination/Transition
- Thursday- Speed
- Friday- Restoration
- Saturday- Competition
- Sunday- Total REST

Sessions

- Where possible keep the theme the same through:
 - Warm-up
 - Conditioning
 - In the circle
 - In the weight room
 - In other conditioning
 - Cool-Down

Training the Collegiate Athlete

- Two clocks: Athletic and Academic
- Marry the two?
- Semester is approx 14-16 weeks =
2 x 8 week cycles
- “Double Double” Periodization

Double Double

- Trend will stay the same
- Graph will undulate rather than being a straight line
- Eighth week is utilizes major rest period
- Testing can be done weeks 1, 8, 16

Double Double in Spring

- Already a natural break between seasons
- Testing at a minimum
 - (We test every Saturday)

The Double Double in the Weight Room

- Although different rep schemes, the principle is applied to Olympic lifts, Power Lifting and ancillary movements
- Does not allow for athlete to succumb to stagnation

Example of Olympic Reps Progression

- ~2 weeks each cycle:
- Sets of 5 @ 70-75% →
- Sets of 4 @ 75-80%, Sets of 3 @ 80-85%→
- Sets of 2 @ 90-95%→
- MAX or 105%

Example of Olympic Lift Progression

- Through the year:
- Transition– Dead Lifts
- Early General Prep—Dead Lift to Shrug
- General Prep– Power Cleans/Below Knee/Hang Cleans
- Specific Prep– Shifts to minimal Power/Majority Hang
- Pre Competitive Phase—Hanging
- Competitive – Hanging/Dumb bell
- Volume/Intensities adhere to Double Double Scenario

Implement Selection

Implement Selection 2 Q's

- What is our ultimate goal?
- Does the weight throw help the hammer?

Ultimate Goal

- Throw every implement the same way.

Does the WT help the hammer?

- Habits?
- Olympic games?

Implement Progression

- Early General Preparation
 - Light and competition hammers only
 - 3-4 days/week
 - 10-15 throws/day
- Late General Preparation
 - Mix of light hammer days, heavy hammer days, comp hammer days
 - 4 days/week
 - 15-20 throws/week

Specific Preparation

- Mix of implements in a particular day
 - Ex: speed day=light followed by comp
- Introduction of short/heavy hammer
- 20-25 reps/day
- 4 days/week

- Jan 1st weight is introduced

Pre Competitive

- Generally competition hammer outdoors heavy and short/heavy indoors
- Indoors weight will be thrown 1x per week
- Outdoors “neuro-day” introduced
- Reps vary, but substantially lower
- Throws days still 3-4 but include competition
- Reps/session will drop to approx. 15

Competitive

- 2-3 Throws days + competition day
- Volume is super low 10-15 throws maximum
- Implements will be comp and light
- Take a needs assessment
 - Heavy?
 - Short/Light?

Variables

- Training age
- Multiple Event Athletes
- Climate is NOT a variable
 - Drills, etc with particular ball

Questions?



Thank You &
Happy Holidays

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