Future Focal Points in Shot Put and Discus Throwing Training

Vésteinn Hafsteinsson

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Topics

• How is your experience of coaching in different countries and how do you do that?

• How do you combine shot and discus coaching? Is the development of high-level thinking good at young age in both events?

• Present and future perpectives on shot put and discus throwing training at top level?
  (Strength, Power, Speed, Specialpower, Endurance, Flexibility etc.)

• Use of functional training for the throwing events. Is it useful and needed in throwing events?

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How is your experience of coaching in different countries and how do you do that?
Nations

- Iceland
- Estonia
- Denmark
- Sweden
- United States
- Great Britain
- Egypt
- Bosnia-Hercegovina

All athletes wants the same, THROW FAR

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GT SYSTEM

- 9-10 training camps a year
- 4-5 training camps in Växjö, 10-14 days
- 1 training camp in S-Africa or Tenerife, 21-28 days
- 1 training camp in USA, 21-28 days
- 1 pre camp for championships, 10-14 days
- 1 training camp in Tallinn, 7-10 days
- Several day, week camps during the season in Växjö

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Internet Coaching

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International Group

- Gerd Kanter EST 73.38
- Märt Israel EST 66.98
- Omar El Ghazaly EGY 66.58
- Niklas Arrhenius SWE 66.22
- Brett Morse GBR 66.06
- Kristian Pettersson SWE 65.10
- John Bowman USA 64.47
- Leif Arrhenius SWE 64.46
- Magnús Hallgrímsson ICE 63.09
- Martin Kupper EST 62.32
- Joachim B. Olsen DEN 21.63
- Leif Arrhenius SWE 20.50
- Kim Christensen DEN 20.39
- Raigo Toompuu EST 20.20
- Niklas Arrhenius SWE 19.91
- Simon Stewart USA 19.78
- Kristian Pettersson SWE 19.74
- Nick Petersen DEN 19.33
- Daniel Ståhl SWE 18.78
- Christina Scherwin DEN 64.83

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Two Champions

Gerd Kanter, EST
Discus 73.38m
- Silver WC 2005
- Silver EC 2006
- Gold WC 2007
  WORLD CHAMPION
- Gold 2008
  OLYMPIC CHAMPION
- Bronze WC 2009
- Silver WC 2011
- Silver EC 2012
- Bronze OG 2012

Joachim B. Olsen, DEN
Shot Put 21.63m
- Bronze WC indoors 2004
- Silver OG 2004
- Gold EC indoors 2005
  EUROPEAN CHAMPION
- Bronze WC indoors 2006
- Bronze EC 2006

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GT Group 2013

- Niklas Arrhenius
- Simon Pettersson
- Daniel Ståhl
- Leif Arrhenius
- Kim Christensen
- Märt Israel

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The Athlete

- Total Dedication to the Sport
- Going for Gold
- Breaking Records
- Nothing is Going to Stop Me
- Do What is Needed for Success
- Beat Everybody When it Counts
- Loves to Compete
- Do Things Others Do not Do
- Be Myself

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The Coach

- You are in charge
- You listen
- You organize
- You take responsibility
- You do not know it all
- You educate and develop
- You ask for help
- You take a win and a loss
- You belief
- You are patient

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The Champion

- 8 years of hard work
- 70 training camps
- 100,000 throws
- 200 meets
- 4000 training sessions
- 10,000 hours

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How do you combine shot and discus coaching? Is the development of high-level thinking good at young age in both events?
Age & Level

• Puberty girls 11-13, boys 13-16
• <11 år: Play, learn technique
• 12-14 : Athletics training, technique
• 15-17 : Specific technical, physical, training plan
• 18-22 : Specific technical, physical, mental
• >22 year: Elite training

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The Philosophy

“The slowest process, gives the fastest result”

What is the rush?

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The Rule

Never make any excuses

Al Oerter

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Usually we start with NOTHING

“Everyone can train hard even if the resources are not there from the beginning, support or money” AA

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What is most Important?

The Will to be good

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Go to the stadium!

“You get good at what you train”

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Träning

Allmänt grundträningsstadium | Uppbyggnadsträningsstadium | Prestationssträningsstadium

Allmän träning | Speciell träning

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The Basic

HAVE FUN

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The thinking of J.B.O.

- Physical shape
- Mental capacity
- Technical ability

“If you are off in one you still win” (J.B.O.)

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The thinking of G.K

- Be Happy
- Be multifaceted when young
- Rush slowly
- Eat well
- Do not be afraid to lose
- Trust those who are smarter and more experienced
- Do not lose hope
- Know how to dream

- Be knowledgeable about sports
- Be inventive
- Be honest
- Studying is more important than sports
- Take care of your body
- Be consistent
- Call your mother

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### The Golden Four

<table>
<thead>
<tr>
<th>TRAIN</th>
<th>10-12 times a week for 10 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>1-2 hours a day</td>
</tr>
<tr>
<td>SLEEP</td>
<td>8-10 hours a night</td>
</tr>
<tr>
<td>EAT</td>
<td>6 times a day</td>
</tr>
</tbody>
</table>

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# Training Factors

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Technical</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Strength endurance, flexibility, speed, coordination</em></td>
<td><em>Discipline, will, believe, patients</em></td>
<td><em>Do it as often as you can</em></td>
<td><em>Family, friends, education, job</em></td>
</tr>
</tbody>
</table>

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TRAINING PRINCIPLES

a. Individualization
b. Specificity
c. Load/adaptation
   1. Training volume/intensity
   2. Training time
   3. Frequency of training
   4. Rest
   5. Compensation/over/super
d. Variation
e. Progression
f. Control

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General Factors

- Breathing, relaxation, heaviness
- Each individul has his natural positions
- Feet, knees, hips, shoulders, arms
- Your posture
- Head, eys
- Acceleration, rhythm
- Regulation of speed and power
- Regulation of physical, mental stress

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Throwing Principles

- Involve the whole body
- Summation of force or power
- Force in the direction of the throw
- Long reach of motion
- Transfer of energy
- Center of gravity

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My message

• Learn how to throw technically before puberty, 11-16 years of age
• Do lots of general physical activity until 17-18 years of age with concentration on speed
• Start to train as an elite athlete around 18-19 years of age (shot put and discus)
• Enjoy your sport

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Present and future perspectives on shot put and discus throwing training at top level.

(Strength, power, speed, special-power, endurance, flexibility etc.)

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Philosophy

Science

Experience

Common Sense

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Professionalism

- Systematic Training
- Professional Coaching
- Great Environment
- Good Facilities
- Team of Specialists
- Training Camps
- Planned Competition Schedule
- Training Partners
- Backup, Federation, Club, NOC

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The winner

• The winner is a professional with a professional coach and a professional team around himself

• Do not expect to win against a professional if you are an amateur, it is unfair to you

• There is no reason for that an amateur will beat a professional, it can be fun but it rarely happens

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TEAM OF SPECIALISTS

- Medical Doctor
- Physical Therapist
- Massage
- Mental Coach
- Scientist, BioM
- Nutritionist
- Technical Specialist
- Media, Internet
- Mentor

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Important factors

• Prehab instead of rehab (physically)
  Take always one step back if a chance of an injury

• Preparation of both brainhalves (mentally)
  Be prepared on unexpected situations in meets, let your competitors make the mistakes

• Learn to throw many throws (technically)
  Keep your technique even if tired

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Most important

You cannot use strength, power, speed, specialpower, endurance, flexibility etc.

If you cannot COMPETE!

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Modeltraining

You train the situation that
You are bad at

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How do we do it?

- Train the situation that is at EC, WC and OG exactly until you manage to perform
- The procedure takes all day from you wake up until you fall asleep as on a competition day
- Calculate in all details and do it the same way
- You have to do it minimum 7-10 times, maybe even much more often, until you manage it
- 0 procent possibility to perform if not done or some other method is used

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The one minute plan

• Modeltraining:

• The STEP Method:
  Step 1 Prepare
  Step 2 Visualize
  Step 3 Breathe
  Step 4 Throw

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Preparation for Championships

- Prepare the optimal way in every way
- Do it in time, minimum one year in advance
- Be aware of that there will be problems
- Make others be irritated as you fix the problems
- Be in shape physically, technically, mentally
- Make individual prepartions for meets
- You have to make good environment for yourself

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Gather information

- Competition venue
- Timetable
- Weather
- Time zone
- Training camps
- Facilities
- Experts
- Food
- Accommodation
- Transportation

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Year Plan

YEAR PLAN
8 Periodes + 6 x Camp Periodes

CYCLES
Single Periodization
1 Macrocycle (Outdoors)
14 Mezocycles
52-62 Microcycles

PERIODES

Mezocycles
(1) General Preparation 28 Days
(2-3) Hypertrophy+Camp 1 56 Days
(4) Camp 2 RSA 28 Days
(5) Maintenance 1+Camp 3 28 Days
(6-7) Strength+Camp 4 42 Days
(8) Maintenance 2+Camp 5 28 Days
(9-10) Competition 1+Camp 6-7 56 Days
(11-12) Competition 2+Pre Camp 8-9 28 Days
(13-14) Competition 3+Camp 10 28 Days

SYSTEM

Microcycles
(4) General Preparation Week Plan
(18) Hypertrophy-Strength-Maintenance Week Plan
(15-20) Camps 3-1 Plan
(15-20) Competition 2-1 Plan

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Organization

• All organization in 4 week periods
• Volume down in each week
• Intensity up in each week
• Changes on sets, reps, exercises each week
• Lots of pyramid training
• Top performance, each day, week, month, period
• Rest organized

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CYCLES

• Usually 1-2 Macro cycles during the year depending of you are a DT or SP

1. These Macro cycles are broken down in Mezo periods of 4-12 weeks
2. The Mezo periods are then broken down to Mezo cycles of 4 weeks
3. The Mezo cycles are then broken down to 7 day week Micro cycles
4. The week cycles are broken down to 3-1 & 2-1 day Micro cycles
5. The day cycles are then broken down to daily sessions

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PREVENTIONAL STRENGTH

ABS & STABS
A. Situps
B. Rotations
C. Leg Lifts
D. Specific
E. Dynamic
F. Static

COORDINATION
A. Warmup
B. Gymnastics
C. Running
D. Hurdle Walk
E. Running School
F. Stretch

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## SPECIFIC STRENGTH

### THROWING
- A. Balls
- B. Shots
- C. Pins
- D. Medicinballs
- E. Heavy
- F. Light
- G. Other Tools

### STRENGTH WORK
- A. Twists
- B. Pull Overs
- C. Flys
- D. Plyometrics
- E. Rotations
- F. Position Ex.
- G. Speed Ex.

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## PERIODIZATION-DISCUS

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Throws</th>
<th>Weight</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct</td>
<td>2-3 times a week</td>
<td>30-40</td>
<td>2.5-3.0kg</td>
<td>80-90%</td>
</tr>
<tr>
<td>Nov-Dec</td>
<td>4-6 times a week</td>
<td>50-60</td>
<td>2.0-3.0kg</td>
<td>90-100%</td>
</tr>
<tr>
<td>Jan</td>
<td>6-10 times a week</td>
<td>10-40</td>
<td>2.0-2.5kg</td>
<td>95-100%</td>
</tr>
<tr>
<td>Feb-Mar</td>
<td>4-6 times a week</td>
<td>50-60</td>
<td>2.0-3.0kg</td>
<td>95-100%</td>
</tr>
<tr>
<td>April-May</td>
<td>6-10 times a week</td>
<td>10-40</td>
<td>2.0-2.5kg</td>
<td>95-100%</td>
</tr>
<tr>
<td>Jun-Aug</td>
<td>4-6 times a week</td>
<td>20-30</td>
<td>1.75-2.5kg</td>
<td>90-100%</td>
</tr>
<tr>
<td>Sep</td>
<td>3-4 times a week</td>
<td>20-30</td>
<td>2.0kg</td>
<td>90-100%</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Month</th>
<th>Frequency</th>
<th>Throws</th>
<th>Weight</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct</td>
<td>2-3 times a week</td>
<td>15-20</td>
<td>6.0kg</td>
<td>80-90%</td>
</tr>
<tr>
<td>Nov-Dec</td>
<td>4-6 times a week</td>
<td>20-30</td>
<td>7.26-7.72kg</td>
<td>90-100%</td>
</tr>
<tr>
<td>Jan</td>
<td>6-8 times a week</td>
<td>10-20</td>
<td>6.81-7.72kg</td>
<td>95-100%</td>
</tr>
<tr>
<td>Feb-Mar</td>
<td>4-6 times a week</td>
<td>20-30</td>
<td>7.26-7.72kg</td>
<td>90-100%</td>
</tr>
<tr>
<td>April-May</td>
<td>6-8 times a week</td>
<td>10-20</td>
<td>6.81-7.72kg</td>
<td>95-100%</td>
</tr>
<tr>
<td>Jun-Aug</td>
<td>4-6 times a week</td>
<td>10-20</td>
<td>6.81-7.26kg</td>
<td>90-100%</td>
</tr>
<tr>
<td>Sep</td>
<td>2-4 times a week</td>
<td>10-20</td>
<td>7.26kg</td>
<td>90-100%</td>
</tr>
</tbody>
</table>

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Transfer

Leif Arrhenius

- 17 pounds (7.72 kg) 20.20m
- 16 pounds (7.26 kg) 20.59m
- 15 pounds (6.81 kg) 21.49m

Gerd Kanter

- 2.0 kg 73.38m
- 2.5kg (tool, 30cm) 75.50m

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Peaking

- 8-10 weeks
- 32-50 sessions
- Throw 4-5 times a week and have minimum one performance session a week that is done on the second session after rest
- You have to throw yourself in shape, no matter what period you are doing in the weight room

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# Strength METHODS

<table>
<thead>
<tr>
<th>Model</th>
<th>Load (%)</th>
<th>Intensity</th>
<th>Reps &amp; Sets</th>
<th>Rest (min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max Strength</td>
<td>92.5-100</td>
<td>High/Max</td>
<td>1-3/2-5</td>
<td>3-6</td>
</tr>
<tr>
<td>Hypertrophy</td>
<td>70-80</td>
<td>Low/Medium</td>
<td>8-12/3-5</td>
<td>1-2</td>
</tr>
<tr>
<td>Explosive</td>
<td>70-90</td>
<td>High/Max</td>
<td>1-4/3-5</td>
<td>3-6</td>
</tr>
<tr>
<td>Speed</td>
<td>(30)60-80(90)</td>
<td>High/Max</td>
<td>3-5/3-5</td>
<td>1-2</td>
</tr>
<tr>
<td>Endurance</td>
<td>30-50</td>
<td>Low/Medium</td>
<td>15-(50)/2-4</td>
<td>1-2</td>
</tr>
<tr>
<td>Learning</td>
<td>Light</td>
<td>Easy</td>
<td>5-12/2-4</td>
<td>1-2</td>
</tr>
</tbody>
</table>

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REPITITION MAX

- 100% 1 rep
- 95-97.5% 2 reps
- 92.5% 3 reps
- 90% 4 reps
- 87.5% 5 reps
- 85% 6 reps
- 82.5% 7 reps
- 80% 8 reps
- 77.5% 9 reps
- 75% 10 reps

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PERFORMANCE STRENGTH
Olympic Weight Lifting

Snatch
- Power Snatch
- Hang Snatch
- Drop Pulls
- Podie Pulls

Clean
- Power Clean
- Hang Snatch
- Drop Pulls
- Podie Pulls

Jerk
- Behind Neck
- In Front
- Reaction Jerk
- Speed Jerk

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CALCULATION SYSTEM

- During each cycle within each period there is a performance goal
- It is usually to work up to max in particular reps category
- Then 4-12 weeks ahead every lift is calculated out in advance
- The period usually starts with the 10% RULE and ends up with the MAX

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### PERIODIZATION - OLYMPIC LIFTS

<table>
<thead>
<tr>
<th>Month</th>
<th>Sets</th>
<th>Reps</th>
<th>Weights</th>
<th>Sets</th>
<th>Reps</th>
<th>Weights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Nov-Dec</td>
<td>3-5</td>
<td>3-5</td>
<td>120-130%</td>
<td>5x5</td>
<td>54345</td>
<td></td>
</tr>
<tr>
<td>Jan</td>
<td>3-5</td>
<td>1-4</td>
<td>80-100%</td>
<td>3x2</td>
<td>32111</td>
<td></td>
</tr>
<tr>
<td>Feb-Mar</td>
<td>5x1</td>
<td>5</td>
<td>77.5-90%</td>
<td>5x3</td>
<td>54333</td>
<td></td>
</tr>
<tr>
<td>April-May</td>
<td>3-5</td>
<td>1-4</td>
<td>80-100%</td>
<td>3x2</td>
<td>32111</td>
<td></td>
</tr>
<tr>
<td>Jun-Sep</td>
<td>3-5</td>
<td>1-3</td>
<td>60(70)-80(90)%</td>
<td>3x2</td>
<td>11111</td>
<td></td>
</tr>
</tbody>
</table>

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TONNAGE OLYMPIC LIFTING

• Clean Pull

  – 1 week: 5x5x150kg = 25x150kg = \textbf{3750kg}/150kg
  – 2 week: 5x4x155kg = 20x155kg = \textbf{3100kg}/155kg
  – 3 week: 4x4x160kg = 16x160kg = \textbf{2560kg}/160kg
  – 4 week: 4x3x165kg = 12x165kg = \textbf{1980kg}/165kg
  – 5 week: 5x5x155kg = 25x155kg = \textbf{3875kg}/155kg
  – 6 week: 5x4x160kg = 20x160kg = \textbf{3200kg}/160kg
  – 7 week: 4x4x165kg = 16x165kg = \textbf{2640kg}/165kg
  – 8 week: 4x3x170kg = 12x170kg = \textbf{2040kg}/170kg

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## Strength Levels

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Snatch</th>
<th>Clean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gerd Kanter</td>
<td>125</td>
<td>180</td>
</tr>
<tr>
<td>Joachim Olsen</td>
<td>150</td>
<td>195</td>
</tr>
<tr>
<td>Christina Scherwin</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>Märt Israel</td>
<td>135</td>
<td>185</td>
</tr>
<tr>
<td>Omar El Ghazaly</td>
<td>125</td>
<td>175</td>
</tr>
<tr>
<td>Kim Christensen</td>
<td>125</td>
<td>150</td>
</tr>
<tr>
<td>Niklas Arrhenius</td>
<td>132.5</td>
<td>195</td>
</tr>
<tr>
<td>Brett Morse</td>
<td>110</td>
<td>155</td>
</tr>
</tbody>
</table>
Compare to yourself

- Gerd Kanter 180kg power clean 30 years old

-------

- Daniel Ståhl 180kg power clean 20 years old

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PERFORMANCE STRENGTH
Power Lifting

Front Squats
- Half Squats
- One Leg Squats
- Jump Squats

Squat

Bench Press
- Incline Bench Press
  - Fly
  - Close Grip Bench Dumbells

Dead Lift
- Snatch Deadlift
- Suomo Deadlift
- Partial Deadlift
- Podie Deadlift

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## PERIODIZATION-POWER LIFTS

<table>
<thead>
<tr>
<th>Period</th>
<th>Reps/Volume</th>
<th>Sets</th>
<th>Load</th>
<th>Volume 1</th>
<th>Volume 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Nov-Dec</td>
<td>5x4-10</td>
<td>65-90%</td>
<td>109876</td>
<td>87654</td>
<td></td>
</tr>
<tr>
<td>Jan</td>
<td>3-5x3-5</td>
<td>77.5-92.5%</td>
<td>4x2-4</td>
<td>54333</td>
<td></td>
</tr>
<tr>
<td>Feb-Mar</td>
<td>5x5</td>
<td>77.5-87.5%</td>
<td>5x5</td>
<td>5x5</td>
<td></td>
</tr>
<tr>
<td>April-May</td>
<td>3-5x1-5</td>
<td>77.5-100%</td>
<td>32133</td>
<td>54333</td>
<td></td>
</tr>
<tr>
<td>Jun-Sep</td>
<td>3-5x1-3</td>
<td>60(70)-80(90)%</td>
<td>3x2-3</td>
<td>543</td>
<td></td>
</tr>
</tbody>
</table>

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TONNAGE, POWER LIFTING

- Squats, Bench Press, Deadlift
  - 1 w: 12,11,10,9,8 x 150-170kg = 50 reps, **7950kg/159.0kg**
  - 2 w: 11,10,9,8,7 x 155-175kg = 45 reps, **7375kg/163.8kg**
  - 3 w: 10,9,8,7,6 x 160-180kg = 40 reps, **6750kg/168.7kg**
  - 4 w: 9,8,7,6,5 x 165-185kg = 35 reps, **6075kg/173.6kg**
  - 5 w: 12,11,10,9,8 x 155-175kg = 50 reps, **8200kg/164.0kg**
  - 6 w: 11,10,9,8,7 x 160-180kg = 45 reps, **7600kg/168.8kg**
  - 7 w: 10,9,8,7,6 x 165-185kg = 40 reps, **6950kg/173.7kg**
  - 8 w: 9,8,7,6,5 x 170-190kg = 35 reps, **6250kg/178.6kg**

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LOAD vs INTENSITY

Total Tonnage

Week 1: 7950
Week 2: 7375
Week 3: 6750
Week 4: 6075
Week 5: 8200
Week 6: 7600
Week 7: 6950
Week 8: 6350

Average Load (Kgs)

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### Strength Levels

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Squats</th>
<th>Bench</th>
<th>Deadlift</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gerd Kanter</td>
<td>290</td>
<td>220</td>
<td>300</td>
</tr>
<tr>
<td>Joachim Olsen</td>
<td>3x290</td>
<td>240</td>
<td>2x350, 5x330</td>
</tr>
<tr>
<td>Christina Scherwin</td>
<td>130</td>
<td>90</td>
<td>160</td>
</tr>
<tr>
<td>Märt Israel</td>
<td>260</td>
<td>220</td>
<td>5x270</td>
</tr>
<tr>
<td>Omar El Ghazaly</td>
<td>3x220</td>
<td>230</td>
<td>200</td>
</tr>
<tr>
<td>Kim Christensen</td>
<td>260</td>
<td>227.5, 5x210</td>
<td>285</td>
</tr>
<tr>
<td>Niklas Arrhenius</td>
<td>302.5</td>
<td>247.5</td>
<td>5x275</td>
</tr>
<tr>
<td>Brett Morse</td>
<td>220</td>
<td>180</td>
<td>220</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Month</th>
<th>Frequency</th>
<th>Type</th>
<th>Duration</th>
<th>Percentage</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct</td>
<td>2 times a week</td>
<td>Distance</td>
<td>75% pulse</td>
<td>45-60min</td>
<td></td>
</tr>
<tr>
<td>Nov-Dec</td>
<td>1 time a week 1 time a week</td>
<td>Distance Intervals</td>
<td>75% pulse 5-10x100-300m</td>
<td>45-60min 3 min rest</td>
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</tr>
<tr>
<td>Jan</td>
<td>1-2 times a week 2 times a week</td>
<td>Distance Accelerations</td>
<td>75% pulse 5x50-100m</td>
<td>20-20min 90%</td>
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<tr>
<td>Feb-Mar</td>
<td>1-2 times a week</td>
<td>Distance</td>
<td>75% pulse</td>
<td>20-30min</td>
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<tr>
<td>Apr-May</td>
<td>2 times a week</td>
<td>Accelerations</td>
<td>5x50-75m</td>
<td>90%</td>
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</tr>
<tr>
<td>Jun-Aug</td>
<td>2 times a week</td>
<td>Accelerations</td>
<td>5x50-60m</td>
<td>90%</td>
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</tr>
<tr>
<td>Sep</td>
<td>2 times a week</td>
<td>Accelerations</td>
<td>5x40-50m</td>
<td>90%</td>
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<tr>
<td>Period</td>
<td>Distance</td>
<td>Efficiency</td>
<td>Surface Details</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>----------</td>
<td>------------</td>
<td>----------------------------------</td>
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<tr>
<td>Sep-Nov</td>
<td>200-250</td>
<td>70-80%</td>
<td>Soft surface Barefoot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dec-Feb</td>
<td>150-200</td>
<td>80-90%</td>
<td>Harder surface Shoes</td>
<td></td>
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</tr>
<tr>
<td>Mar-May</td>
<td>100-150</td>
<td>90-100%</td>
<td>Hard or Soft Surface Shoes or Barefoot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jun-Aug</td>
<td>50-100</td>
<td>90-100%</td>
<td>Hard surface Shoes</td>
<td></td>
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</tr>
<tr>
<td>Period</td>
<td>Range (m)</td>
<td>Distance (%)</td>
<td>Technique</td>
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<td></td>
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<tr>
<td>-----------</td>
<td>-----------</td>
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<td>----------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep-Nov</td>
<td>200-250</td>
<td>70-80%</td>
<td>Wall, partner Standing</td>
<td></td>
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</tr>
<tr>
<td>Dec-Feb</td>
<td>150-200</td>
<td>80-90%</td>
<td>Wall, partner Approach</td>
<td></td>
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<tr>
<td>Mar-May</td>
<td>100-150</td>
<td>90-100%</td>
<td>Wall, partner Approach, jumps</td>
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</tr>
<tr>
<td>Jun-Aug</td>
<td>50-100</td>
<td>90-100%</td>
<td>Wall, partner Approach, jumps</td>
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</tbody>
</table>
# Specific Lifts

<table>
<thead>
<tr>
<th>Oct</th>
<th>Circuit, Stabilization</th>
<th>3x10-15 Light, Pump</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov-Dec &amp; Jan-Feb</td>
<td>Eccentric Lifts</td>
<td>125-150% of 1RM</td>
</tr>
<tr>
<td>Mar-Sep</td>
<td>Effect Lifting</td>
<td>30-60% of 1RM</td>
</tr>
<tr>
<td>April-May</td>
<td>Drop Jumps, One Leg Squats</td>
<td>100% Intensity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100% Intensity</td>
</tr>
<tr>
<td>Jun-Sep</td>
<td>Concentric Lifts, jumps, Fast down fast up</td>
<td>100% Intensity</td>
</tr>
<tr>
<td></td>
<td>Drop Pulls</td>
<td>100% Intensity</td>
</tr>
<tr>
<td></td>
<td>Half Squats</td>
<td>100% of 1RM</td>
</tr>
<tr>
<td></td>
<td>Specific Medicinball</td>
<td>100% Intensity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100% Intensity</td>
</tr>
</tbody>
</table>

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To peak when it counts

- After max volume 4-12 weeks after
- Adaptation and variation
- Volume and intensity
- Last lifting session 72 hours before
- Last throwing session 24 hours before
- Rest
- Wake up call
- Compete

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Competition Day

You are ready – follow your plan

------------------------

Think about ONE thing, not two

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Remember this!

- When do you rest?
- Travel to a meet, treatment
- Wake up the body
- Compete
- Organize training after meet
- Organize training before travelling back
- Travel home, treatment
- Rest, sleep, eat

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My message

• **Throw as much as possible** *(technical, speed)*
• **Get as much horse power as possible** *(physical)*
• **Train the situation** *(mental)*
• **Choose a method, training plan** *(organisation)*
• **Never make any excuses** *(personality)*
• **Enjoy it** *(lifestyle)*

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