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
Kaitlyn is an event athlete with a focus on the discus.
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
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<thead>
<tr>
<th>UD Throws</th>
<th>Murfin</th>
<th>Season Cycle</th>
<th>Comp</th>
<th>Indoor</th>
<th>Week</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
<td>SATURDAY</td>
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**Strengthen Training**
- **Day 1 + Jumps & Sprints**
  - 18#, 17#, 16#
  - 30 throws
  - 14 partials, 15 fulls

**Strength Training**

**Shot Put**
- 10# ball

**Hammer/Weight**
- Warm-up winds/turns
- 42#, 40#, 37#, 35# long weight
- x4 of each

**Hammer/Weight**
- Warm-up winds/turns
- 40#, 37#, 35# weights
- x4-5 of each

**Discus**
- 8# & 6# ball, 2.5k and 2.2k
- 25-42 throws
- 18 partials, 8-24 fulls

**Compete!**
- Weight Throw & Shot Put

**Weight Throw**
- 10# ball
- 6-10 throws from release & 1 turn with 45# weight

**Discus**
- 17# and 16#
- 20 throws
- 7 partials, 11-14 fulls

**Shot Put**
- 20 stand throws
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<th>Period</th>
<th>Outdoor Season</th>
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<td>Shot put 18#, 17#, 16#</td>
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<td>6 partials, 14 fulls</td>
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<td>Hammer</td>
<td>Compete</td>
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<tr>
<td>Warm-Up winds &amp; turns</td>
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<td>Warm-Up winds &amp; turns</td>
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<tr>
<td>Short heavy x6</td>
<td>Short heavy x4</td>
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<tr>
<td>Long heavy x5</td>
<td>Long heavy x4</td>
<td>Comp x4</td>
<td>Light x4</td>
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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”)
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<td>Shot put 5k, 4k, 3k shots 20 throws 10 partials, 10 finals</td>
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<td>Discus 1.2k, 1k, .75k discs 28 throws 16 partials, 12 finals</td>
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<td>THURSDAY</td>
<td>Javelin 600g javelin only 24-34 throws 8-14 from stands/crosses 16-20 full approaches</td>
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<td>FRIDAY</td>
<td>Discus 1k disc only 14-20 throws 4-8 partials, 10-12 finals</td>
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<td>Compete Discus, Shot Put &amp; Javelin</td>
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<td>MONDAY</td>
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<td>Shot Put 4k shot only 10-20 throws 6-12 partials, 4-8 finals</td>
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<td>Compete Hammer</td>
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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
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<td>Day 1 Lift</td>
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<td>16 partials, 16 fulls</td>
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Becca Burmahl

High School
120’ 8” discus
16.5 100m hurdles

College
56.79m hammer
17.55m weight
46.11m discus (151’ 3”)

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td><strong>Discus</strong></td>
<td><strong>Compete</strong></td>
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<td>Heavy x5</td>
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<td>with less 1.25k volume</td>
<td>Comp x6-8</td>
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<td>Comp x5</td>
<td>Light x6</td>
<td>10-20 throws</td>
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<td>1.25k, 1k, .75k discs</td>
<td>Day 1</td>
<td>Day 2</td>
<td>Optional 6-10 throws</td>
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<td>12 partials, 8-16 fulls</td>
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<td><strong>Sprints</strong></td>
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<td>5x20yds on turf</td>
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Abby Willis

High School
119’ Discus
32’ shot put

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15.00m weight
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<td>Discus</td>
<td>Javelin</td>
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