

Overviews of Training Plans for Suzy Powell

Dan A. Pfaff
Tiger Bar Sports
Isleton, California

March Cycle 2007 One month prior to AR 3 week duration

- ▶ Sunday: Off, Active rest with 30' of general activity
- ▶ Monday: Warm up B, intermediate distance and pace; prehab based on warm up grid
 - Throw 60 efforts total volume: 12 stands and half turns with mixed fixed foot and reverse patterns: USE 1.2 and 1.1 wts.
 - 6 x mixed wt full throws, 3 fixed foot, 3 with reverse
 - Block 10 comp. wt. throws, mixed patterns of fixed and reverse deliveries.
 - ▶ Multiple throw series, Grenade x 5 with 4k med ball (OHB, BLF and repeat with single jump transition)
 - ▶ Wt. Training: Olympics 4 x 2 full, 4 x 2 hang
 - Bench 2 x 5, 2x 4, 2 x 3
 - Squat 2 x 5, 2 x 3, 2 x 2 progressive
 - Hay Bales 3 x 6 with 5" negative
 - Negative Toe Risers 3 x 10
 - ▶ Cool Down with 5' bike mixed tempo; contrast baths 1:2; ART session and static flex routine

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- ▶ Tuesday: Warm up C, short distance and up tempo; prehab as scripted by therapist
 - Throw Med ball javelin series x 5 with 4k med ball after Javelin series 1 flexibility scheme (60 throw total volume)
 - Acc. Development, 3 x 5 x 10" bike sprints with 1' and 3' recovery
 - General Strength Circuits x 10 Pedestal and Pillar, full range and moderate rates
 - Med ball x 10 GAS circuit, all short arc with 3k med ball
 - Cool down with 5' bike easy tempo, static flexibility routine and sauna

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- ▶ Wednesday: Warm up B with longer distance, up tempo, prehab off lateral grids
 - Throw 50 efforts; stands and half turns as scripted Monday, all full throws to be with comp wt. first 20 fixed foot, remainder TBA. Use block 10 theme
 - Multiple Jump 2 x 15-30m Rudiment Series, complex by 15m or hurdle hops 5 x 5 air hurdles, progressive
 - Wt. Training: Olympics 6 x 2 full; 4 x 2 pulls progressive
 - ▶ Pullover/standing French press 6 x 4 TBA
 - ▶ Single leg good mornings or single leg dead lifts, 3 x 10; superset option
 - ▶ Seated Russian Twist with T-10 arc, 3 x 8
 - ▶ Negative toe risers seated 3 x 10
 - ▶ Cool down with 5' bike mixed or jog skip; cold tank 10'; deep tissue massage 2 hours post

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- ▶ Thursday: Warm up C, short grid, easy tempo; therapy as needed
 - Throw med ball spc. Strength series, total volume 20-30 efforts
 - Speed development, 6 x 20" bike sprints with resistance medium and crank rate high, use 2-3 minute within and block format
 - General Strength Circuits x 10, cycle Bataan and Waterloo
 - Med ball circuits x 10 Tank series, short arc, no rest 4k med ball
 - Cool down with 5' bike mixed tempo and vibration/stick series

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- ▶ Friday: Warm up C with specs TBA; ART to needs
 - Throw 40 efforts; 12 stands and half turns with mixed wt.- TBA, block 8 competition wt. full throws, all reverse style
 - Multiple throw x 5 Bomb series with 3k med ball, hip speed and shrug speed
 - Wt. Training: Olympics 10 x 1 hand and full mixed 1:1
 - ▶ Incline press 2 x 4, 2 x 3, 2 x 2
 - ▶ Single Leg Rotational step ups 4 x 8 each leg
 - ▶ Standing Russian Twist, vary fulcrum each set 3 x 10
 - ▶ Negative Toe Risers 3 x 10
 - ▶ Cool down with bike 5' or jog side shuffle; cold tank 10'; static flexibility routine pre-sleep

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- ▶ Saturday: Warm up C as needed; prehab as discussed on Friday
 - Throw javelin med ball circuit x 5 each items with 3k med ball
 - Hurdle mobility 3 x 5 hurdles, series 1-4
 - Cool down with 5' jog skip or bike easy
 - Therapy with ART as needed

Competition 3 Day Rollover Cycle International Travel Format

- ▶ Day 1: Warm up B, tempo and distance as dictated; prehab as discussed in last email
 - Technique: 20-40 throws, sequencing as discussed in email
 - Multiple throw x 3-5 Bomb or Grenade series, read elastic Q in throwing session
 - Wt. Training: Olympics 8-10 x 1, can be one arm snatch
 - ▶ Press, as discussed 2 x 4, 2 x 2, 1 x 1 progressive
 - ▶ Squat 3-5 x 3, depth as dictated by health, then 20" neuro-drive on each set
 - ▶ Russian Twists 3 x 10 standing with lumbar arch angles
 - ▶ Cool down with 3-5' jog skip, therapy as discussed, contrast showers or bath

3 day rollover cont. pg. 2

- Day 2: Warm up B or C, let sleep dictate; prehab as defined by day 1 session results
- Technique: Throw 18-24 efforts, 2 x stand and half turn, full throws mix fixed foot and reverse with 1:2 ratio OR javelin flexibility series x 10 and then javelin med ball throws series x 3-5 with wt. as found
- General Strength Circuits x 10 as per therapist feedback
- Med Ball Circuits x 10, short arc if well
- Cool down with easy jog, vibration and stick work
- Therapy as available and discussed in email

3 Day Rollover cont. pg. 3

- ▶ Warm up B short with up tempo; prehab as day 1
 - ▶ Technique: 20-30 efforts with stands and half turns all fixed foot, fulls all reverse, last set progressive
 - ▶ Multiple jump series Rudiment x 1-2 x 10-30m, use elastic Q from throwing session
 - ▶ Wt. Training: Olympics 8-10 x 2 constant loads
 - Press 5 x 3 progressive, then 1 x 10 speed at 50% load
 - Legs 3 x 10 SLRD or SLGM, therapy defines
 - Russian Twists 3 x 10 seated, mixed arm positions
- Cool down with 5 minutes mixed activity, therapy and contrast showers or bath

3 day rollover notes

- ▶ We will do 2:1:1 off the plane. The pre-meet warm up day plan is in your email box. Competition warm up plan is based on your assessment of the venue dictates.
- ▶ If weather strikes a 1:1 scheme will work fine.
- ▶ Rest days can be total rest or active rest like walking, be smart with shoes
- ▶ IF doing a 2:1, make sure day 2 is javelin based
