

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>