



Leamington Cycling & Athletics Club

Throws Planner - October 2018 - February 2019

		Register attendance with coach on arrival inside track.		TUESDAY	THURSDAY	SUNDAY	Competitions
Week Commencing (Monday)	Week		Warm Up - 30 minutes (6.30pm - 7.00pm)	6:30pm-8:15pm	6:15pm-8:00pm	10:00am-12:30pm	
01-Oct	1	Activity	Discus - BEGINNER Javelin - INTERMEDIATE	Technical training - discus	Javelin - standing through to 5 strides focus on upper body position	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims		standing throw, arm action & release	Athlete to keep arm high and withdrawan and weight shifted over rear hip/leg	2x lap warm up, drill to focus on special strength. Technical work on individual throw.	
08-Oct	2	Activity	Shot put - INTERMEDIATE Hammer - INTERMEDIATE	Shot put - engage hip from power position	Hammer - winds into heel/toe turns	Speed work - mobility and co-ordination drills	
		Skill Aims		Work on generating maximum power through upper body to arm.	Co-ordination of feet/legs and arms while controlling the hammer	4x30m sprint, 3x30m acyclic run (javelin), med-ball work with partner	
15-Oct	3	Activity	Discus - BEGINNER Javelin - INTERMEDIATE	Technical training - javelin	Technical training - discus	no training - javelin Masterclass, Loughborough	
		Skill Aims		Athlete to keep arm high and withdrawan and weight shifted over rear hip/leg	Understand how to hold and release discus, practice standing throw.		

22-Oct	4	Activity	Hammer - BEGINNER Shot put - INTERMEDIATE	Hammer Area: Throwing cage	Shot put Area: shot circle	Strength conditioning Gym/outside	
		Skill Aims		<i>Wind up drills with focus on arm position - both directions, single and double hand</i>	<i>Glide technique with focus on double support and separation into throw</i>	<i>Throw related strength work with focus being explosive strength</i>	
29-Oct	5	Activity	Discus - INTERMEDIATE Javelin - ADVANCED	Discus Area: Throwing cage	Technical training - javelin	Speed work - mobility and co-ordination drills	
		Skill Aims		<i>Swing with long arms, use of hip/triple extension. Introduce South African style</i>	<i>Impulse stride drills</i>	<i>4x30m sprint, 3x30m acyclic run (javelin), med-ball work with partner</i>	
05-Nov	6	Activity	Shot put - ADVANCED Hammer - BEGINNER	Shot put Area: shot circle	Hammer Area: Throwing cage	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims		<i>Rotational shot & drills for it.</i>	<i>Wind up drills with focus on arm position - both directions, single and double hand</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	
12-Nov	7	Activity	Javelin - ADVANCED Discus - ADVANCED	Technical training - javelin	Technical training - discus	Strength conditioning Gym/outside	
		Skill Aims		<i>Impulse stride drills</i>	<i>Full turn - "sprint" across circle</i>	<i>Throw related strength work with focus being explosive strength</i>	
19-Nov	8	Activity	Shot put - INTERMEDIATE Javelin - ADVANCED	Shot put Area: Outdoor throws area	Javelin Throwing area near cage	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims		<i>Glide technique with focus on double support and separation into throw</i>	<i>Approach, withdrawal into impulse and run through</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	

26-Nov	9	Activity	Discus - INTERMEDIATE Hammer - ADVANCED	Discus Area: Throwing cage	Hammer Area: Throwing cage	Strength & conditioning 2 hour, followed by technical throws	
		Skill Aims		<i>Continuation of South African style, demonstrate full turn. Use drills to reinforce</i>	<i>Turn drills progressing to 2 turns into throw</i>	<i>Core strength - sets as per session plan, to be provided</i>	
03-Dec	10	Activity	Javelin - ADVANCED	McDonalds Run - all age groups	Javelin Throwing area near cage	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims			<i>CE - full throws - approach, withdrawal, delivery & recovery</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	
10-Dec	11	Activity	Javelin - INTERMEDIATE Shot put - INTERMEDIATE	Javelin - impluse stride into block drills	Shot put Area: shot circle	Strength conditioning Gym/outside	
		Skill Aims		<i>Practice effective blocking into throw.</i>	<i>Glide technique and drills to speed up movement</i>	<i>Throw related strength work with focus being explosive strength</i>	
17-Dec	12	Activity	Discus - ADVANCED Hammer - ADVANCED	Hammer Area: Throwing cage	Discus Area: Throwing cage	Speed work - mobility and co-ordination drills	
		Skill Aims		<i>Turn drills progressing to 2 turns into throw</i>	<i>South African style progress to full turn</i>	<i>4x30m sprint, 3x30m acyclic run (javelin), med-ball work with partner</i>	
24-Dec	13	Activity		Christmas Day - no session	Session TBC/On request	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims				<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	

31-Dec	14	Activity		New Years Day - no session Session TBC/On request		Strength conditioning Gym/outside	1st MCAA Open, 5th/6th - TBC
		Skill Aims				<i>Throw related strength work with focus being explosive strength</i>	
07-Jan	15	Activity	Shot put - ADVANCED Discus - INTERMEDIATE	Shot put Area: Outdoor throws area	Discus Area: Throwing cage	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims		<i>Rotational shot put</i>	<i>Focus is speed across circle while maintaining good base of support</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	
14-Jan	16	Activity	Hammer - ADVANCED Javelin - BEGINNER	Hammer Area: Throwing cage	Javelin - standing throws progressing to 5 stride	Strength & conditioning 2 hour, followed by technical throws	
		Skill Aims		<i>Full throw</i>	<i>Focus on high arm, weight slightly back, 'springy' strides</i>	<i>Core strength - sets as per session plan, to be provided</i>	
21-Jan	17	Activity	Discus - INTERMEDIATE Shot put - INTERMEDIATE	Discus Area: Throwing cage	Shot put Area: Outdoor throws area	Strength & conditioning 1 hour, followed by technical throws	2nd MCAA Open 26th/27th - TBC
		Skill Aims		<i>Focus is arm position from start to release</i>	<i>Rotational shot put - breaking technique down</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	
28-Jan	18	Activity	Javelin - INTERMEDIATE Hammer - BEGINNER	Javelin Throwing area near cage	Hammer Area: Throwing cage	Speed work - mobility and co-ordination drills	
		Skill Aims		<i>Focus is acceleration during approach - use of resistance bands during drills</i>	<i>Wind up drills with focus on arm position - both directions, single and double hand</i>	<i>4x30m sprint, 3x30m acyclic run (javelin), med-ball work with partner</i>	

04-Feb	19	Activity	Shot put - ADVANCED Discus - INTERMEDIATE	Shot put Area: Outdoor throws area	Discus Area: Throwing cage	Strength & conditioning 1 hour, followed by technical throws	Midlands Champs 9th/10th - TBC
		Skill Aims		<i>Practice session - rotational and glide technique</i>	<i>Rotational -breaking technique down</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	
11-Feb	20	Activity	Hammer - ADVANCED Javelin - INTERMEDIATE	Hammer Area: Throwing cage	Javelin Throwing area near cage	Strength conditioning Gym/outside	
		Skill Aims		<i>Full throw</i>	<i>Focus is acceleration during approach - use of resistance bands during drills</i>	<i>Throw related strength work with focus being explosive strength</i>	
18-Feb	21	Activity	Discus - ADVANCED Shot put - ADVANCED	Discus Area: Throwing cage	Shot put Area: Outdoor throws area	Strength & conditioning 1 hour, followed by technical throws	
		Skill Aims		<i>Full throw</i>	<i>Practice session - rotational and glide technique</i>	<i>2x lap warm up, drill to focus on special strength. Technical work on individual throw.</i>	