

Progressing Throws Careers over Multiple Events

Jake Malm – University of Dubuque



Multi-Event Success?

- NCAA Championship multi-event qualifiers
 - 1 shot put/discus/hammer/weight
 - 1 shot put/discus/weight
 - 2 discus/hammer/weight
 - 1 shot put/hammer/weight
 - 2 shot put/weight
 - 1 discus/hammer
 - 1 shot put/discus
 - 1 shot put/hammer
 - *1 javelin/discus* (one spot out of discus)*

Considerations

Team & university goals

What's fun now?

What could be fun in the future?

Fun, but with a purpose





- Strengths
 - Throwing net
 - Strength training
 - Multi-sport women
- Limitations
 - Multi-sport men
 - NCAA Division III 24 week season

General Multi-Year Process



Year 1

- Everyone learns the hammer
- Spin or glide?
- Learn to reverse (?)
- Establish knowledge of the entry(ies)
 - Weight Throw
- Use of light implements
- Help them learn that their input is valued

Kayla Slowick

High School

38' 0" shot put

128' 1" discus

College

14.01m shot put (46' 0")

44.34m discus (145' 6")

47.20m hammer

15.76m weight

**2.5 year career*





Alex Link

High School

154' 0" Discus

College

52.06m discus (170' 10")

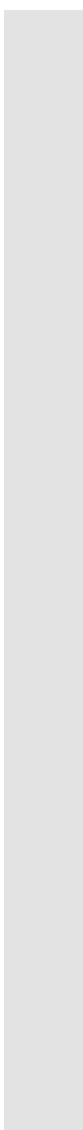
52.15m hammer

16.65m weight

13.74m shot put (45' 1")

**3 year career*





Year 2

- Start to see signs of their future in multiple events
 - Can be different for men and women
- Continue to find entries that work
- Weight/Hammer
 - Add a turn?
- More variety in implements

Kaitlyn Wilder

High School

41' 9" shot put

139' 2" discus

College

14.68m shot put (48' 2")

45.58m discus (149' 6")

17.96m weight

51.78m hammer







Year 3

- Decision typically made on multiple events
- Goal is to be conference scorer & borderline NCAA qualifier by this point
 - How are they handling new expectations?
- Training weight vs. hammer

Abby Willis

High School

119' Discus

32' shot put

College

43.44m javelin (142' 6")

43.71m discus (143' 5")

15m weight



Year 4

New priorities based on
NCAA standing

Balancing competition
workload

Feedback is natural &
expected

Learning to throw far on
command



Kelsey Betthauser

High school

31' 2" shot put

94' 3" discus

Triple Jump & Hurdles

College

48.24m discus (158' 3")

17.42m weight throw

52.32m hammer

36.52m javelin (119' 10")

12.02 shot put (39' 5.25")



Blaze Murfin

High school –

59' 8" shot put

178' 4" discus

College

18.62m shot put (61' 1")

20.52m weight throw

53.52m discus (175' 7")

60.82m hammer



Other
thoughts:

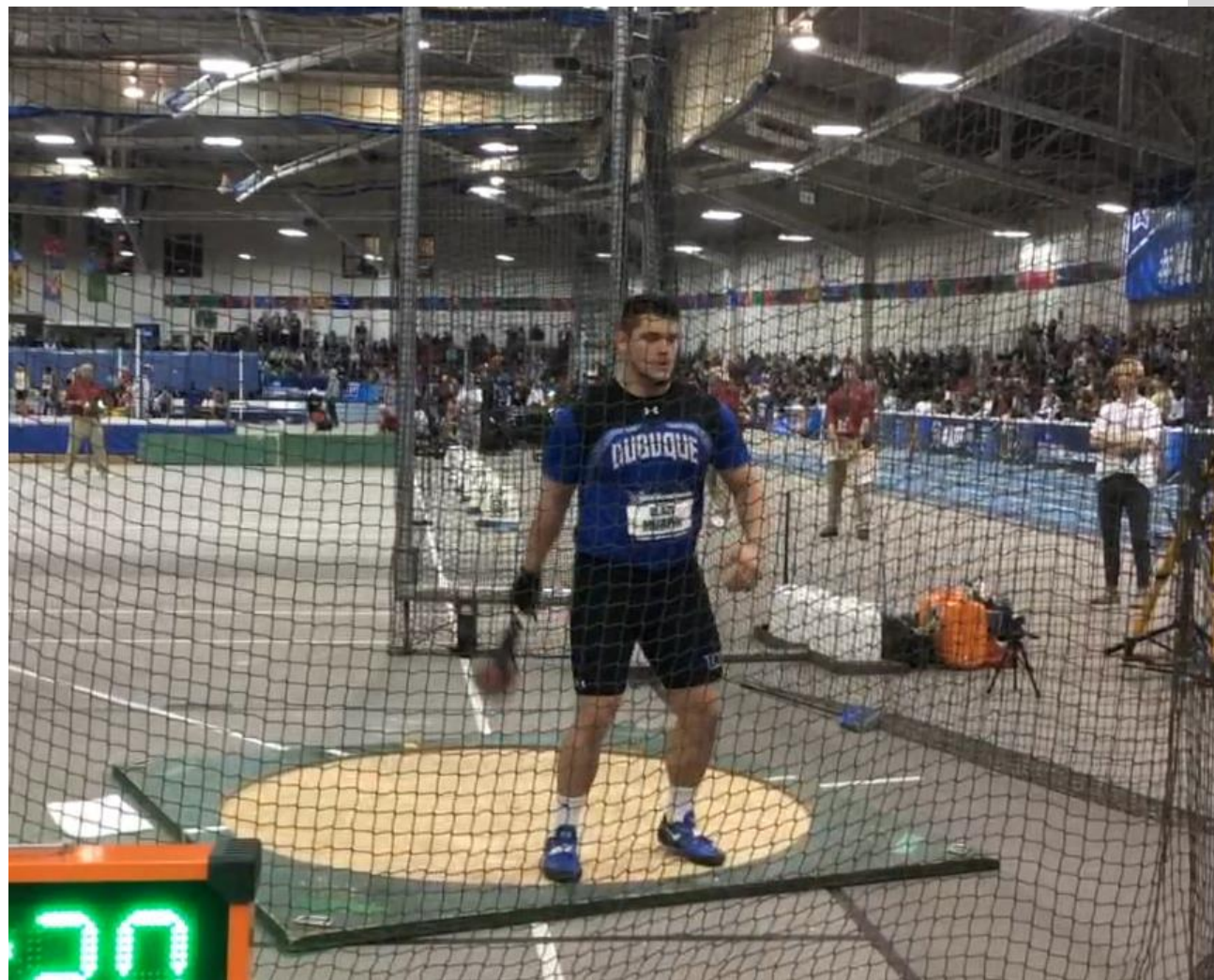
Implement Selection

- What will help them “get it” NOW?
 - Heavy/light implements
 - Short/long hammers
 - Alternative implements
- Implement VARIETY shifts training focus to improvement > performance

Other Thoughts:

Finding Technical Similarities

- Should you spin everyone in shot???
- Non-Reverse Discus, Javelin, Glide similarities
- Hammer and rotation
- Rotational Shot & Discus – I teach almost identically









Coaching “Technique”

We keep things VERY simple
5-10 throws before coach
steps in

They need to get
comfortable with giving
feedback!



Using the Weight Room as a Tool

- Barbell “standing throws”
- Plate swings for hammer orbit
- Over-loaded hammer winds
- Javelin DB swings
- Discus Plate stands for orbit awareness
- Etc...





Planning weekly training

- Lift x2 per week
- Throw x4 per week, 2 events per day
- What is/are their priority event(s)?
- Organize training week accordingly
 - Fatigue from class load?
 - Fatigue from strength training?
- Other considerations
 - Slow vs. fast days
 - Right leg in shot/disc/hammer
 - Ring size between shot and disc

Weekly Planning Case Studies



Blaze Murfin

High school –
59' 8" shot put
178' 4" discus

College
18.62m shot put (61' 1")
20.52m weight throw
53.52m discus (175' 7")
60.82m hammer



UD Throws	Murfin				Season	Indoor
					Cycle	Comp I
					Week	3
1/28/2019	1/29/2019	1/30/2019	1/31/2019	2/1/2019	2/2/2019	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>Strength Training</u>	<u>Shot Put</u>	<u>Hammer/Weight</u>	<u>Hammer/Weight</u>	<u>Discus</u>	<u>Compete!</u>	
Day 1 + Jumps & Sprints	18#, 17#, 16#	Warm-up winds/turns	Warm-up winds/turns	8# & 6# ball, 2.5k and 2.2k	Weight Throw & Shot Put	
	30 throws	42#, 40#, 37#, 35# long weight	40#, 37#, 35# weights	26-42 throws		
	14 partials, 16 fulls	x4 of each	x4-6 of each	18 partials, 8-24 fulls		
	<u>Weight Throw</u>	<u>Discus</u>	<u>Shot Put</u>	<u>Strength Training</u>		
	6-10 throws from release &	10# ball	17# and 16#	Day 2		
	1 turn with 45# weight	20 stand throws	20 throws			
			7 partials, 11-14 fulls			

UD Throws	Murfin				Period	Outdoor Season
					Phase	Competition I
					Week	2
4/9/2018	4/10/2018	4/11/2018	4/12/2018	4/13/2018	4/14/2018	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>Discus</u>	<u>Shot put</u>	<u>Discus</u>	<u>Strength Training</u>	<u>Shot Put</u>	<u>Compete</u>	
2.5k, 2.25k, 2k	18#, 17#, 16#	2.5k, 2.25k, 2k	Day 2	2-4 partials with 17#	Discus & Shot	
25-30 throws	20 throws	Same as Monday		8-12 fulls with 16#		
15 partials, 10-15 fulls	6 partials, 14 fulls					
<u>Hammer</u>	<u>Hammer</u>	<u>Hammer</u>		<u>Compete</u>		
Warm-Up winds & turns	Warm-Up winds & turns	Warm-Up winds & turns		Hammer		
Short heavy x6	Short heavy x4	Short heavy x4				
Long heavy x6	Long heavy x4	Comp x4				
	Comp x4	Light x4				

Kelsey Betthauser

High school

31' 2" shot put

94' 3" discus

Triple Jump & Hurdles

College

48.24m discus (158' 3")

17.42m weight throw

52.32m hammer

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UD Throws

Betthauser

Period

Outdoor Season

Phase

Competition I

Week

2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

1

3

2

Discus

Shot put

Discus

Javelin

Discus

Compete

1.4k, 1.2k, 1k, .75k discs

5k, 4k, 3k shots

1.2k, 1k, .75k discs

600g javelin only

1k disc only

Discus, Shot Put & Javelin

28 throws

20 throws

28 throws

24-34 throws

14-20 throws

16 partials, 12 fulls

10 partials, 10 fulls

16 partials, 12 fulls

8-14 from stands/crosses

4-8 partials, 10-12 fulls

16-20 full approaches

Hammer

Hammer

Hammer

Strength Training

Shot Put

Warm-up winds/turns

Warm-up winds/turns

Warm-up winds/turns

Day 2

4k shot only

Short heavy x7

Short heavy x7

Comp x6

10-20 throws

Regular heavy x5

Regular heavy x5

Light x6

6-12 partials, 4-8 fulls

Compete

Hammer

Alex Link

High School

154' 0" Discus

College

52.06m discus (170' 10")

52.15m hammer

16.65m weight

13.74m shot put (45' 1")

**3 year career*



UD Throws	Link				Period	Outdoor
					Phase	Specific Prep I
					Week	1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>Weight Room</u>	<u>Discus</u>	<u>Discus</u>	<u>Hammer</u>	<u>Discus</u>	<u>Compete</u>	
Day 1 Lift	2.2k, 2k discs	6# ball, 2.2k disc	Warm-up Winds/turns	2.2k and 2k discs	Norse Relays	
	32 throws	40 throws		22-26 throws		
	16 partials, 16 fulls	32 partials, 8 fulls	Light x8-10	10 partials, 12-16 fulls		
			Light x8-10			
	<u>Hammer</u>	<u>Hammer</u>	<u>Weight Room</u>	<u>Hammer</u>		
	Warm-up Winds/turns	Warm-up Winds/turns	Day 2 Lift	Warm-up Winds/turns		
	Short heavy x6-8	Heavy x6-8		Heavy x6-8		
	Comp x6-8	Comp x6-8		Comp x6-8		

Becca Burmahl

High School

120' 8" discus

16.5 100m hurdles

College

56.79m hammer

17.55m weight

46.11m discus (151' 3")



UD Throws

Burmahl

Season

Cycle

Week

Outdoor

Comp I

2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Hammer

Hammer

Discus

Hammer

Discus

Compete

Warm-up winds/turns

Warm-up winds/turns

Same workout as Mon.

Warm-up winds/turns

1k and .75k discs

Hammer and Discus

Heavy x5

Heavy x5

with less 1.25k volume

Comp x6-8

16-35 throws

Light x5

Comp x5

Light x6

10-20 partials, 6-15 fulls

Discus

Strength Training

Hammer

Strength Training

Hammer

1.25k, 1k, .75k discs

Day 1

Warm-up winds/turns

Day 2

Optional 6-10 throws

20-28 throws

Heavy x5

with light hammer

12 partials, 8-16 fulls

Light x5

Sprints

5x20yds on turf

Abby Willis

High School

119' Discus

32' shot put

College

43.44m javelin (142' 6")

43.71m discus (143' 5")

15.00m weight



UD Throws	Willis				Period	Outdoor Season
					Phase	Competition I
					Week	3
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<u>Javelin</u>	<u>Discus</u>	<u>Discus</u>	<u>Javelin</u>	<u>Discus</u>	<u>Compete</u>	
800g Javelin	1.4k, 1.2k, 1k discs	1.2k, 1.1k, 1k discs	600g Javelin	1k Discus only	Discus & Javelin	
8-14 stands & crosses	34 throws	34 throws	8-14 stands & crosses	10-18 throws		
	12 partials, 22 fulls	12 partials, 22 fulls		4-8 partials, 6-10 fulls		
600g Javelin			600g Javelin & Finn Flier			
16-20 full approaches			20 full approaches	<u>Strength Training</u>		
				Day 2		

Closing thoughts

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