

Teaching Feeling in the Hammer Using Varied Weighted Implements

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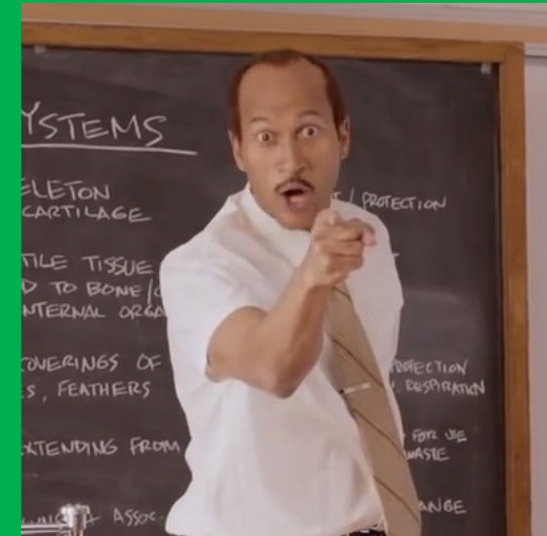
Basic Tenets

What do you want them to learn?
Is that what you're teaching them?



Put them in a position to be fast, not a position where they have to be strong

Training adjustments based on observations, not status quo



Basic Tenets

Training periods
tend to bleed over



Peak by pulling
lifting volume lever (mostly)



Always exceptions that we
need to adjust for while
staying honest with the
programing



A way, not THE way



Transparency

What to Expect from the Talk

- Going to be very transparent
- Feeling in the hammer is important
- Outline the specific programming
- Talk about the rationale
- Nerd out on the hammer throw



What to Expect from the Programming

- Training Days
 - Throwing
 - Lifting
 - Specials
 - Running/Hurdles
 - Bounding
- Off Days
 - Rest
 - Mid-Week Academic Day



Training 1 General Prep – Fall 2015 - 5 weeks

- Goal(s): General conditioning, get in touch with the competition implement
- Hammer: 16# - 10-14 throws(M, T, Th, F)
- Lifting: BS 4x8, MC 4x4, SHP 4x4, BP 4x8
S 3x3, 5x2, FS 4x8, ADP 4x8, BOR 4x8
- Specials: Swiss Ball Stability, Hanging Leg Raise, U's, N's, Winds (with plate) --- Wind & Turn, Geczek 3x10
- Hurdles: Walking Mobility, Trail Leg Drills



Training 1 General Prep – Fall 2015 - 5 weeks

Result: Figured out how to make a 66m hammer thrower throw in the low 60's in the fall

Feeling:

- Tired
- Confidence level is not very high
- Impulse at zero
- Very little feeling/connection in the throw



Training 2 Specific Prep 1 – Fall/Winter 2015/2016 - 14 Weeks

- Goal(s): Find 180 and push, no soft legs in double support, learn to react
- Hammer: 16#/6kg (alternating) x 20 (M/Th)
16# x 15-20 (T/F)
WT x 5-7 (T/Th) starting 11/10
- Lifting: RHC 5x4, BS 4x5, UR 3x8 (M/Th)
MS 5x4, FS 4x5, CP 5x4, Pull Up 3x8 (T/F)
- Specials: Monster Walk, Back Ex., Plate Twists 3x8
- Hurdles: Walking Mobility, Trail Leg Drills



Training 2 Specific Prep 1 – Fall/Winter 2015/2016 - 14 Weeks

Result: End of November - 65.39m/20.70m
 December - 67.93m/64m Repeats
 18#-59m
 6kg-72m in January
 End of January - 22.58m WT

Feeling:

- Impulse at 0 and 180
- Step in to 180
- Still tired
- Confidence is building
- Reacting to the ball



Training 3 Competition 1 – Winter/Spring 2016 - 7 Weeks

- Goal(s): React to the ball, Work the hands, Begin to feel fresh at the start of throwing sessions
- Hammer: 18#x4, 16#x12-15, 5kgx3 (M/F)
18#x3-5, 16#x10-15, WT x 5-7 (T/Th)
- Lifting: HipMC 5x4, 1/4FS 5x4, HurdleHop
5x4 Pull Up 3x8, ADP 4x5 (M/F)
RHS 5x4, BoxSquat 4x4, 3 Double Leg
Bounds x 5, UR 3x8, DBBP 5x4 (T/Th)
- Specials: Monster Walk, Back Ex., Plate Twists 3x8



Training 3 Competition 1 – Winter/Spring 2016 - 7 Weeks

Result: 16# - 69.23m
 18# - 62.60
 5kg - 82.60m
 WT - 23.80m to win Indoor NCAA's
 70.08m at 1st outdoor competition

Feeling:

- How to attack the throw in a meaningful way
- Fresh(er)
- Confidence is high going in to outdoor
- Not all competitions matter



Training 4 Specific Preparation 2 – Spring 2016 - 9 Weeks

- Goal(s): Build throwing power, keep throwing speed (red shirted outdoor season)
- Hammer: 20#x4, 16#x12-15, 6kgx4 (M/F)
16#x20-25 (T/Th) --- 1st 5 Weeks
Replaces 20# w/18# --- last 4 Weeks
- Lifting: MS 4x4, BS5x4, BoxJump 3x4, SLDL to UR 3x8, Shoulder Raise 3x8 (M/F)
RHC 4x4, FS 5x4, BP 5x4, Pull Up 3x8, DB Row 3x8 (T/Th)
- Specials: Bar Twist, Side Bend, Hanging Leg Raise 3x8



Training 4 Specific Preparation 2 – Spring 2016 - 9 Weeks

Result: 16# - 72.47m on 4/15, PR
 20# - 58.06m
 6kg - 77.57m

Feeling:

- Alex still thinks I know what I'm doing
- 0/180 Impulse is dialed in
- Step in to 180 is dialed in
- Reaction time is good



Training 5 Competition 2 – Spring/Summer 2016 - 5 Weeks

Goal(s): Work the hands, Keep the hips, React to the ball, Get big meet experience at USA Trials

Throwing: 18#x4, 16#x12-15, 6kgx4 (M/Th)
16#x20 (T/F)---1st Week
18#x4, 16#x12-15, 5kgx4 (M/Th)
18#x10 (T/F)---Last 4 Weeks

Lifting: Same as previous block with less sets

Specials: Same as previous block with less sets



Training 5 Competition 2 – Spring/Summer 2016 - 5 Weeks

Result: 6kg-80.04
 5kg-86
 67.23m at Olympic Trials

Feeling:

- Not recovering well
- Burned too hot for too long
- Emotionally ready for Trials
- Learned a little about competing at big meets
- Did not compete poorly



Training 1 General Preparation 1

Fall 2016 - 5 Weeks

Goal(s): General conditioning, prepare body for next training

Throwing: None

Lifting: Pick 6, Ring Pull Ups/Hanging Leg Raises 3x8 (T/Th)

Other: Light gymnastics work (M/Th)
45 min swim (T/F)



Training 1 General Preparation 1

Fall 2016 - 5 Weeks

Result: Generally conditioned, ready for next training

Feeling:

- Mentally recovered from previous season
- Hungry to start throwing
- More mature hammer thrower



Training 2 General Preparation 2

Fall/Winter 2016 - 8 Weeks

- Goal(s): Get in touch with the 16#, build connection in the throw
- Throwing: 16# x 12-15 easy tempo throws
- Lifting: MS 4x4, FS 4x6, Back Ex. 3x8, ADP 3x8 (M/Th)
C 3x3/5x2, BS 4x6, DBBP 3x8, Pull Up 3x8 (T/F)
- Specials: Play on rings
- Other: Walking Hurdle Mobility, Trail Leg Drills



Training 2 General Preparation 2

Fall/Winter 2016 - 8 Weeks

Result: 66.63m in November
Had some time to play with strength
405x2 in the clean

Feeling:

- Found a stretch and snap feeling in the throw
- A little beat up from heavy cleans
- Understands the difference between lifting and lifting for hammer throwing



Training 3 Specific Preparation 1

Winter 2016/2017 - 4 Weeks

- Goal(s): Feel stretch and snap with the 20#,
 Keep stretch and snap with 16#
- Throwing: 20# x 15-20 16# x 5-8 (M/F)
 16# x 15-20 (T)
- Lifting: MS4x4, FS4x5, UR3x8, ADP3x8(M/Th)
 RHC 4x4, BS 4x5, DBBP 3x8,
 Pull Up 3x8 (T/F)
- Specials: Oerter's 3x8, Back Ex. 3x8, Ring Work
- Other: Walking Hurdle Mobility, Trail Leg Drills



Training 3 Specific Preparation 1

Winter 2016/2017 - 4 Weeks

Result: 16# - 64-66m repeats
20# - 58m

Feeling:

- Found some connection w/ 20#
- Lost connection with the 16#
- Alex was very frustrated
- Understands he needs to be patient



Training 4 Pre-Competition 1

Winter 2017 - 3 Weeks

Goal(s): Find feeling with 16#, Find a big radius on 3&4

Throwing: 20#x6-8, 18#x6-8, 16#x6-8 (M/F)
16# x 20-25 (T)

Lifting: MS4x4, FS4x5, UR3x8, ADP3x8 (M/Th)
RHC4x4, BS4x5, DBBP3x8,
PullUp 3x8 (T/F)

Specials: Oerter's 3x8, Back Ex. 3x8, Ring Work



Training 4 Pre-Competition 1

Winter 2017 - 3 Weeks

Result: 16# - 66m
WT – 22.48m

Feeling:

- Starting to return with 16#
- WT feels like it's going to go really far once we figure out the 4 turn



Training 5 Competition 1

Winter/Spring 2017 - 4 Weeks

Goal(s): Freshen up, Accelerate,
Stretch and Snap

Throwing: 18#x6-8, 16#x6-8, 6kgx6-8 (M/F)
18# x 20-25 easy tempo throws (T)

Lifting: Same as previous – dropping sets off
as USA Indoor Championships get
closer

Specials: “ “



Training 5 Competition 1

Winter/Spring 2017 - 4 Weeks

Result: 18# - 64.80m

WT – 24.02m, PR, Indoor USA Champ

Feeling:

- Happy but not satisfied
- Still looking for feeling with 16#
- Tough to find balance between WT and 16#



Training 6 Transition to Outdoor Spring 2017 - 3 Weeks

Goal(s): Stretch and Snap

Throwing: 16# x 10-15 (M/F)

18# x 10-15 (T)

Lifting: RHC 2x4, Box Squat 2x4, DBBP2x8

Pull Ups 2x8 (M/Th)

Specials: None

Other: 45 min swim (T)



Training 6 Transition to Outdoor Spring 2017 - 3 Weeks

Result: 16# - 67-69m repeats
 71.24m season opener
 Stayed over 70m often in
 competition

Feeling:

- Confidence is high
- Feeling the 16# stretch and snap
- Still trying to control the ball speed
- Needs to let go



Training 7 Specific Preparation 2

Spring 2017 - 8 Weeks

Goal(s): Stretch and Snap w/ 18#

Throwing: 18# x 8-10, 16# x 8-10,
20# x 4-5 (rhythm)

6kg x 3-5

Lifting: RHC 3x4, $\frac{1}{4}$ BS 3x4, DBBP 3x8 (M/F)

Pick 6 – 3x8 (Th)

Other: 45 min swim (T)



Training 7 Specific Preparation 2

Spring 2017 - 8 Weeks

Result: 66-69m repeats in training
 69-71m in competition
 Set Conference Record
 Won Regionals

Feeling:

- Knows training is conservative
- Excited for competition block
- Finding feeling in competition throws rather than just training
- Searching for speed in competition throws



Training 8 Competition 2

Spring/Summer 2017 - 4 Weeks

Goal(s): Continue to look for feeling and connection in the throw with the 16#, Stay active in double support

Throwing: 16# x 15-20, 5kg x 5-6 (M/F)
18# x 8-10 (T)

Lifting: RHS3x4, BoxSquat3x4, DBFly 3x8
Pick 6 – 3x8

Specials: None



Training 8 Competition 2

Spring/Summer 2017 - 4 Weeks

Result: 73.66m – 2nd at NCAA's (PR)
73.75m – 1st at USA's (PR)

Feeling:

- Searching for acceleration and a complete throw in competition
- Proud of accomplishments but hungry to find a complete throw



Training 8 Competition 3

Summer 2017 - 7 Weeks

Goal(s): Stay fresh, Compete from emotion,
Chase the mark

Throwing: Same as previous block but spread
out more (maximize recovery)

Lifting: “ “

Specials: “ “



Training 8 Competition 3

Summer 2017 - 7 Weeks

Result: 74.39m (PR) to Qualify for World's
72.07m at World Championships
-32nd to 20th

Feeling:

- Frustrated that he still hadn't found a complete competition throw
- Excited for upcoming season



Moving Forward

- Using other sports to get better at throwing
- Need to express strength, power, speed in the throw – where do you want to spend your nickel?
- Balance rhythm/connection throws with hard throws in training
- Competition implement is the focus



Thank you!

Questions?

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