

Ryan Crouser's Excellent Gold Medal Adventure

Work Load Management

Work/Stress Load is more than just weights and throws

Focus on 3 Things

1. Fix and control the start – Make the full throw simple, less complex and more consistent
2. No Fouls in Training – worked for Good Glide Power Position
3. Throw Far Effortlessly – A Hit doesn't count – Make instinct/go to move longer, looser path

*Avoid Distractions

Focus only on your move in the circle

***Focus on speed in the weight room** with Tendo speed and watts To better throw a Nerf Shot

*Technique

- Wind Up
- Unwind inside of left foot– Lead/see horizon w/left arm - pause for stretch/
 - Reflex and Right Leg Acceleration
- Patience for Very long and wide Right Leg for very shorter and faster
- Fight for Great Glide Power Position
- Stick the right foot perpendicular to the throw on reverse

Olympic Trials and Gold Medal Day

My Rio Message - **WR not required for success**

Don't compete in warmups establish your feeling and stick to plan

6 Legal Throws

4 Winning Throws

3 Personal Records

1 Olympic Record 22.52m 73' 10 ½"