

1 **Weight Room plan to maximize transfer for Throwers**2 **GOAL**

1. Throw Far
2. Create balance amongst training tests and indicators

An imbalance will lead to a lack of results, staleness, and an increased risk of injury

3 **PRESENT SITUATION**

Lifting Weights is essential however best practices are a bit fuzzy

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4 **Sports Require Different Abilities**5 **Time of Day**

+/- 3-4 hours (individual) from practice
and/or multiple of that

Morning preferred

1. Better hormone response
2. Less interference with sleep
- 3.

6 **Session per Week**

Volume based

7 **Length of Session**8 **ANALYSIS of Length of Session**9 **Periodized Year**10 **ANALYSIS of Programming: Content**11 **Data Correlations**12 **Data Men & Women Shot Putters**13 **Recommended Exercises (28-37)**

Clean & Jerk
Clean
Power Clean
Hang Clean above knee
Hang Clean below knee
Clean Pull

14 **More Recommended Exercises**

Abdominal work
Hyperextensions

Good Morning
Pull-ups

15 **Structural Balance between Exercises**

16 **Volume [Sets X Reps] and Intensity**
Sets

17 **How Many Reps?**

18 **Rep Intensity Distribution**

19 **How Strong do you need to be**

20 **Control tests**

- Standing Long Jump
- Standing Triple Jump
- Vertical Jump
- Overhead Shot throw
- Underhand Shot throw

21 **QUADRATHON**

22 **3 week Blocks**

23 **Why?**

24 **PATH TO SUCCESS**

25 **Block 1**

26 **Block 2**

27 **Block 3**

28 **Block 4**

29 **References**