

Initial Situation

- We don't have real

»„Professionals“

Initial Situation

- Pupils / Students (school / university)
- Job-education
- Job
- Army / Police / Custom

- At most 7-9 T-Session per week
- On average 4-6 T-Session per week

- **Physical load / Recreation !!!!!**

Trainingsgruppe

- **Steffi Nerius 72** **Speer** **68,34m**
- **Linda Stahl 85** **Speer** **66,06m**
6. Pl. WM 09
- **Katharina Molitor 83** **Speer** **62,76m**
8. Pl. OS 08
- **Annika Suthe 85** **Speer** **61,38m**
8. Pl. EM 06
- **Barbara Vontein 78** **Speer** **58,23m**
- **Sarah Nöh 89** **Speer** **53,58m**

Trainingsgruppe

- | | | |
|-----------------------|--------|--------------|
| • Markus Esser 80 | Hammer | 81,10m |
| | | 4. Pl. WM 05 |
| • Sven Möhsner 86 | Hammer | 73,84m |
| • Susanne Keil 78 | Hammer | 72,74m |
| • B. Hedermann 87 | Hammer | 70,56m |
| • Kamil Bethke 85 | Hammer | 69,96m |
| • Gunnar Pfingsten 75 | Kugel | 20,08m |

Periodization of the
main training tools
at the high level Training

Trainingsmethodik

Characteristic curves of the main training tools at the high level Training

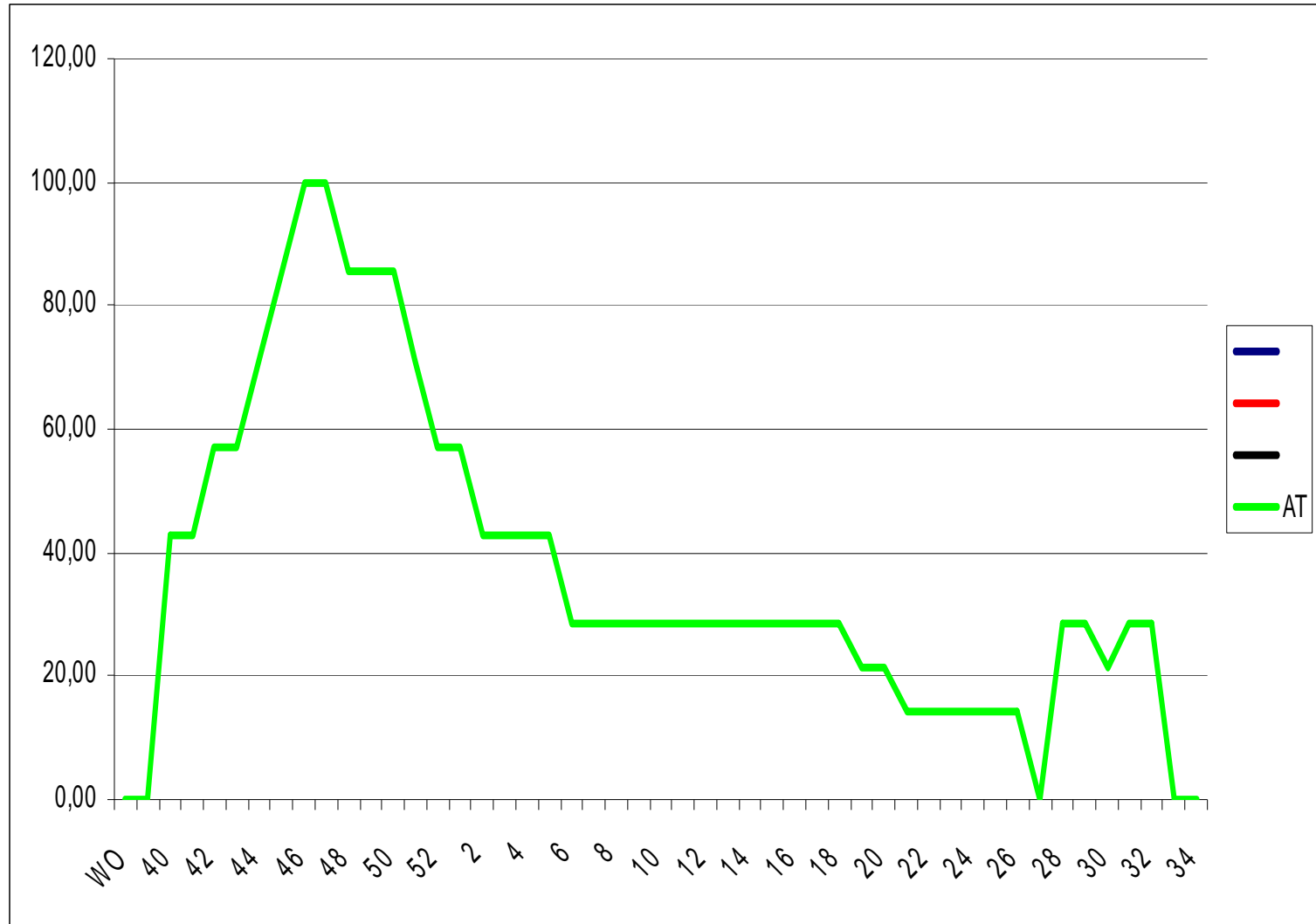
General Training

Maximal Strength Training

Spezific Strength Training

Spezific Throw Training

HTM im Speerwurf 05



General Training

endurance

(playing, swimming,.....,running)

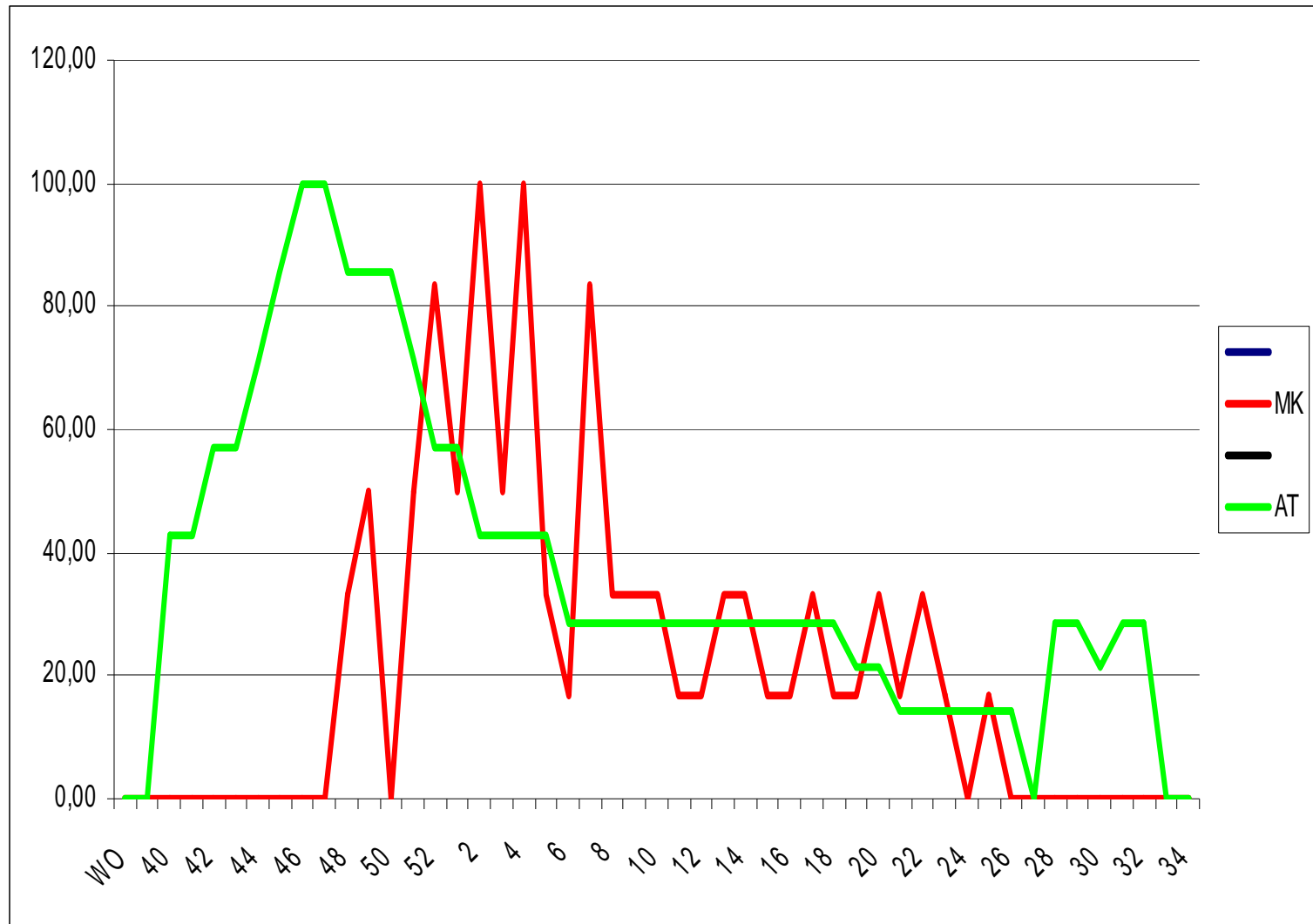
co-ordination training

(gymnastics, coordination feet skills,)

general power

(all body exercises, resistance machines,, free weight ex.)

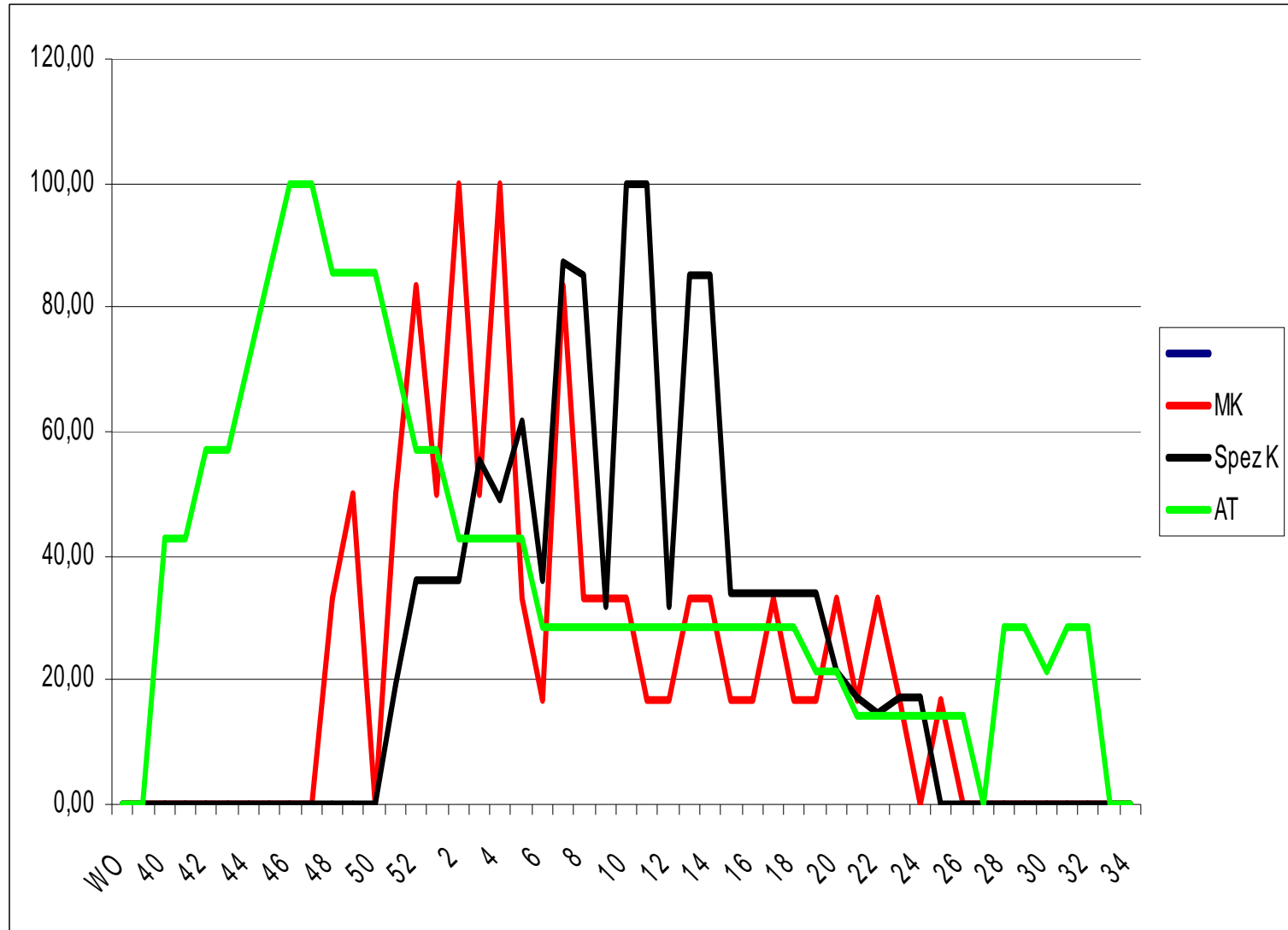
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Weight-training

- **maximal strenght training**
 - 4-6 set max 5 reps / min 1 pep
 - 80% from the maximum weight so far
 - repetition method (maximum)
- main exercises:
 - snatch
 - jerk (from the neck)
 - clean
 - full squad
 - benchpress

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Spezific strength

- four categories
- differences in:
 - way of acceleration
 - release speed
 - initial position
 - approach speed and length

First Categorie

- closed to the target technique in speed of release and approach, acceleration path
- speed time curves approximatly the same
- bounding run-up, 5 and 3 stride rhythm
- throwing with light / havy javelins (500g - 800g)
- throwing with light / havy iron balls (400g -1000g)
- throwing with weight jackets or weight belts
- tow rhythm run

Second Categorie

- several parts of the exercise are similar to the target technique (slower velocity, different acceleration path)
- how to use „body kinetic chain“ learn how to use legs first and then trunk, shoulder and arm (separating of the hip-shoulder movement)
- **standing position or three stride rhythm**
- throwing with havy iron balls (-1500g) not far, just to feel how it works
- throwing with medicine balls (-2000g)
- going with a bar on the neck or weight jacket in acyclic rhythm position
- crossover step with weight (imitation)

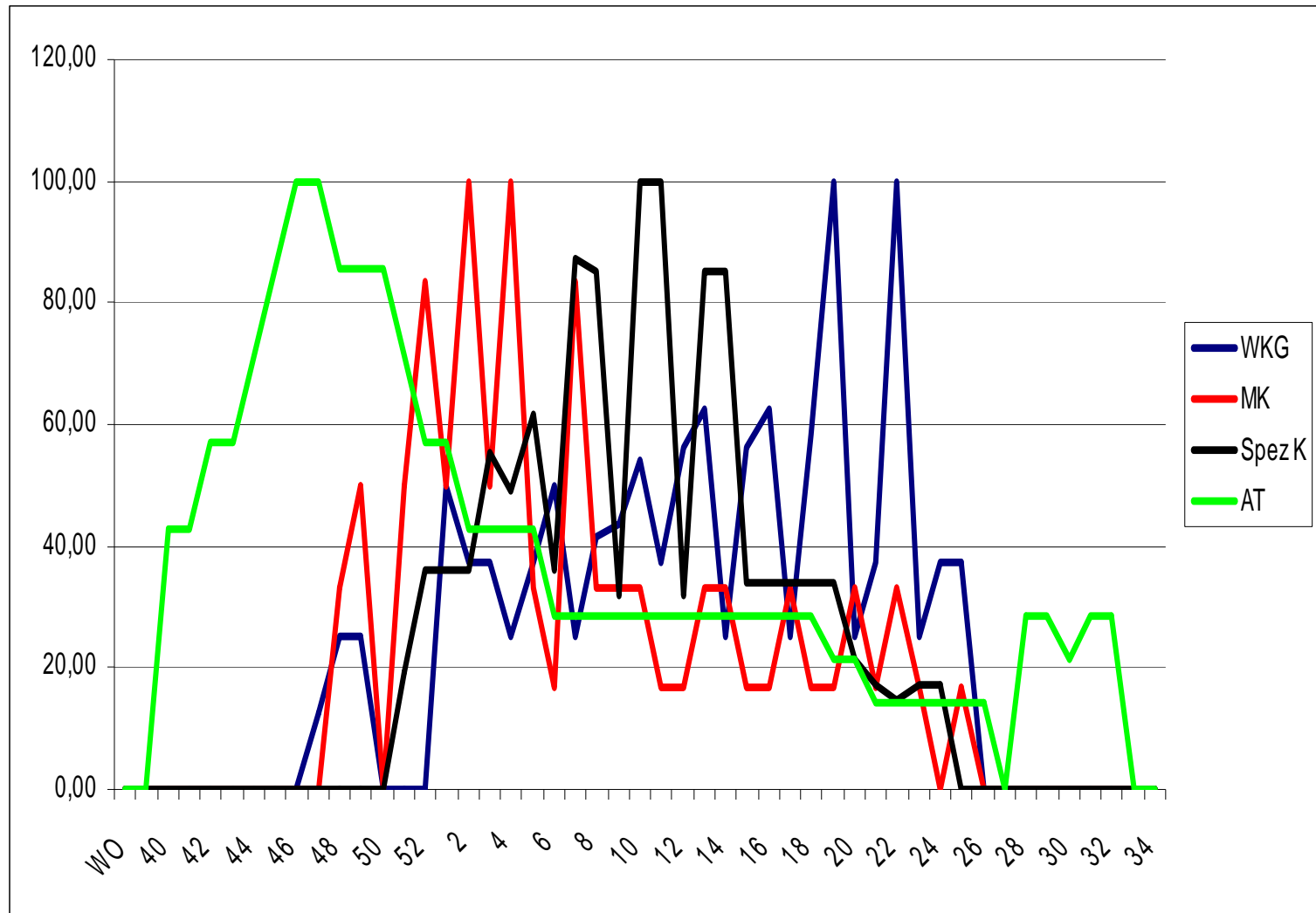
Third Categorie

- exercises with character of preparation
- over head throw with both hands different standing and sitting positions /
acceleration path short weight high 1000-4000g
- 3 stride rhythm iron ball both handed over head 3kg
- 3 stride rhythm iron ball put like shot put 3kg
- several barbell exercises acceleration 10kg
- harness rhythm runs 5kg - 10kg
- several approach runs

Fourth Categorie

- exercises with character of prevention
 - Thera-Band exercises
 - specific trunk exercises (abdominals)
 - shoulder dumbbell exercises
 - strength training on machines for shoulder and elbow

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wonderful examples



Throwing in the right way is very important for good results

