

Periodized Weight Training Program for Throwers

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What is giant periodized training for throwers?

Importance of Prep Phase

Prep Phases for Power Development

Base –

Specific Conditioning – Not Sport Specific

Base – Strength

Transitioning to volume at higher weight

Strength –

Most muscle growth

Base Prep Phase

One purpose: Prepare the body and the mind for the heavy load ahead

1-3 Weeks

High Reps and Short Rest

Safe Failure

No explosive movements during this period

Concentrating on Muscle Fiber Recruitment Only

Create Stability for the Explosive Movements in Later Weeks

Fiber Recruitment

Base-Strength Phase

Purpose: Transitioning from General Conditioning into Strength Gain

2-3 Weeks

Less Reps and Longer Rest

Still Safe Failure

No explosive movements during this period

Concentrating on Muscle Fiber Recruitment Only

Create Stability for the Explosive Movements in Later Weeks

Strength Prep Phase

Purpose: Strength Gain

0-14 Weeks

Less Reps and Longer Rest (Maybe Complete Recovery)

Some Safe Failure – Some Steady Sets in some concentric explosive movements during this period

Create Stability for the Explosive, Sport-Specific Movements

Begin Sport-Specific Movement Training

Energy Output Demands

simplified and theoretical visual – no basis in data gathered.

Energy Output Demands

Actual Data

Key Concepts

Methodical and analytical approach

PLAN AHEAD Determine starting point

Does the athlete have a good general base?

Is the athlete going through this for the first time?

Is the athlete healthy?

How old is the athlete?

What is the athlete's mental state?

Slow and Steady wins the race

Key Concepts

Small moves

utilize ALL of the time given to you to prepare the athlete

make subtle – almost imperceptible – changes each week

Do be PATIENT with the process

ge jumps (up or down) in sets, reps, weight, power output

Do NOT lose faith in the system

Key Concepts

New Success Through Failure

Athletes are not accustomed to drawing on everything they have

hological nuance impedes most young athletes' progress

Most athletes can do much more than they think they can

athletes can do much more than they are comfortable with

Strength and power gain hurts ... for days

Safe failure is the key to maximum muscle activation

Safe failure is the key to mental growth

he athlete to maximization of effort – key for power output

Key Concepts

Base is not just for muscle growth

Teach the proper utilization of the core and pillar strength

Strength and neural pathways

Teach technical aspects of sport-specific movement

Neural pathways (some strength)

Teach visualization

Mental focus Neural Pathways

Teach lifting skills

Neural Pathways and mental focus

Assignment

Develop a basic 26 week program for Shot Putters

Consider:

Peaking at week 26

Gender of the athlete

Recovery

Injury Prevention

Throwing Volume

Lifting Intensity

Teach visualization

Mental focus Neural Pathways

Teach lifting skills

Neural Pathways and mental focus