

Training the Elite Hammer Thrower

The purpose of this discussion will be to focus in on the training of the number one and number two USA Hammer throwers from last years USATF Championships.

AG Kruger (Age 28) Weight 81'3 Hammer 79.26m

6'3 255 (College D2 Morningside, Iowa)

Kibwe Johnson (Age 26) Weight 82'3 Hammer 78.25m

6'2 242 (College D2 Ashland University, Ohio)

As a former American record holder (81.88 268'8 and 80' ¼ weight) and 4x USA Olympian, I have the opportunity to coach both athletes. In our attempt to "Crack the Code" for the "A" standard and further the development of these two, the ultimate goal is reaching the medal stand in 2008.

Recognizing Talent

The first step in coaching is to identify who might have the capabilities of producing "A" standard marks in the hammer.

- A. Keeping our athletes in the sport past the collegiate experience.
- B. Light hammers provide a snap shot of the future.
- C. Strength development is important but secondary to technique.

Creating a plan or "Periodization"

Once we have identified a talent and they have committed to the Post-Collegiate setting, it is time to build a plan to increase development.

- A. Kibwe and AG- Two different Roads- Same Destination.

Phase # 1 Throwing Volume

Sunday- 20 Throws 10- 16 lb 10- 14 lb.

Monday- No throwing

Tuesday- 30 throws 8- 18 or 9k 15- 16 lb “Range Throwing” 7- 14 or 6k

Wednesday- Active recovery- Chiropractic and/ or Deep Tissue Massage

**Thursday- 30 throws 3/3 Workout (Togher)
3 Heavy 3 Normal 3 Heavy (Fix it) 3 Normal (Feel it) (4 rounds or 24)
Rhythm- Tempo- Giv’r (Rehearsal) Finish with 6 Light 14 or 6k
*Later in the year, great workout with 16/14!**

**Friday- Weight 10 Heavy (37-42) 10 Regular 10 Light (32-33 ½)
30 Throws.
*Spring this becomes 10 weight and 20 Hammer**

Saturday- Total Rest 110 Throws

We have been increasing the volume with AG to 2 days a week double sessions with hammer only and no heavy ball. Adding 60- Throws.

Warm-up usually includes: Oh Ball Throws 6 - Chain Work- Delivery work- Koji Training- (Static Hold or Wire Work) Active Skipping (Togher) All this adds to total volume making training 140-200 throws.

**Hammers change every 3 weeks-
Heavy: 10k 9k 18 8k
Regular: 16
Light: 3k/4k 5k 6k 14 15**

Phase # 2 Supplementary Work

Sunday- Throwing 1pm Lifting 6pm

Monday- Upper Body Circuit Type- Heavy Core Work

Tuesday- Throwing- + sprints/ plyos....or double throwing session

Wednesday- Chiro/Massage

**Thursday- Throwing+ Heavy Core Work or double throwing Session
(Meet week my call for 5 sets of 3-4 fast snatches to stimulate nervous system)**

Friday- Throw Weight or Hammer or Rest Day if Comp the next day.

Saturday- Off or Compete.

Nuts and Bolts of Lifting AG Kruger

***When I first started training AG we followed a more traditional lifting program of Olympic Lifting and Squats 2 per week. Usually Tuesday and Friday. Mon.-Thurs. Core/ Upper/ Plyos**

Rewards: Increased Hypertrophy (AG initially 227 lbs.) Increased Absolute strength leading to increases in Power Development. Higher Quad Scores, better Maxes, better performances in all hammers.

Risks: Changing 3 week cycles of lifting lead to becoming unfamiliar with feel of hammer due to soreness. Increased chance of injury due to heavy lifting. Harder to due high volume throwing.

Then I listened to Stewart Toghger present some ideas about lifting and having a better feel- "all the time!" For two years AG has been following this routine and feels it directly reflecting in his training approach to increasing technique and using weight training as an adjunct only to progressively overload and maintain feel.