

Event Specific Weight Lifting for Throwers

Summary of Talk presented by Robert Weir

General Fitness

General Strength

Role of the coach/assessment of athlete

Goal Setting: steps to goal, from present to goal, from goal to present

Sample program:

What follows is the 5 week program that peaks at Conference OR Regionals OR NCAA OR USATF. You just have to pick the week that you want the peak to occur and then count back 5 weeks from the chosen peak date. I have also included the actual program that was used for one of my athletes some years ago and the results of his peak competition. Without further ado here is the program, followed by exactly what he did leading up to his peak competition:

best before competition 59' his best at the meet 62' 5"

Main Exercises

Power Cleans

Squats

Push Press/Press Behind Neck

Bench/Inclines

auxiliaries: (4 x 8 until 2 weeks before NCAA or Conference)

Dumbbell Bench/Incline

Upright Rowing

Triceps Extensions

Leg extensions

Leg curls

week 1

Monday 75%

Tuesday T + Ag + B

Wednesday 75%

Thursday T + Spr

Friday 80%

Saturday

Sunday

week 2

Monday 80%

Tuesday T + Ag + B

Wednesday 80%

Thursday T + Spr

Friday 85%
Saturday
Sunday

week 3

Monday 85%
Tuesday T + Spr + B
Wednesday 90%
Thursday T + Spr + B
Friday 90%
Saturday
Sunday

week 4

Monday 100% 2 x 1
Tuesday T + Ag + Spr
Wednesday 90% 2 x 2
Thursday T + Ag + B
Friday 70% 1 x 4
Saturday
Sunday

week 5

Monday 70% to 90% singles
Tuesday T + B
Wednesday 50% to 70% triples
Thursday T + Spr
Friday Day OFF
Saturday
Sunday

Here is what he actually did:

Week 1

Monday, January 20 (75%)
Cleans 135 x 8, 185 x 5, 225 x 5, 265 x 6,6,6,6,6,6
Clean Pulls 285 x 6,6,6,6,6,6
Bench 135 x 8, 225 x 6, 290 x 6,6,6,6, 6 miss 1, 6 miss 1

auxiliary:

dumbbell inclines 75 x 8,8,8,8 miss 1
upright rows 135 x 8,8,8,8
triceps extensions 75 x 8,8,8
press behind neck 135 x 6,6

medicine ball 2 hands 30,30,30

1 hand 20,20,20

Tuesday, January 21 (T + Ag + B)

Threw technique work

Agilities

6 x 40 fast high knees

6 x 40 fast high heels(butt kicks)

3 x 10 seconds running on the spot

6 x 40 strides

Boxes

3 x 3 box jumps

Wednesday, January 22 (75%)

Cleans 135 x 8, 185 x 5, 225 x 5, 265 x 6,6,6,6,6,6

Clean Pulls 285 x 6,6,6,6,6,6

dumbbell bench 100 x 8,8,8,8

triceps extensions 85 x 8,8,8,8

Squats 135 x 10, 225 x 6, 315 x 6, 365 x 6,6 315 x 6,6

Thursday, January 23 (T + Spr)

Technique 50 throws

Sprints 6 x 80 yards

medicine ball 2 hands 30,30,30,30,30

1 hand 20,20,20,20,20

sit ups 30,30,30,30,30

Friday, January 24 (80%)

Cleans 135 x 8, 185 x 5, 225 x 5, 280 x 5,5,5,5,5

Clean Pulls 305 x 5,5,5,5,5

Inclines 135 x 8, 205 x 5, 250 x 5,5,5,5,5

dumbbell bench 100 x 8,8,8,8 miss 1

Press Behind Neck 150 x 5,5,5,5,5

upright rows 115 x 8,8,8,8

triceps extensions 85 x 8,8,8,8

Saturday, January 25: shot competition 53'2

Sunday, January 26

Week 2

Monday, January 27 (80%)

Cleans 135 x 8, 185 x 5, 225 x 5, 285 x 5,5,5, 290 x 5,5

Clean Pulls 315 x 5,5,5,5,5

Bench Press 135 x 8, 225 x 5, 275 x 5, 310 x 5,5,5,5,5

dumbbell inclines 75 x 8,8,8,8

Press Behind Neck 155 x 5,5,5,5,5

upright rows 115 x 8,8,8,8
triceps extensions 85 x 8,8,8,8
leg extensions 100 x 8,8,8,8
leg curls 75 x 8,8,8,8
medicine ball 2 hands 30,30,30
1 hand 20,20,20

Tuesday, January 28 (T + Ag + B)
technique threw very well hit 60

circuit timed
45 secs, 32, 33

3 x 3 boxes
medicine ball 2 hands 30,30,30
1 hand 20,20,20
sit ups 30,30,30,30,30,30

Wednesday, January 29 (80%)
Cleans 135 x 8, 185 x 5, 225 x 5, 290 x 5,5,5 295 x 5,5
dumbbell bench 100 x 8,8,8,8
Squats 135 x 8, 225 x 5, 275 x 5, 315 x 5, 365 x 5
Press Behind Neck 165 x 5,5,5,5,5
upright rows 115 x 8,8,8,8
triceps extensions 85 x 8,8,8,8
leg extensions 105 x 8,8,8,8
leg curls 80 x 8,8,8,8

Thursday, January 30 (T + Spr)
Throw
3 x turn around 10 fast high knees
3 x sit down 10 fhk
3 x lying down 10 fhk
3 x 3 burpees timed 5.99. 5.96, 5.4 secs

6 x 60 yard sprints
medicine ball 2 hands 30,30,30
1 hand 20,20,20
sit ups 30,30,30,30,30,30

Friday, January 31 (85%)
Cleans 135 x 8, 185 x 5, 225 x 5, 305 x 4, 310 x 4, 315 x 4, 320 x 4
Clean Pulls 320 x 4,4,4,4
a few throws
Inclines 135 x 8, 185 x 5, 225 x 5, 265 x 4,4,4,4

dumbbell bench 100 x 8,8,8,8
Press Behind Neck 175 x 4,4,4,4
upright rows 115 x 8,8,8,8
triceps extensions 85 x 8,8,8,8
leg extensions 105 x 8,8,8,8
leg curls 85 x 8,8,8,8

Saturday, February 1

Sunday, February 2

Week 3

Monday, February 3 (85%)

Standing throws

Cleans 135 x 8, 185 x 5, 225 x 5, 310 x 4, 315 x 4, 320 x 4, 325 x 4

Clean Pulls 340 x 4,4,4,4

Bench Press 135 x 8, 225 x 5, 275 x 4, 330 x 4,4, 335 x 4,4

dumbbell inclines 75 x 8,8,8,8

Push Press 135 x 6, 185 x 4, 225 x 4, 245 x 4, 265 x 4, 275 x 4

upright rows 135 x 8,8,8,8

triceps extensions 85 x 8,8,8,8

medicine ball 2 hands 30,30,30

1 hand 20,20,20

sit ups 30,30,30,30,30,30

Tuesday, February 4 (T + Spr + B)

threw took some hard throws towards

6 40 yards sprints

3 x 10 box jumps with 15 pound dumbbells

medicine ball 2 hands 15,15,15

1 hand 10,10,10

sit ups 30,30,30,30,30,30

Wednesday, February 5 (90%)

Cleans 135 x 8, 185 x 5, 225 x 5, 330 x 2, 335 x 2, 340 x 2 missed 1

dumbbell bench 100 x 8,8,8,8

Squats 135 x 8, 225 x 5, 275 x 5, 315 x 5, 365 x 5, 385 x 5

Push Press 135 x 5, 185 x 4, 225 x 2, 265 x 2, 285 x 2, 295 x 2

upright rows 135 x 8,8,8,8

triceps extensions 90 x 8,8,8,8

leg extensions 115 x 8,8,8,8

leg curls 90 x 8,8,8,8

medicine ball 2 hands 15,15,15

1 hand 10,10,10

sit ups 30,30,30,30,30,30

Thursday, February 6 (T + Spr + B)

Throwing felt quicker
2 x 10 boxes
medicine ball 2 hands 15,15,15
1 hand 10,10,10

Friday, February 7 (80%)
Cleans 135 x 8, 185 x 5, 225 x 5, 290 x 2,2,2
Inclines 135 x 6, 225 x 4, 280 x 2, 290 x 2, 300 x 2

Saturday, February 8: Shot competition 58' 8.75" felt slow due to heavy lifting
Sunday, February 9

Week 4

Monday, February 10 (100% 2 x 1)
Cleans 135 x 8, 185 x 4, 225 x 4, 315 x 1, 345 missed, 345 x 1 personal record
Inclines 135 x 8, 225 x 4, 275 x 2, 305 x 1, 325 x 1 personal record
Bench 225 x 6, 315 x 2, 370 x 1, 385 x 1
Squats 135 x 8, 225 x 6, 315 x 3, 405 x 1, 445 x 1, 475 x 1
medicine ball 2 hands 15,15,15
1 hand 10,10,10
jog stretch

Tuesday, February 11 (T + Ag + Spr)
throw much quicker
3 x 40 yards sprints
medicine balls 2 hands 15,15,15
1 hand 10,10,10
sit ups 30,30,30,30,30,30

Wednesday, February 12 (90% 2 x 2)
Cleans 135 x 6, 225 x 4, 290 x 2,2
Inclines 135 x 6, 225 x 4, 265 x 2,2
Squats 135 x 6, 225 x 6
medicine ball 2 hands 15,15,15
1 hand 10,10,10
sit ups 30,30,30,30,30,30

Thursday, February 13 (T + Ag + B)
Throw. very intense practice
6 x 20 yards sprints
medicine ball 2 hands 15,15,15
1 hand 10,10,10

Friday, February 14 (70% 1 x 4): Rest

Saturday, February 15: Shot Put Competition 60' 4"

Sunday, February 16

Week 5

Monday, February 17 (70% to 90% singles)

Cleans 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1

Inclines 135 x 6, 225 x 5, 275 x 1, 305 x 1

Bench Press 225 x 6, 275 x 3, 315 x 2, 365 x 1

Squats 135 x 8, 225 x 6, 315 x 4, 405 x 1, 450 x 1

medicine ball 2 hands 15,15,15

1 hand 10,10,10

sit ups 30,30,30,30,30,30

stretch

Tuesday, February 18 (T + B)

throw

2 x 6 boxes

sit ups 30,30,30,30

stretch

Wednesday, February 19 (50% to 70% triples)

Cleans 135 x 8, 185 x 4, 225 x 4, 245 x 4, 265 x 4

Inclines 135 x 6, 185 x 4, 225 x 4, 255 x 4

Medicine ball 2 hands 15,15,15

1 hand 10,10,10

sit ups 30,30,30,30

Thursday, February 20 (T + Spr)

Very intense throwing. some very good throws and quick too.

sprints 6 x 20 yards

medicine ball 2 hands 15,15,15

1 hand 10,10,10

sit ups 30,30,30,30

Friday, February 21: Day OFF

Saturday, February 22

Sunday, February 23: Competition Shot 62' 5", best before competition 59' his best at the meet 62' 5"

Program modifications

Athletes Strength and weakness

Adjusting program to accommodate athlete

