

# VICTORY BY PLANNING

TRAINING PROGRAM DEVELOPMENT  
Bill Godina



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*"The road to Maximum Performance is by hard work and planning"*



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## PRESIDENT'S FITNESS TEST

- ◆ 80-85th Percentile
- ◆ Eight-foot standing long jump

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## STRENGTH LEVELS

- ◆ Bench Press            200-300
- ◆ Full Squat            200-400
- ◆ Power Clean           150-225
- ◆ Power Snatch        150+

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## THE MAX JONES QUADRATHLON

- ◆ Three Jumps
- ◆ Standing Long Jump
- ◆ 30 meter Sprint
- ◆ Overhead Shot

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## BFS DOT DRILL

- ◆ 50 Sec.            Super Quick
- ◆ 50-60 Sec.        Great
- ◆ 60-70 Sec.        Average
- ◆ 70-80 Sec.        Need More Work
- ◆ 80+ Sec.           Slow

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## U.S.S.R. SCIENCE

- ◆ 20 m Flying Start
- ◆ Stand Long Jump
- ◆ Vertical Jump
- ◆ Medicine Ball (3kg.) Toss

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## A COACH'S QUICK LOOK

- ◆ *ATHLETICISM*
- ◆ *VERTICAL JUMP*
- ◆ *CLEANS*
- ◆ *SQUATS*
- ◆ *GRADES*

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## BUILDING THE PLAN



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## BIOMOTOR ELEMENTS

- ◆ STRENGTH
- ◆ SPEED
- ◆ COORDINATION
- ◆ ENDURANCE
- ◆ FLEXIBILITY

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## BIOMOTOR DEVELOPMENT

- ◆ ALL FIVE ELEMENTS ADDRESSED
- ◆ BALANCE
  - ◆ YOUNG ATHLETES
  - ◆ EARLY PART OF THE YEAR
- ◆ STRESSING OF EVENT SPECIFIC ELEMENTS
- ◆ OVERTRAINING (Preparation Phase)

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## STRENGTH

- ◆ *Weight lifting*
- ◆ *Jumping*
- ◆ *Medicine Ball*
- ◆ *Throwing Exercises*
- ◆ *Body Weight Exercises*
- ◆ *Calisthenics*

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## Variable Weight Implements

- ◆ NEED
  - ◆ Speed
  - ◆ Regular
  - ◆ Power
- ◆ Four Throws per Set
- ◆ 10% Rule (8, 10, 11, 12, 13, 14 lb. Shots)

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## SPEED

- ◆ Sprints
- ◆ Ladder/Ins-Outs
- ◆ Variable Speed Runs

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## COORDINATION

- ◆ WEIGHTLIFTING
- ◆ AGILITY DRILLS
- ◆ HURDLE MOBILITY EXERCISE
- ◆ TECHNIQUE WORK (Indoor/outdoor)

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**ENDURANCE**

- ◆ High volume of throws
- ◆ Running Workouts
- ◆ Circuit Training

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**FLEXIBILITY**

- ◆ *Stretching Routines*
- ◆ *Range of Motion Exercises*

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**PSYCHOLOGICAL  
CONSIDERATIONS**

- ◆ RELAXATION
  - ◆ General Practice VS Meets
- ◆ PREPARATION
  - ◆ Simulation
- ◆ IMAGERY
- ◆ THROWING EVENT PROFILES

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# VIDEO ANALYSIS

- ◆ Human eye cannot detect critical errors.
- ◆ Provides coaches an accurate evaluation.
- ◆ Provides athletes objective feedback.
- ◆ Must be systematic.

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NAME/GROUP		COMPETITION	SPEED	ENDURANCE	STRENGTH	PSYCHOLOGICAL	TESTING	OTHER
C h a r i t	Phase							
	Month							
M e e t	Meet #							
	Meet Location							
R e s u l t s	Training Item #							
	Speed							
	Strength							
	Endurance							
	Mobility							
	Technical							
	Taper/Rest							
	Testing							
	Volume							
	Intensity							
Comments								

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NAME/GROUP		COMPETITION	SPEED	ENDURANCE	STRENGTH	PSYCHOLOGICAL	TESTING	OTHER
SARAH		DISCUS 170+ Shot 15	20M POHT 12	20M 1st Mile	C - S - W	VISUALIZATION	4WK CYCLES	PLACE JR. NAT
C h a r i t	Phase							
	Month							
M e e t	Meet #							
	Meet Location							
R e s u l t s	Training Item #							
	Speed							
	Strength							
	Endurance							
	Mobility							
	Technical							
	Taper/Rest							
	Testing							
	Volume							
	Intensity							
Comments		Shot and Discus dates not available for USA Jrs						

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GROUP	COMPLETION	SPEED	ENDURANCE	STRENGTH	PSYCHOLOGICAL	FEELING	OT
ALEX	190 & 63"	5.0 40 FAT	Run 800L	2 600L C 300L 8 300L 300L	CONT. INTENSITY IN COMP	INCREASE MAX'S	
Phase	11	12	1	3	4	5	
Month	11	12	1	2	3	4	
Mesocycle	1	2	3	4	5	6	
Meet Location	1	2	3	4	5	6	
Pushing Index	1	2	3	4	5	6	
Speed	3	3	3	3	3	3	
Strength	5	5	5	5	5	5	
Endurance	2	2	2	2	2	2	
Mobility	4	4	4	4	4	4	
Technical	1	1	1	1	1	1	
Taper/Restore							
Feeling							
High							
Medium							
Low							
Hard							
Medium							
Easy							
Rest							

Mircocycle # 22 Dates 12-18 APR Event group SHOT/DISCUS

Theme for week: STRENGTH Comments:

<b>Sunday</b> REST	<b>Monday</b> 600 M Warm Up 14 lb. 1 x 5 stand w/o Rev 12 lb. 1 x 5 stand w/o Rev 12 lb. 1 x 5 stand w/o Rev 12 lb. 1 x 3 glide 80% 3 x 5. A Drib. <b>BACK SQUAT MAX OUT</b>	<b>Tuesday</b> 600 M Warm Up Discus 1 x 5 w/o Rev 1 x 5 w Rev 2 x 5 Wheels 2 x 5 Full 80-85% 1 x 5 Full 100% 3 DOTT DMB <b>BENCH MAX OUT</b>																																								
<b>Wednesday</b> 800 M Warm Up 13 lb. 1 x 5 stand w/o Rev 12 lb. 1 x 5 w/o Rev 12 lb. 1 x 5 with Rev 12 lb. 1 x 5 Glide 80% 12 lb. 1 x 3 Glide 100% <b>POWER CLEAN MAX OUT</b>	<b>Thursday</b> 800 M Warm Up Discus 1 x 5 w/o Rev. 2.0 kg. 1 x 5 w/o Rev. 1.6 kg. 1 x 5 Wheel 3 x 5 Full 80% 1 x 3 Full 100% Sprints: 2 x 40, 4 x 20	<b>Friday</b> <i>Meet Simulation</i> 800 m Warm Up SHOT 3 Stand w/o rev 2 Stand with rev 2 Glides 80% 1 Glide 100% DISCUS 4 Stands, 1 Wheel, 2 Full 80%, 1 Full 100% <b>2 x 8 snatch 65%</b>																																								
<b>Saturday</b> <b>GRUELEY INVITE</b>	<b>Intensity of load by day</b> <table border="1"> <tr> <td></td> <td>Su</td> <td>M</td> <td>T</td> <td>W</td> <td>T</td> <td>F</td> <td>Sa</td> </tr> <tr> <td>Hard</td> <td>X</td> <td>X</td> <td>X</td> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>Med</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Easy</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Rest</td> <td>X</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		Su	M	T	W	T	F	Sa	Hard	X	X	X	X	X	X	X	Med								Easy								Rest	X							<b>Post - Workout Comments</b> ALL CORE LIFT RECORDS BROKEN <b>SQUAT 605; BENCH 375; CLEAN 335.</b> RECOVERY TIME MUCH LONGER.
	Su	M	T	W	T	F	Sa																																			
Hard	X	X	X	X	X	X	X																																			
Med																																										
Easy																																										
Rest	X																																									

Session Planner

Event/group / Athlete: ALEX Mesocycle # COMP Mircocycle # 25

Day/Date: Wed 5 May Comments: opponent threw 58' last week

Goal(s) for session: 60' x 3

Weather: 70's

Units	Dosage	Results
Run 800		
SHOT	14 lb. 1 x 5 w/o rev 12 lb. 1 x 5 w/o rev 12 lb. 1 x 5 with reverse 12 lb. 3 x 5 Glide 80, 80, 95 12 lb. 1 x 3 Glide 100%	NOT FEELING WELL. DISTANCE OFF 3-4' SLOW MOVEMENT PATTERNS GLIDES: REDUCED # BY ONE.
SPRINT	4 X 20M	



