

Specific Strength, Flexibility, Balance for the Discus Throw

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- Overview
- Training Design
- Implement Selection
- Throws and special strength exercises within the training year:
- Discussion and Questions

THE PERFORMANCE FACTORS PYRAMID

Psychological Preparation

Tactical Preparation

Technical Preparation

Physical Preparation

Ref.: Tudor Bompá, Theory and Methodology of Training

THE PERFORMANCE FACTORS PYRAMID

Technical and Physical Preparation =
The base upon which performance is built.

When all performance factors are equally developed, the winner is the athlete who possesses the superior psychological preparation.

Ref.: Tudor Bompá, Theory and Methodology of Training

BIOMOTOR ABILITIES:

- SPEED
- STRENGTH
- COORDINATION
- FLEXIBILITY (MOBILITY)
- WORK CAPACITY

Methods for the Development of the Biomotor Abilities for the Throws:

Ref.: Tudor Bompa, Theory and Methodolgy of Training

Speed:

- Acceleration Runs (5-30m)
- Maximum Speed Runs (30-60m)
- Speed Endurance (60-100m)
- Special (Event specific exercises, different length implements & light implement throws)
- Imitations/Drills (event specific)
- Multiple Jumps
- Multiple Throws

STRENGTH:

- Work Capacity/General Strength (hypertrophy, circuit training, stage training)
- Absolute and Relative (weightlifting, multiple throws & jumps)
- Static and Dynamic (postural, stretch-shortening, isometric)
- Eccentric (weightlifting, multiple jumps)
- Power (weightlifting, multiple throws & jumps, sprinting, & specific throws)
- Special (Event specific exercises & heavy implement throws, proprioception development)

COORDINATION:

- General (agility drills, balance exercises, gymnastics, multiple throws & jumps)
- Event Specific (technical work/drills, imitation exercises)

FLEXIBILITY (MOBILITY):

- Dynamic (sprint & hurdle mobility, joint isolation movement, & rubber tubes)
- Static (fundamental stretching, yoga, PNF)
- Mechanical Therapy

WORK CAPACITY:

- Extensive Activity (short recovery activities)
- Aerobic Activity (games)
- Event Specific Endurance

TESTING:

- Biomechanical (video)
- Physiological (body comp)
- Field Tests (throws quad, jumps, full & partial throws, light & heavy implements)

COMPETITION:

- Developmental Competitions (practice competitions)
- Important Competitions (qualifying marks)
- Crucial Competitions (Championships)

Annual Performances:

Name: Aretha Thurmond (Hill)
 D.O.B: Aug. 14, 1976 Ht: 1.78m Wt: 113kg

YEAR:	WEIGHT: HAMMER:		SHOT PUT:		DISCUS:		DISCUS:	
	20#	4kg	4kg Indoor	4kg Outdoor	1kg		1kg	
1996				15.56	60.50	Seattle, WA		
1997		49.56	14.58	15.29	59.92	Seattle, WA		
1998	16.81	51.26	15.91	15.67	65.62	LaJolle, CA*	63.68	Stanford, Ca
1999			14.81		62.15	Saltinas, CA	59.09	Eugene, OR
2000					62.91	Saltinas, CA	61.06	Eugene, OR
2001			14.93	15.27	61.64	Modesto, CA	61.42	Knoxville, TN
2002					65.21	LaJolle, CA*	65.10	Knoxville, TN
2003					66.23	LaJolle, CA*	65.10	WAF, Monaco
2004					65.86	Marietta, GA*	64.73	Gresham, OR
2005					64.56	Lapua	63.56	Dubnica
2006					64.41	Modesto, CA	62.90	Ostrava
2007					54.96	*Down Hill		

TRAINING DESIGN:

- MARCOCYCLE: Annual Plan
- MESOCYCLE: Several weeks or months consisting of a certain number of microcycles.
- MICROCYCLE: 7 to 14 days (one to two weeks)

MARCO PLANNERS:

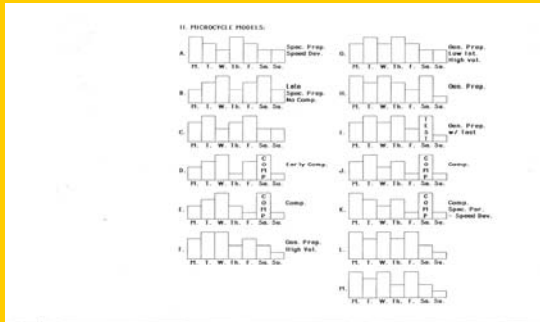
A) Aretha Thurmond (Hill)
2002-2003 Macro Planner:

B) Aretha Thurmond (Hill)
2003-2004 Macro Planner:

A)

ARETHA HILL 2002-2003 Macro Planner						
Phase	Sub-Phase	Meso	Micro	Date	Competitions	Results
GPP I	GENERAL	1	1	14-Oct-02		
			2	14-Oct-02		
			3	14-Oct-02		
			4	14-Oct-02		
			5	14-Oct-02		
			6	14-Oct-02		
GPP II	GEN-SPEC	2	7	18-Nov-02		
			8	18-Nov-02		
			9	18-Nov-02		
			10	18-Nov-02		
			11	18-Nov-02		
			12	18-Nov-02		
GPP III	SPECIAL	3	13	23-Dec-02		
			14	23-Dec-02		
			15	23-Dec-02		
			16	23-Dec-02		
			17	23-Dec-02		
			18	23-Dec-02		
GPP IV	PRE-COMP I	4	19	13-Jan-03		
			20	13-Jan-03		
			21	13-Jan-03		
			22	13-Jan-03		
			23	13-Jan-03		
			24	13-Jan-03		
C O M P E T I T I O N	C O M P E T I T I O N	5	25	14-Feb-03	World Cup, Moscow	07:04.16m (1)
			26	14-Feb-03	World Cup, Moscow	01:03.33m (1)
			27	14-Feb-03	World Cup, Moscow	01:09.30m (1)
			28	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			29	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			30	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			31	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			32	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			33	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			34	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			35	14-Feb-03	World Cup, Moscow	01:02.85m (1)
			36	14-Feb-03	World Cup, Moscow	01:02.85m (1)
GPP V	GPP II	6	37	15-Jun-03	USA Championships	07:03.96 (1)
			38	15-Jun-03	USA Championships	01:02.85m (1)
			39	15-Jun-03	USA Championships	01:02.85m (1)
			40	15-Jun-03	USA Championships	01:02.85m (1)
			41	15-Jun-03	USA Championships	01:02.85m (1)
			42	15-Jun-03	USA Championships	01:02.85m (1)
Comp. II	Comp. II	7	43	11-Aug-03	World Championships	07:50.75m (10th) DQ
			44	11-Aug-03	World Championships	01:02.85m (1)
			45	11-Aug-03	World Championships	01:02.85m (1)
			46	11-Aug-03	World Championships	01:02.85m (1)
			47	11-Aug-03	World Championships	01:02.85m (1)
			48	11-Aug-03	World Championships	01:02.85m (1)
Ther.	Active Rest	A/R	49	11-Aug-03		
			50	11-Aug-03		
			51	11-Aug-03		

MICROCYCLE MODELS:



Implement Selection:

Power Training Principles for Top-Class Throwers
By Peter Tschieni (1972) on Discus Throwing:

"In our training, no great importance is attributed to general weight training, such as cleans and bench pressing, at the expense of special strength exercises to which we count, above all, the throws with the 4kg disc and sometimes the 10kg plate from a stand."

TRAINING IMPLEMENTS:

DISCUS THROW MEN:
BALLS, IRON BARS, KETTLEBALLS, PUDS:

Weight	STD	T&T	GS/T&T	T&G	1/4T/SA	FULL	NR FULL
3.9lb/1.75kg	X	X	X	X	X	X	X
4.4lb/2kg	X	X	X	X	X	X	X
5.5lb/2.5kg	X	X	X	X	X	X	X
6.1lb/2.75kg	X	X	X		X	X	X
6.6lb/3kg	X	X	X		X	X	X
7.7lb/3.5kg	X	X	X		X	X	X
8.8lb/4kg	X	X	X		X	X	X
9.9lb/4.5kg	X	X	X		X		
11.0lb/5kg	X	X	X		X		
12.0lb/5.44kg	X	X	X		X		
13.2lb/6kg	X	X	X				
14lb/6.35kg	X	X					
16lb/7.26kg	X	X					
17.6lb/8.0kg	X	X					
19.6lb/9.0kg	X	X					
22lb/10kg	X	X					

Throws and special strength exercises within the training year:

MESO 1; WEEK 4

DAY #1

II. GENERAL THROWS AND DRILLS:

A) BALL THROWS INTO NET (2.5, 2, & 1.5K X 18) STANDING

DAY #2

II. GENERAL THROWS AND DRILLS:

A) BALL THROWS INTO NET (2.5, 2, & 1.5K X 18) STD., T&T

DAY #3

II. GENERAL THROWS AND DRILLS:

A) BALL THROWS INTO NET (2.5, 2, & 1.5K X 18) STANDING

DAY #4

II. GENERAL THROWS AND DRILLS:

A) BALL THROWS INTO NET (2.5, 2, & 1.5K X 18) STD., T&T

MESO 2; WEEK 7

DAY #1

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

B) BALL THROWS INTO NET (2.5, 2, & 1.5K)

STAND X 6, T&T X 6, GS/T&T X 6, GS/T&T-FULL X 8-10 TOTAL W/ 2.0 & 1.5K

DAY #2

II. GENERAL THROWS AND DRILLS:

A) DISCUS:

(1.75K DISCUS; 2.0K BALL, 1.5K DISCUS; 1.5K BALL, 1.4K DISCUS)

STAND X 1

(1.5K DISCUS; 2.0K BALL, 1.4K DISCUS; 1.5K BALL, 1.25K DISCUS)4-5

T&T X 1, GS/T&T X 1; GS/T&T - FULL X 2-3

DAY #3

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

DAY #4

II. GENERAL THROWS AND DRILLS:

A) DISCUS:

(1.5K DISCUS; 2.0K BALL, 1.4K DISCUS; 1.5K BALL, 1.25K DISCUS)3

STAND X 1, T&T X 1, AND GS/T&T X 1; T&G/SA - FULL X 10 W/ 1.5K & 1.25K

DAY #5

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

B) BALL THROWS INTO NET (2, 1.5, & 1K)

STAND X 6, T&T X 6, GS/T&T X 6, T&G/SA-FULL X 8-10 TOTAL W/ 1.5 & 1K

MESO 3; WEEK 10

DAY #1

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

B) BALL THROWS INTO NET (2.5, 2, & 1.5K)

STAND X 6, T&T X 6, GS/T&T X 6,

(1/4T/SA W/2.0 - 1/4T/SA W/ 1.5K) X 4-5 SETS

DAY #2

II. GENERAL THROWS AND DRILLS:

A) DISCUS:

(1.5K DISCUS; 2.0K BALL, 1.4K DISCUS; 1.5K BALL, 1.25K DISCUS)3-4

STAND X 1, T&T X 1, GS/T&T X 1-2

(GS/T&T W/ 1.4K DISCUS - FULL W/ 1.25K DISCUS) X 5-6 SETS

DAY #3

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

DAY #4

II. GENERAL THROWS AND DRILLS:

A) DISCUS:

STAND 1.5K/1.75K DISCUS X 5; T&T 1.5K DISCUS X 5;

GS/T&T W/ 1.4K DISCUS X 5;

(1/4T/SA W/ 1.4K DISCUS - FULL W/ 1.25K DISCUS) X 5-6 SETS

DAY #5

II. GENERAL THROWS AND DRILLS:

A) 10-15 MIN. DRILLS - DISCUS

B) BALL THROWS INTO NET (2, 1.5, & 1K)

STAND X 6, T&T X 6, GS/T&T X 6

(1/4T/SA W/1.5K - 1/4T/SA W/1.0K) X 4-5 SETS

MESO 4: WEEKS 15-16 (16 RECOVERY WK)
DAY #1
II. GENERAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
B) BALL THROWS INTO NET (2, 1.5, & 1K)
STAND X 6, T&T X 6, GS/T&T X 6
(NR FULL W/ 1.5K - FULL W/1.0K) X 4-5 SETS
DAY #2
II. GENERAL THROWS AND DRILLS:
A) DISCUS:
STAND 1.5K DISCUS X 5; T&T 1.4K DISCUS X 5;
GS/T&T W/ 1.25K DISCUS X 5;
FULL W/ 1.25K DISCUS X 5-10; 1.0K DISCUS X 5-10
DAY #3
II. GENERAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
DAY #4
II. GENERAL THROWS AND DRILLS:
A) DISCUS:
STAND 1.5K DISCUS X 5; T&T 1.4K DISCUS X 5;
GS/T&T W/ 1.25K DISCUS X 5;
FULL W/ 1.25K DISCUS X 5-10; 1.0K DISCUS X 5-10
DAY #5
II. GENERAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
B) BALL THROWS INTO NET (2, 1.5, & 1K)
STAND X 6, T&T X 6, GS/T&T X 6
(NR FULL W/ 1.5K - FULL W/1.0K) X 4-5 SETS

MESO 5: WEEKS 19-20 (20 RECOVERY WK)
DAY #1
II. GENERAL THROWS AND DRILLS:
STD. X 1.25K, 1.0K X 5 EACH
T&T X 1.25K, 1.0K X 5 EACH
GS/T&T X 1.25K, 1.0K X 5 EACH
COMPLETE X 1.25K, 1.0K X 5 EACH
DAY #2
II. GENERAL THROWS AND DRILLS:
A) DISCUS:
STAND 1.5K DISCUS X 5; T&T 1.4K DISCUS X 5;
GS/T&T W/ 1.25K DISCUS X 5;
FULL W/ 1.25K DISCUS X 5-10; 1.0K DISCUS X 5-10
DAY #3
II. GENERAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
DAY #4
II. GENERAL THROWS AND DRILLS:
STD. X 1.25K, 1.0K X 5 EACH
T&T X 1.25K, 1.0K X 5 EACH
GS/T&T X 1.25K, 1.0K X 5 EACH
COMPLETE X 1.25K, 1.0K X 5 EACH
DAY #5
II. GENERAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
B) BALL THROWS INTO NET (2, 1.5, & 1K)
STAND X 6, T&T X 6, GS/T&T X 6
(NR FULL W/ 1.5K - FULL W/1.0K) X 4-5 SETS

MESO 6: WEEK 23-24 (24 RECOVERY WK)
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.25K X 3, 1.0K X 6
T&T 1.25K X 3, 1.0K X 6
SA X 1.25K X 3, 1.0K X 6
NR FULL X 1.25K X 3
FULL X 1.0K X 9-12
DAY #2
II. GENERAL THROWS AND DRILLS:
A) 15-20 MIN. DRILLS-DISCUS (JAVELIN DRILL??)
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 6
T&T X 1.0K X 6
SA X 1.0K X 6-9
COMPLETE X 1.0K X 9-12
DAY #4
II. GENERAL THROWS AND DRILLS:
A) 15-20 MIN. DRILLS-DISCUS (JAVELIN DRILL??)
DAY #5
II. GENERAL THROWS AND DRILLS:
A) DISCUS:
STD. X 1.25K X 3, 1.0K X 6
T&T 1.25K X 3, 1.0K X 6
SA X 1.25K X 3, 1.0K X 6
NR FULL X 1.25K X 3
FULL X 1.0K X 9-12

MESO 7: WEEK 26-27
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.25K X 3, 1.0K X 3
T&T 1.25K X 3, 1.0K X 3
SA X 1.25K X 3, 1.0K X 3
NR FULL X 1.25K X 3
FULL X 1.0K X 12-15
DAY #2
II. GENERAL THROWS AND DRILLS:
A) 15-20 MIN. DRILLS-DISCUS (JAVELIN DRILL??)
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 4
T&T X 1.0K X 4
SA X 1.0K X 6
NR FULL & FULL X 1.0K X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #4
II. GENERAL THROWS AND DRILLS:
A) 15-20 MIN. DRILLS-DISCUS (JAVELIN DRILL??)
DAY #5
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 5
T&T X 1.0K X 5
SA X 1.0K X 5
NR FULL & FULL X 1.0K X 12-18 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.

MESO 8: WEEK 30
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STAND 1.4K DISCUS X 5; T&T 1.4K DISCUS X 5;
GS/T&T W/ 1.25K DISCUS X 5;
FULL W/ 1.25K DISCUS X 5-10; 1.0K DISCUS X 5-10
DAY #2
II. SPECIAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
B) BALL THROWS INTO NET (2, 1.5, & 1K)
STAND X 6, T&T X 6, GS/T&T X 6
(NR FULL W/ 1.5K - FULL W/ 1.5K) X 4-5 SETS
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
STD. X 1.4K, 1.25K X 5 EACH
T&T X 1.4K, 1.25K X 5 EACH
GS/T&T X 1.25K, 1.0K X 5 EACH
COMPLETE X 1.25K, 1.0K X 5 EACH
DAY #4
II. SPECIAL THROWS AND DRILLS:
A) 10-15 MIN. DRILLS - DISCUS
B) BALL THROWS INTO NET (2, 1.5, & 1K)
STAND X 6, T&T X 6, GS/T&T X 6
(NR FULL W/ 1.5K - FULL W/ 1.0K) X 4-5 SETS

MESO 9: WEEK 34
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. 1.0K X 3
T&T 1.0K X 3
SA 1.0K X 3
NR FULL/FULL X 1.0K X 12-15
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS/BALLS INTO NET:
STD. 1.5K BALL INTO NET X 3, STD. 1.0K DISCUS X 3
T&T 1.5K BALL INTO NET X 3, T&T. 1.0K DISCUS X 3
S.A. 1.5K BALL INTO NET X 3, S.A.. 1.0K DISCUS X 3
COMPLETE 1.5K BALL INTO NET X 3, COMPLETE 1.0K DISCUS X 3-6
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
T&T X 1.0K X 3
SA X 1.0K X 3
NR FULL & FULL X 1.0K X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #4
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
SA X 1.0K X 3-6
COMPLETE X 1.0K X 9-12
U.S. OPEN TRACK & FIELD, PALO ALTO, CA
63.79m (1)

MESO 9; WEEK 35
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. 1.0K X 3
T&T 1.0K X 3
SA 1.0K X 3
NR FULL/FULL X 1.0K X 12-15
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
SA X 1.0K X 3-6
COMPLETE X 1.0K X 6-9

ADIDAS GP II PORTLAND, OR.
64.73m (1)

MESO 10; WEEK 39
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. 1.0K X 3
T&T 1.0K X 3
SA 1.0K X 3
NR FULL/FULL X 1.0K X 12-15 DIFFERENT COMBS.
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
SA X 1.0K X 3-6
COMPLETE X 1.0K X 9-12

Tsikliritiria Grand Prix
(IAAF Super Grand Prix) @ Iraklion (GRE) 64.02M (3)

MESO 10; WEEK 40
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. (1.0K DISCUS X 3; .75K DISCUS X 2)
GS/T&T (1.0K X 3; .75K X 2)
S.A X (1.0K DISCUS X 3; .75K DISCUS X 2)
FULL (1.0K DISCUS X 9-12; .75K DISCUS X 3-6)
WORKOUT ALL WEEK: SEPARATION THROW
(FACE THROW, OPEN LEFT/LOCK DISCUS)
AND RHYTHM OF THROW
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
SA X 1.0K X 3
FULL (1.0K DISCUS X 6-9; .75K DISCUS X 3-6)

2004 USA OLYMPIC TEAM TRIALS - TRACK & FIELD
5:10 P.M. DISCUS WOMEN QUALIFYING ROUND (TOP 12 ADVANCE)
62.51M (1)Qa

2004 USA OLYMPIC TEAM TRIALS - TRACK & FIELD
7:30 P.M. DISCUS WOMEN FINAL (TOP 8 ADVANCE TO FINAL)
63.55m (1)

MESO 11; WEEK 42 (TRAINING CAMP)
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS: INTO OPEN
(1.5K DISCUS; 2.0K BALL, 1.25K DISCUS; 1.5K BALL, 1.0K DISCUS)
STAND X 1, T&T X 1, GS/T&T X 1-2
GS/T&T - FULL X 10-12 TOTAL W/ 1.4K - 1.25K DISCUS
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) BALL THROWS INTO NET (2, 1.5, & 1K)
(STAND X 2 SETS, T&T X 2 SETS , GS/T&T X 2 SETS,
NR FULL & FULL W/ 1.5K & 1.0K X 10-12 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) 15-20 MIN. DRILLS-DISCUS
DAY #4
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS: INTO OPEN
(1.5K DISCUS; 2.0K BALL, 1.25K DISCUS; 1.5K BALL, 1.0K DISCUS)
STAND X 1, T&T X 1, GS/T&T X 1-2
GS/T&T - FULL X 10-12 TOTAL W/ 1.25K-1.0K DISCUS

MESO 11; WEEK 44 (TRAINING CAMP)
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
SESSION 1
A) DISCUS:
STD. X 1.0/1.25K DISCUS W/ BALLS X 10-15 TOTAL
SESSION 2
A) DISCUS:
STD. X 1.0K X 2-3; SA X 1.0K X 2-3
NR FULL & FULL W/ 1.25K & 1.0K DISCUS & OR BALLS X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS-BALLS INTO NET:
STD. 1.5K BALL X 3; T&T 1.5K BALL X 3
S.A. 1.5K BALL X 3, S.A., COMPLETE 1.5K BALL X 3
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
SESSION 1
A) DISCUS:
STD. X 1.0/1.25K DISCUS W/ BALLS X 10-15 TOTAL
SESSION 2
A) DISCUS:
STD. X 1.0K X 2-3; SA X 1.0K X 2-3
NR FULL & FULL W/ 1.25K & 1.0K DISCUS & OR BALLS X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #4
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 5
NR FULL & FULL X 1.0K X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
SZOMBATHELY 63.23M (1)

MESO 11; WEEK 46
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
SA X 1.0K X 3
FULL (1.0K DISCUS X 9-12; .75K DISCUS X 6-9)
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 1-2; SA X 1.0K X 1-2
COMPLETE X 1.0K X 6-9

2004 OLYMPIC GAMES
WOMEN'S DISCUS THROW QUALIFYING
58.82M (10)qB

2004 OLYMPIC GAMES
WOMEN'S DISCUS THROW FINAL

MESO 12; WEEK 48
DAY #1
II. TECHNIQUE THROWS:
A) DISCUS:
(1.25K DISCUS X 2; 1.5K BALL X 2; 1.0K DISCUS X 2)
STD. X 1 SETS; T&T X 1; S.A X 1; FULL X 2
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS/BALLS INTO NET:
STD. 1.5K BALL INTO NET X 3, STD. 1.0K DISCUS X 3
T&T 1.5K BALL INTO NET X 3, T&T. 1.0K DISCUS X 3
S.A. 1.5K BALL INTO NET X 3, S.A.. 1.0K DISCUS X 3
COMPLETE 1.5K BALL INTO NET X 3, COMPLETE 1.0K DISCUS X 3-6
NR FULL/FULL DIFFERENT COMBS.
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. 1.0K X 3
T&T 1.0K X 3
SA 1.0K X 3
NR FULL/FULL X 1.0K X 12-15 DIFFERENT COMBS.

MESO 12; WEEK 49
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
GS/T&T X 1.0K X 3
SA X 1.0K X 3
NR FULL & FULL X 1.0K X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD.; GS/T&T (1.0K DISCUS X 3; .75K DISCUS X 2)
S.A X (1.0K DISCUS X 5; .75K DISCUS X 3)
FULL (1.0K DISCUS X 9-12; .75K DISCUS X 3-6)
DAY #3
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3
GS/T&T X 1.0K X 3
SA X 1.0K X 3
NR FULL & FULL X 1.0K X 12-15 TOTAL
USE DIFFERENT COMB. EX. 1 NR FULL - 2 FULL; 1-3; OR 2-2 ETC.
DAY #4
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3; GS/T&T X 1.0K X 3
SA X 1.0K X 3, COMPLETE X 1.0K X 12-15; .75K X 3-4

MESO 12; WEEK 50
DAY #1
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 3; GS/T&T X 1.0K X 3
SA X 1.0K X 3; COMPLETE X 1.0K X 12-15; .75K X 3-4
DAY #2
II. TECHNIQUE THROWS AND DRILLS:
A) DISCUS:
STD. X 1.0K X 1-2; SA X 1.0K X 1-2
COMPLETE X 1.0K X 6-9

IAAF WORLD ATHLETICS FINAL
AT MONTE CARLO WOMEN'S DISCUS THROW 15:10
63.43m (4)

Discussion and Questions
