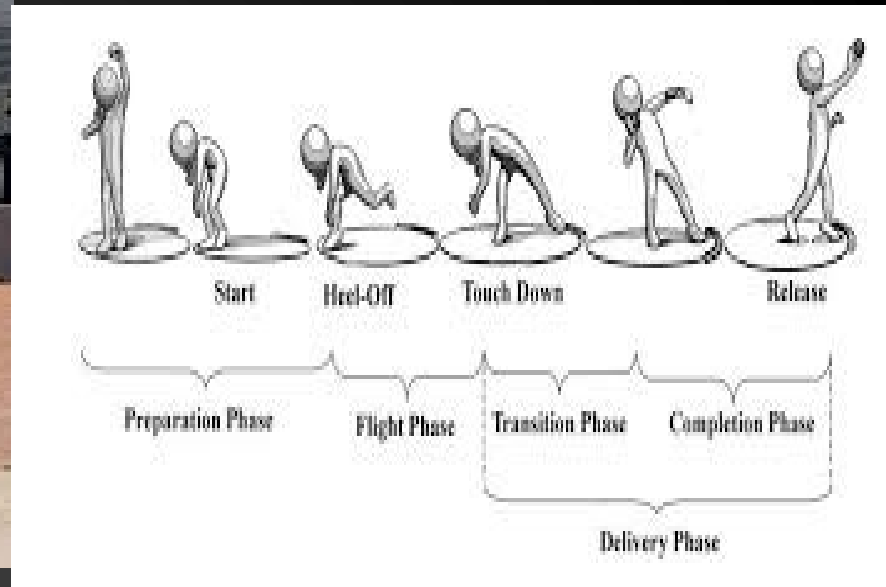




THROWING

BY: HENRY C DAGMIL

OLYMPIAN



4 PHASES

PHASE 1 FOR 2 WEEKS

PREPARATION STAGE

PHASE II FOR 3 & HALF MONTHS

GENERAL PREPARATION

PHASE III FOR 3-4 MONTHS

SPECIFIC PREPARATION

PHASE IV FOR 3MONTHS

COMPETITION PREPARATION

PHASE 1

MICRO CYCLE METHOD FOR 2 WEEKS CONDITIONING

DAY	MONDAY	TUESDAY	W	T	F	SAT	SUN
ACTIVITY / WORKOUT	. WARM UP: - Jog for 1-2 laps easy jog - Dynamic drills for 20 minutes II. WORKOUT: 1. All Functional movement for 30-40minutes III. COOL DOWN: - Flexibility Stretching	WARM UP: - Jog for 1-2 laps easy jog - Dynamic drills for 20 minutes II. WORKOUT: 1. familiarization of the implements III. COOL DOWN: - Flexibility Stretching					

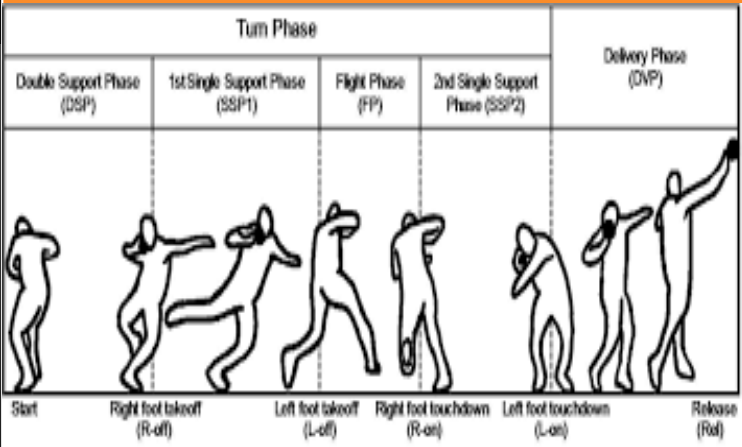
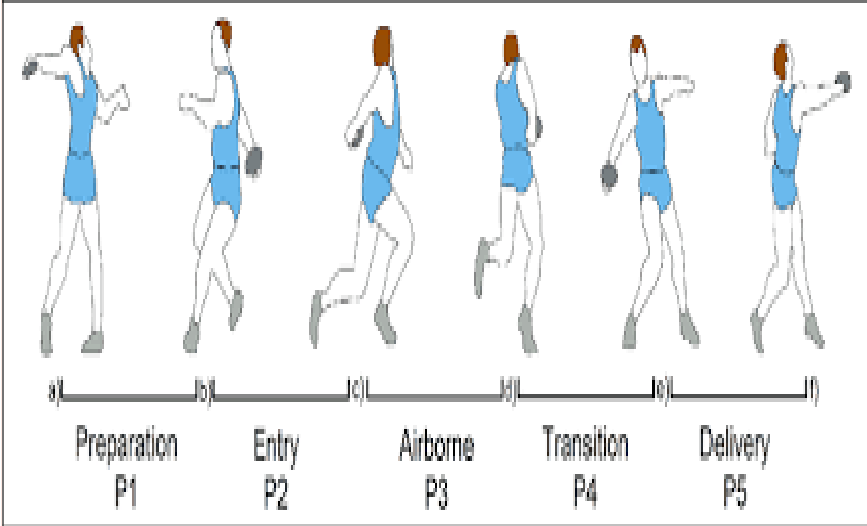
PHASE 2

MICRO-CYCLE METHOD FOR GENERAL PREPARATION 3&HALF MONTHS

MONDAY	TUESDAY	THU	FRI	SAT	SAT
I. WARM UP: - Jog for 5 mins. - Dynamic drills with implements for 25 mins. II. WORKOUT: 1 Basic throwing 10reps each - front ,side , back for shot put - standing, 1step, 3step, 5step, 7step for javelin III. COOL DOWN: - Flexibility Stretching	. WARM UP: - Jog for 5 mins. - Dynamic drills 10MINUTES II. WORKOUT: STRENGTHENING 10 REPS POWER LIFTING ,DEADLIFT,CLEAN & JERK, SNATCH III. COOL DOWN: NO STRETCHING				
MUSCULAR DEVELOPMENT					

PHASE 3

MICRO-CYCLE METHOD FOR SPECIFIC PREPARATION FOR 3 MONTHS

MONDAY	TUESDAY	WED	THU	FRI	SAT	SUN
I. WARM UP: - Jog for 5 mins. - Dynamic drills with implements for 25 mins. II. WORKOUT: TECHNIC MASTERY 	I. WARM UP: - Jog for 5 mins. - Dynamic drills with implements for 25 mins. II. WORKOUT: TECHNIC MASTERY 				competition	rest
III. COOL DOWN: - Flexibility Stretching	III. COOL DOWN: - Flexibility Stretching					

PHASE IV

- Micro & meso cycle method for competition preparation FOR 3 MONTHS

Monday	T	W	T	F	Sat	Sun
Focus on intensity and technic	Strengthening Focus on high intensity	rest	Same Monday	Same Tuesday	Perfor mance	rest
 	 					

THANK YOU

