Strength Development for the Throws

Overview:
Program Planning
Daily Elements
Event Specific Training
Variable Throws
Season Planning

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Program Planning

- MACROCYCLE
- MESOCYCLE
- MICROCYCLE
Daily Elements

• Event Training
• Olympic lifting
• Power (presses and pulls)
• Specific training
• Torso
• Secondary exercises
Event Specific Movements

- Shot Put
- Discus
- Javelin
- Hammer
Variable Throws

- Shot Put
- Discus
- Javelin
- Hammer
Season Planning

- Pre-season
- Early season
- Late season
- Peak
- Transition
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Videos:
http://digitaltrackandfield.com