

GLOBAL THROWING

Base #1,#2,#3,#4,#

MEZOCYCLES	1,2A-B,3,4,5,6	#1,#2A = 15/10-25/11. #2B = 03-23/12. #3,#4 = 11/03-
MICROCYCLES	24	Weekly Plan
DAYS / SESSIONS	2,2,1,2,2,1,R	Throw Mon, Tue, Thu, Fri-----Lift Mon, Tue, Thu, Fri----
EXERCISES	Warm up: Throwing: Lifting: Run & Jump: Cardio: Stretch:	Jogging, biking + Hurdle Walk & Running School and C Standing, Step & Turn, None Reverse, Reverse, + Drills Power Lifting Back Squats, Front Squats, I Olympic Lifting Snatch Pull, Clean Pull plus : Symmetry Work ARMS Bicep Curls Bæ SHOULDERS Military Press CHEST Flat Bench DP LEGS Leg Curl & Ext BACK Hyperextensio ABS Upper, Lower Buildups> Strides or accelerations & Continous Work> Walk, Run, Bike, Swim Static, Dynamic, Functional
TRAININGMETHODS	Warm up: Throwing: Lifting: Run & Jump: Cardio: Stretch:	Jog & Bike 10-15 Minutes + Hurdle Walk 2x10each & F St, S&T, NR, R, 40-100throws, Submax to max (90-100 Power Lifts: 5x5-12x60-87.5%/rest 1-2min. ECC Olyr Buildups (Strides) 5x50-75m Submax (80-90%) with 2- Long Distance 30-45min with 75% pulse Your Stretch and Functional Routines
GOALS	Maintain Fitness & Aerobic Capacity, Muscular Hypertrophy and Str	

GLOBAL THROWING

Strength #1,

MEZOCYCLES	4,10,11	#1 = 27-30/12 and 02-31 Jan. #2,#3 = 08/07-01709.
MICROCYCLES	26	Day Plan
DAYS / SESSIONS	3-1 & 2-1	3-1: Throw Day 1 x 2, Day 2, Day 3, Lift Day 2 & 3.----2-
EXERCISES	Warm up: Throwing: Lifting: Run & Jump: Stretch:	Jogging, biking + Hurdle Walk & Running School Standing, Step & Turn, None Reverse, Reverse, + Drills Power Lifting Back Squats, Front Squats B Olympic Lifting Power Clean, Clean Pull, Po Specific Work Half Squats, Speed Lifts Symmetry Work SHOULDERS Military Press CHEST Flat Bench DP LEGS Leg Curl, Step BACK Hyperextensio ABS Upper, Lower Buildups> Strides or accelerations Static, Dynamic, Functional

TRAININGMETHODS	Warm up: Jog & Bike 5-10 Minutes + Hurdle Walk 2x5each & Run Throwing: St, S & T, NR, R, 30-70, Sub to Max (95-100%), 2.0-2.8 Lifting: Power: 4-5x1-8x70-100%/rest 4-5min. Olympic: 4-5x1- Run & Jump: Buildups (Strides) 5x30-60m Submax (90-95%) with 3- Stretch: Your Stretch and Functional Routines
GOALS	Muscular Max Strength, Throwing Strength/Power

GLOBAL THROWING	Power/Speed
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MEZOCYCLES	5,12	#1 = 01/02-03/03. #2 = 02-30/09.
MICROCYCLES	17	Day Plan
DAYS / SESSIONS	3-1 & 2-1	3-1: Throw Day 1 x 2, Day 2, Day 3, Lift Day 2 & 3.-----2

EXERCISES	Warm up: Jogging, biking + Hurdle Walk & Running School Throwing: Standing, None Reverse, Reverse, + Drills Lifting: <table border="0"> <tr> <td>Power Lifting</td> <td>Back Squats, Front Squats,</td> </tr> <tr> <td>Olympic Lifting</td> <td>Hang Clean, Hang Snatch, F</td> </tr> <tr> <td>Specific Work</td> <td>Half Squats, Speed Lifts, Re</td> </tr> <tr> <td>Symmetry Work</td> <td>SHOULDERS Military Press</td> </tr> <tr> <td></td> <td>CHEST Flat Bench DP</td> </tr> <tr> <td></td> <td>LEGS Leg Curl, Step</td> </tr> <tr> <td></td> <td>BACK Hyperextensio</td> </tr> <tr> <td></td> <td>ABS Upper, Lower</td> </tr> </table> Run & Jump: Buildups> Strides or accelerations. SPEC Stretch: Static, Dynamic, Functional	Power Lifting	Back Squats, Front Squats,	Olympic Lifting	Hang Clean, Hang Snatch, F	Specific Work	Half Squats, Speed Lifts, Re	Symmetry Work	SHOULDERS Military Press		CHEST Flat Bench DP		LEGS Leg Curl, Step		BACK Hyperextensio		ABS Upper, Lower
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	BACK Hyperextensio																
	ABS Upper, Lower																

TRAININGMETHODS	Warm up: Jog & Bike 5-10 Minutes + Hurdle Walk 2x5each & Run Throwing: St, NR, R, 20-40, Max (95-100%), 2.0-2.5kg, + drills Lifting: Power: 3-5x1-5x67.5-90%/rest 4-5min. CON Olympic: Run & Jump: Buildups (Strides) 5x10-40m Submax (90-95%) with 3- Stretch: Your Stretch and Functional Routines
GOALS	Muscular Max Power, Speed, Throwing Power, Speed, Specific

GLOBAL THROWING	Active Rest
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ACTIVE REST	1,2,3,4,5,6	#1 = 26/11-02/12. #2 = 24-26/12 and 31/12-01/01. #4									
MICROCYCLES	6	Weekly Plan									
DAYS / SESSIONS	1,1,1,1,1,R	Throw Mon & Thu-----Lift Tue & Fri-----Cardio Wed, Sa									
EXERCISES	Warm up: Jogging, biking + Hurdle Walk & Running School and C Throwing: Standing, Step & Turn, None Reverse, Reverse Lifting: <table border="0"> <tr> <td>Circuit Training></td> <td>ARMS Bicep Curls B</td> </tr> <tr> <td></td> <td>SHOULDERS Military Press</td> </tr> <tr> <td></td> <td>CHEST Flat Bench/In</td> </tr> <tr> <td></td> <td>LEGS Leg Curl, Stiff,</td> </tr> <tr> <td></td> <td>BACK Hyperextensio</td> </tr> </table>	Circuit Training>	ARMS Bicep Curls B		SHOULDERS Military Press		CHEST Flat Bench/In		LEGS Leg Curl, Stiff,		BACK Hyperextensio
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	SHOULDERS Military Press										
	CHEST Flat Bench/In										
	LEGS Leg Curl, Stiff,										
	BACK Hyperextensio										

		Power Lifting> Buildups> Continuous Work> Static, Dynamic, Functional	ABS Squats, Bench, Deadlift Strides or accelerations Walk, Run, Bike, Swim	Upper, Lower
TRAININGMETHODS	Warm up: Throwing: Lifting: Running: Cardio: Stretch:	Jog & Bike 10-15 Minutes + Hurdle Walk 2x10each & F St, S&T, NR, R, 20-30throws, Submax (80-90%), 1.75-2 Circuit 3x12-20, Pump/Submax (50-70%), walk between Buildups (Strides) 5x50-75m Submax (80-90%) with 2- Long Distance 45-60min with 65-80% pulse Your Stretch and Functional Routines		
GOALS	General Fitness, Aerobic Capacity, Muscular Rest/Maintain, Throwing			

5,#6

Simon Pettersson

-30/04. #5,#6 = 06/05-30/06.

--Cardio and Fitness Wed, Sat-----Rest Sun ALT

Olympic Warmup

; and some Medecinballs MedBall

Deadlift, Sumo, Bench Press, Incline Bench Press, SPEC

some sit Clean, Snatch and Jerk

arbell & Dumbell, Tricep Push Down

, PBN, DP, Deltoid Raises 1,2,3, Reverse Fly

, Incline DP, Decline DP, Flys

tension, L. Press, Stepups, Stiff, One L. Squats, Lunges, C. Raises, Add.

on, Reverse Hypers, GM, Back Ex., Lat Pull, Bent Over Row, Chins

; Rotational

Jumps on a mat barefoot

Running School 2x30-40m, Olympic Warmup 5-10reps x 5 ex.

0%), 2.0-2.8kg, + Drills. MedBall 5-10ex. x 10-20 reps each 80-90%

mpic: 5x5-8x70-87.5%/rest 2-3min. Symmetry: 3x12-20x50-70%/rest 1 min

3 min rest & 5-10ex. x 10-20 reps each 80-90%

Length, Throwing Volume & Strength

#2, #3

Simon Pettersson

-1: Throw and Lift Day 1 & 2 ALT

; Bench Press, Incline Bench Press, Deadlift SPEC

ower Snatch, Snatch Pull, Push Press, Jerk

, PBN, DP, Reverse Fly

, Incline DP, Flys

ups, Stiff, One Leg Squats, Calf Raises, Adduction

on, Reverse Hypers, Lat Pull, Bent Over Row

; Rotational

SPEC

Training School 2x20-30m

5x77.5-100%/rest 4-5min. Symmetry: 3x6-12x70-80%/rest 1 min
4 min rest. SPEC/DJ

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!-1: Throw and Lift Day 1 & 2 ALT

Bench Press, SPEC
Push Press, Split Jerk

, PBN, DP, Reverse Fly
, Incline DP, Flys
ups, Stiff, One Leg Squats, Calf Raises, Adduction
on, Reverse Hypers, Lat Pull, Bent Over Row

Training School 2x20-30m

4-5x1-3x72.5-90/rest 4-5min. Symmetry: 3x6-8x80-90%/rest 1 min
4 min rest. SPEC/CON

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= 04-10/03. #4 = 01-05/05. #5 = 01-07/07. #6 = 01-20/10.

t----Rest Sun

Olympic Warmup

arbell & Dumbell, Tricep Push Down
, PBN, Dumbell Press
cline DP, Flys
, One Leg Squats, Lunges, Calf Raises, Adduction
on, Reverse Hypers, Lat Pull, Bent Over Row

