



“Setting up a Year-round Program for Throwers”
(Periodizing Training for Peak Performance)

Bryan “Bud” Rasmussen
Throws coach, US Olympic Training Center
Men’s Discus Chairman, USATF Development

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Session Overview

- Opening remarks
- Task Analysis steps to be completed prior to Designing the Annual Plan
- Periodization of the Annual Plan
 - Principles of Periodization
 - Terminology of Periodization
 - Division of the Annual Plan: Aims, Objectives, and Goals
- Discussion of Sample Training Plan: 2006 High School Season
- Discussion of Training Structures of current OTC Resident Athletes
- Closing remarks

Note: The complete PowerPoint presentation utilized within this session will be distributed via e-mail to all clinic participants who request it, in addition to being posted on the USATF website with other presentations shortly after the Trials.

- Contact coach_bud@hotmail.com to receive your copy.