

# Application of the Bondarchuk Method To The Shot Put and Discus (Part 1)

The Developmental Cycle

# Major Influences

- Glenn McAtee
- Dan Lange
- Art Venegas
- Vern Gambetta
- Derek Evely
- John Godina
- Dr. Bondarchuk
- Martin Bingisser

# Introduction

- Education
  - California State University, Northridge
    - M.S. Kinesiology
    - B.S. Kinesiology
- Certifications
  - C.S.C.S.
  - IAAF Level 5 (Throws)
  - USATF Level 3 (Throws)
  - USA Weightlifting

# Introduction

## Personal

- Shot PB: 18.35
- 2-Time Big Sky Champion
- Current Throws Coach at Notre Dame High School (Sherman Oaks, Ca)
- Master Instructor at John Godina's World Athletic Center

## Coaching

- More then 30 boys over 50 feet and 2 girls over 49 feet in the past 10 years
- 2014: 6 guys over 51' 10 and 2 girls over 49'
- CIF Champions in Discus and Shot Put
- Over 40 CIF Discus and Shot Put Finalists.

51' 10, 55' 3, 59' 1, 55' 3.5, 54



# Athletes Currently Using This Program or Similar Version

- Dylan Armstrong
- Justin Rodhe
- Sophie Hitchon
- Sultana Frizell





2013



2014

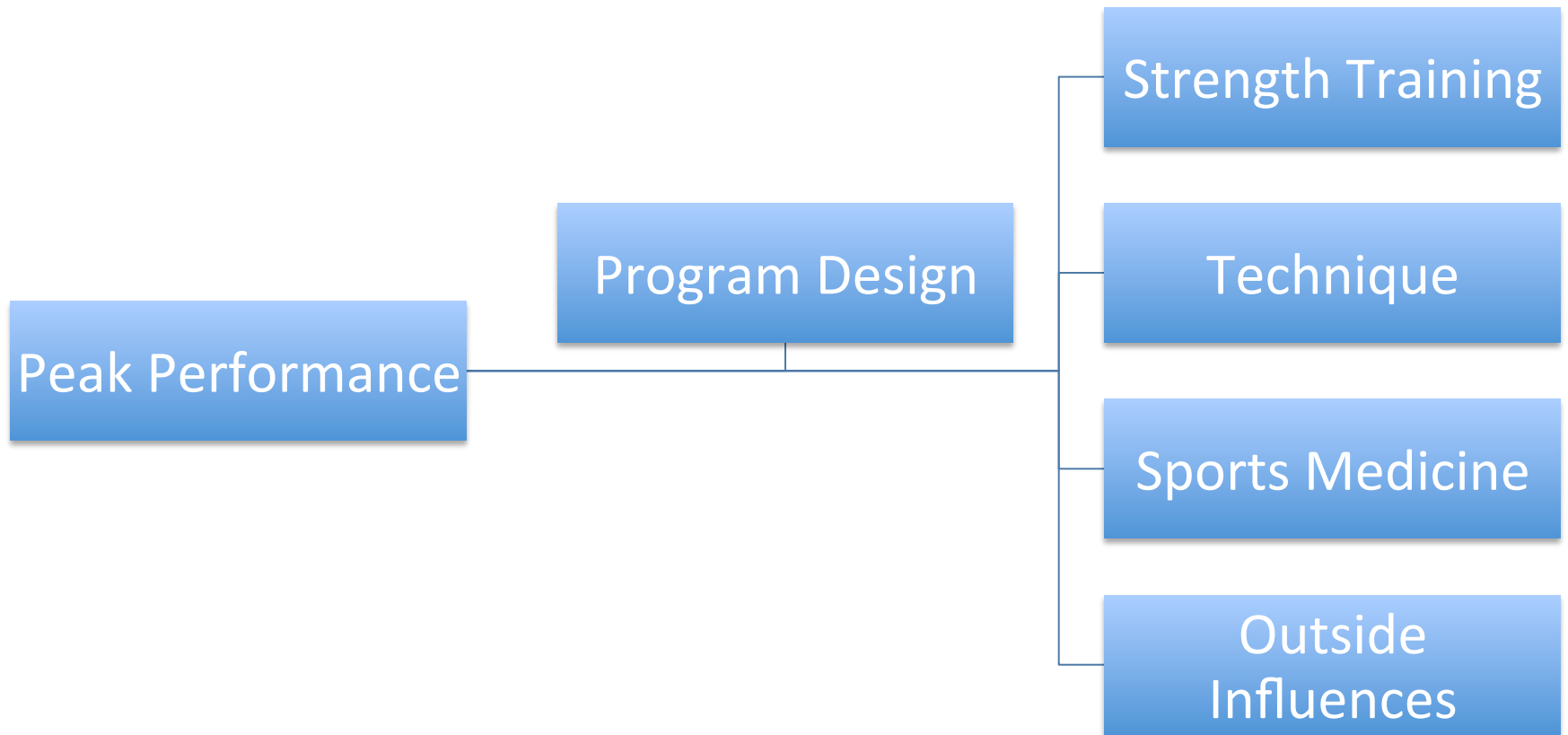


# Objective

- To determine the amount of sessions it takes an individual athlete to reach peak performance.
- We are molding the training to when the athlete hits their peak performance level
- Normal periodization plans force the athlete into a specific time they have to perform at a peak level.



# Program Design



# Strength Training

- CE: Competition Exercise
- SDE: Specific Development Exercise
- SPE: Specific Preparation Exercise
- GPE: General Preparation Exercise

# SDE: Specific Development Exercise

- Exercise that mimics the competitive exercise closely.
  - Chain Drag Throws
  - Med Ball Shoulder Punches
  - Nieder Press
  - Sidewinder Press

# SPE: Specific Preparation Exercise

- Exercises that use the same large muscle group as the throw.
  - Cleans/Snatches/Squat/Etc.

# GPE: General Preparation Exercise

- Basic Ancillary Exercises
  - Twisting/Back/Abdominal exercises

# Creating a Daily Plan

- 3 Cycles
  - **Developmental**
  - Rest/Cleansing (Part 2)
  - Maintenance (Part 2)



# Creating a Daily Plan

- Considerations
  - Availability to train
  - Access to Facilities or Equipment
  - 3+1-2+1 or 2+1
  - 1 vs. 2 part program

# Creating a Training Plan

- Developmental Cycle
  - This is where the athlete theoretically should hit Peak Performance.
  - Length of Developmental Cycle depends on individual and Training Plan set up.
  - The more exercises the longer it takes
  - Goal is to develop a plan that allows you to determine the pattern of your athlete.
    - Doing this will insure peak performance at proper time.

# Developmental Cycle 1 Part (Single Event)

- CE: Choice of Throwing Implements
  - Heavies, Lights, Combo
    - Always keep Competitive implement involved
- SDE: Choose 1
- SPE: Choose 1 Explosive and 1 Lower Body
- GPE: 1 Twisting, 1 Back, 1 Frontal 1 Abdominal

# Developmental Cycle

- 3+1-2+1 or 2+1
- Same implements should be thrown every session.
  - Same weights
  - Same order
  - Same number of throws with each weight
- Same exercises are to be used everyday in the same order and at the same intensity.
  - Intensity is roughly 70% of 1-rep max on SPE's
  - For all other exercises the weights chosen should be on the conservative side

# Developmental Cycle 1 Part (1 Event)

- Example of Daily Plan (1 Part)
- Microcycle: 2+1
  - CE: 6 x 18lb full throws, 6x17lb full throws, 6x16lb full throws
  - SDE: 3x6 Med Ball Shoulder Punches @20lbs
  - SPE#1: Hang Clean 3x5@80K
  - SPE #2: Back Squat: 3x5@275
  - GPE Twist: Long Twists: 3x10 each side @15K
  - GPE Back: RDL: 3x6@50K
  - GPE Frontal: KB Windmill: 3x8@12K
  - GPE Abdominal: AB Wheel 3x10

# Developmental Cycle 2 Part (2 Events)

- 2+1
- Same concept as a 1 part cycle
  - However
    - There will be Part 1 CE's and Part 2 CE's
    - There will be Part 1 SDE's and Part 2 SDE's
    - SPE's: Explosive Part 1 and Lower Body Part 2
      - Can also be the opposite
    - GPE's: There will be Part 1 GPE's and Part 2 GPE's



# Developmental Cycle 2 Part Example

## Part 1 (Shot)

- CE: 6 Stands @20lbs, 6 Full Throws@19lbs, 6 Full Throws@16lbs
- SDE: Nieder Press: 3x6@40K
- SPE: Hang Clean: 3X3@90K
- GPE: Circuit Style (3 sets)
  - Big Circles x10@15K
  - Hungarian Core Blaster x12@16K
  - KB Hammer Winds: x10@16K
  - Incline Sit Ups x12@20K

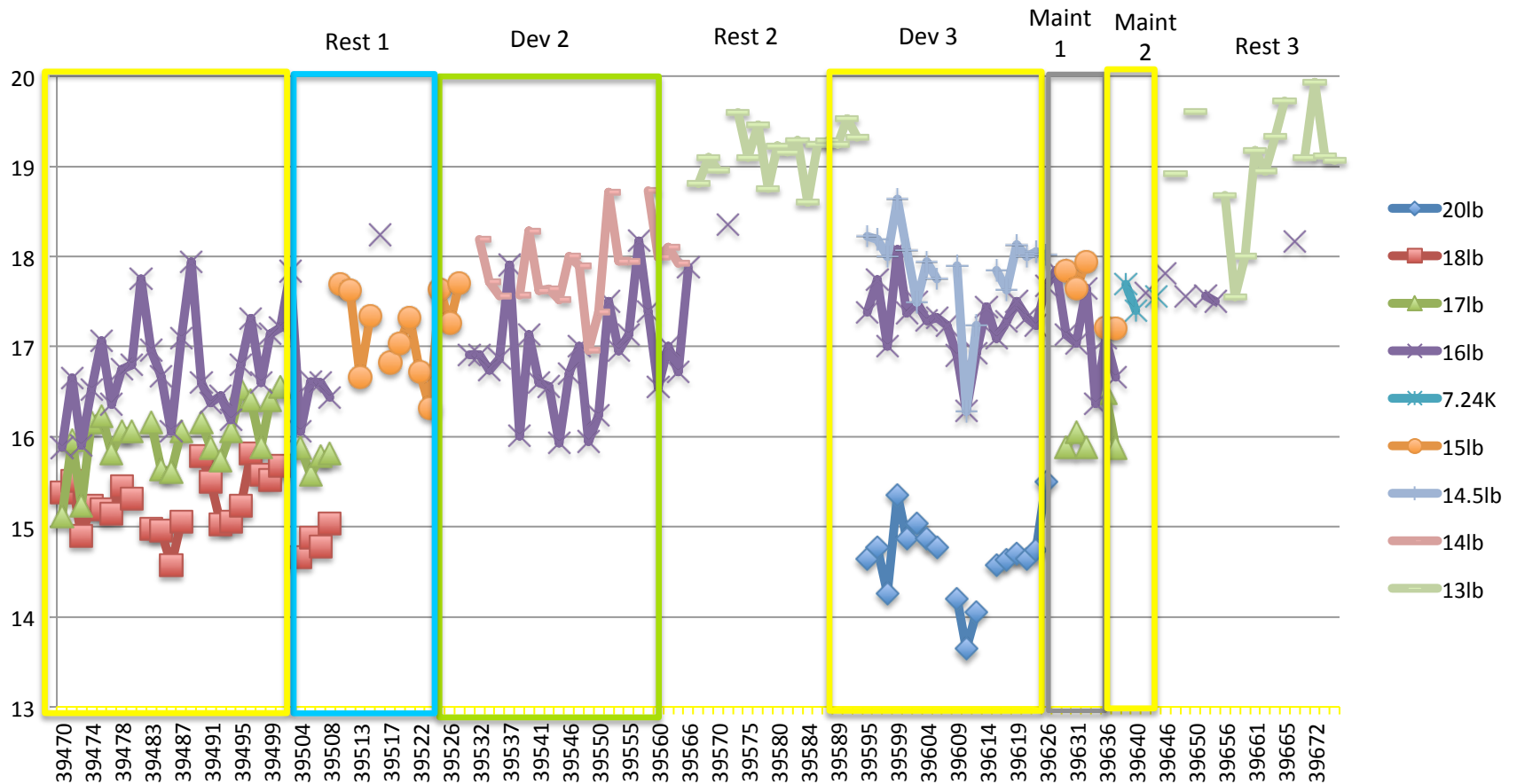
## Part 2 (Discus)

- CE: 6 stands @2.5K, 6 Full Throws@2.25K, 6 Full Throws@2K
- SDE: DB Stand Throw: 3x5@12lbs
- SPE: Back Squat: 3x3@315lbs
- GPE: Circuit Style (3 Sets)
  - Long Twists x10@10K
  - RDL x12@40K
  - Over Tops x10@10K
  - Ab Wheel x12

# Key Points

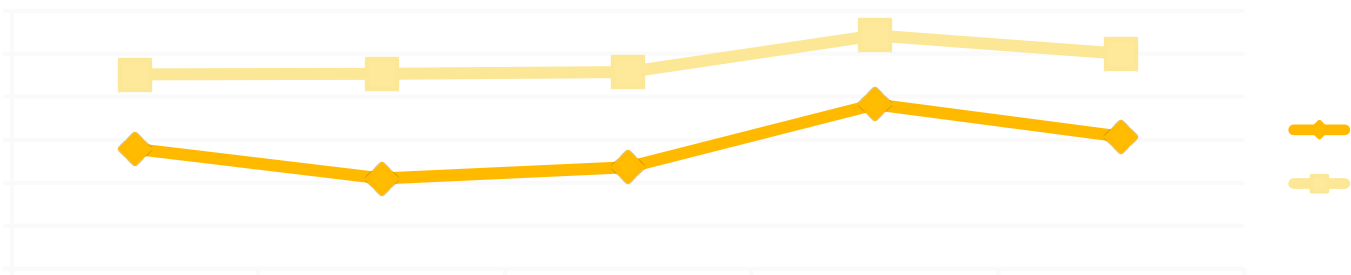
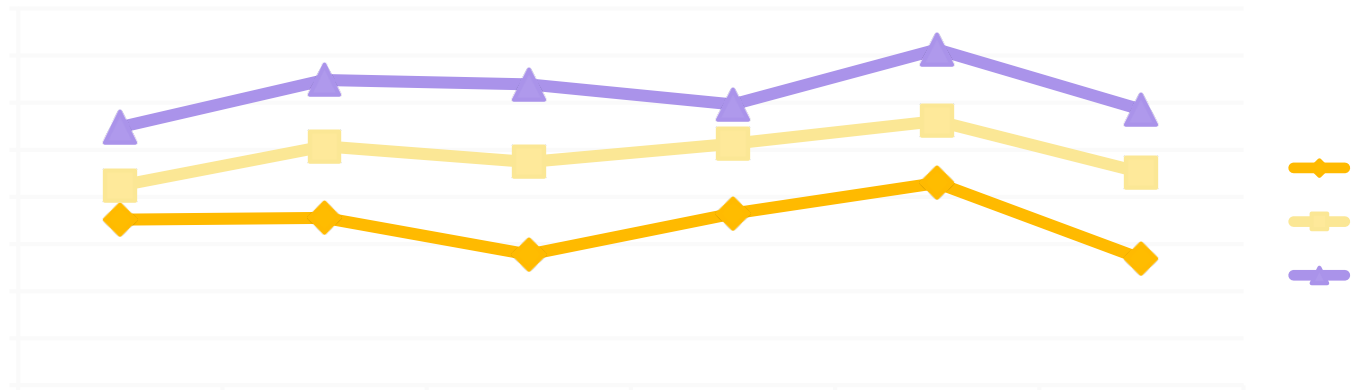
- Data Collection
  - Must keep track of best throws with each implement each day
  - Feedback from these performances each day will tell you when it is necessary to change training

# Data Collection Seasonal Chart

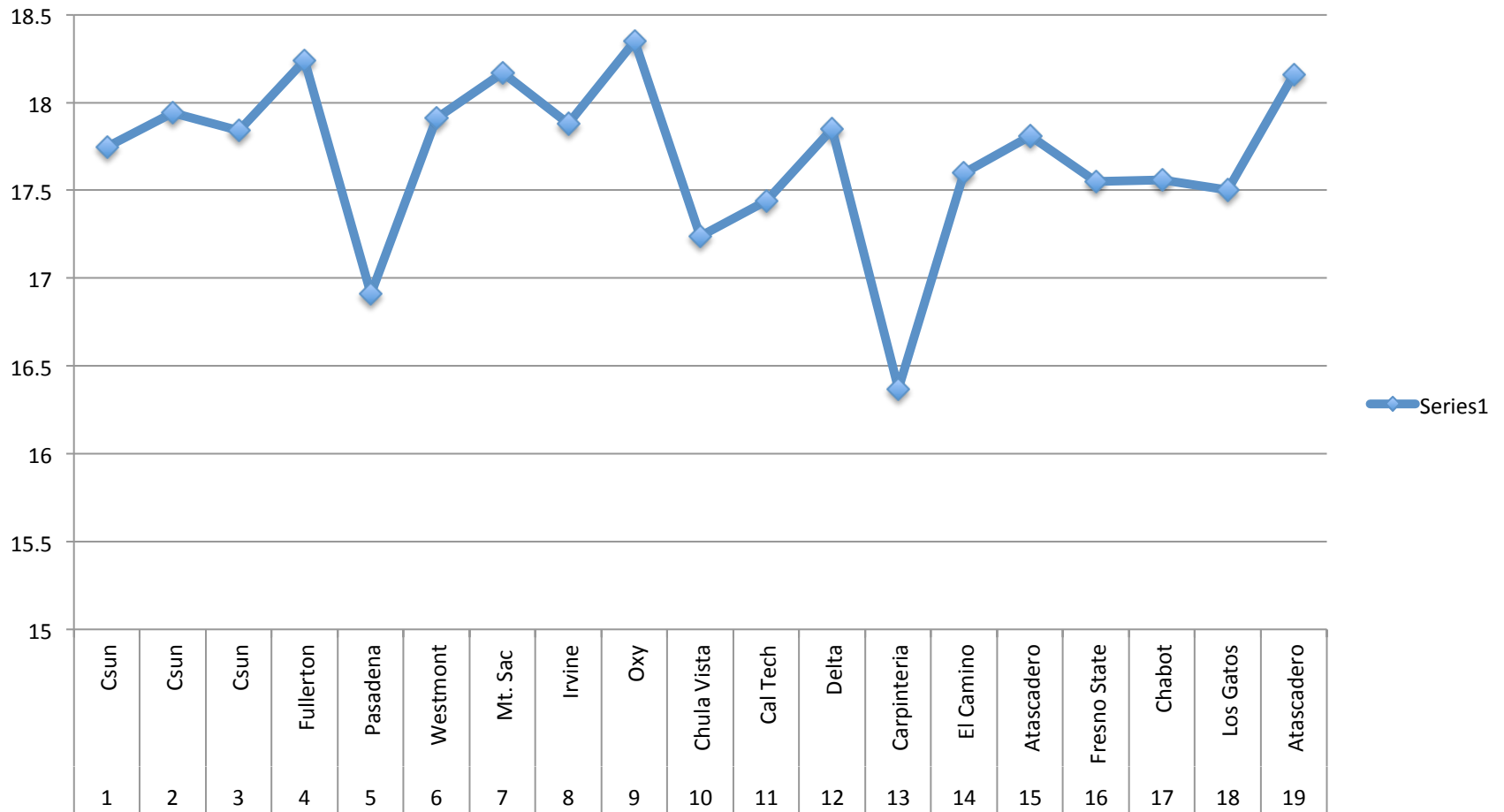


# Data Collection

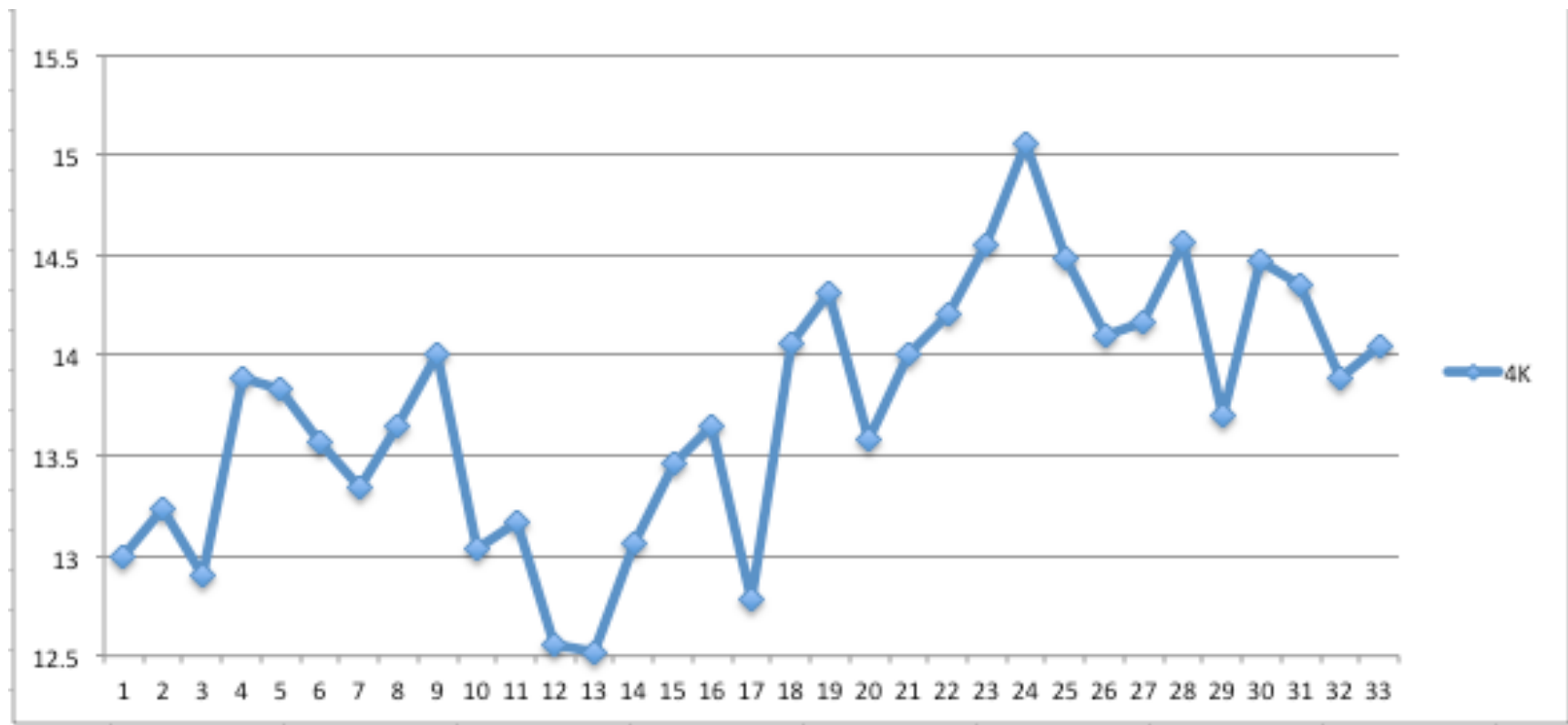
## Developmental Cycles



# Competition Chart

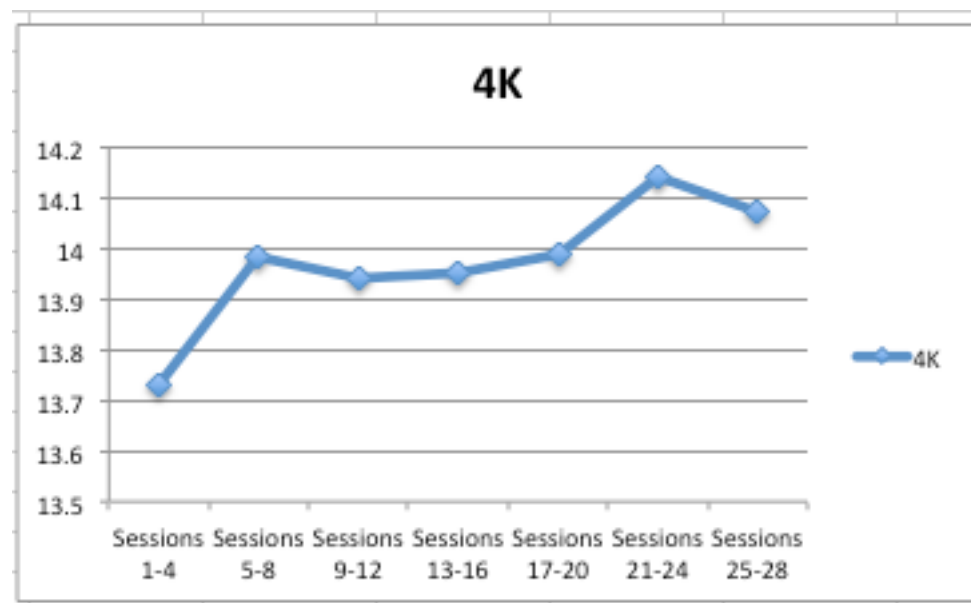
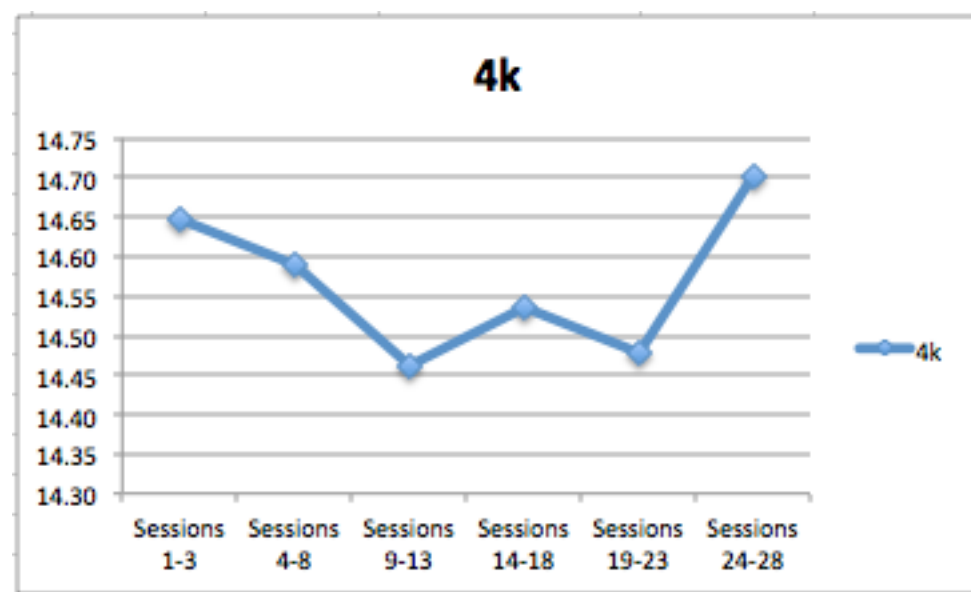


# Ginika Iwuchukwu

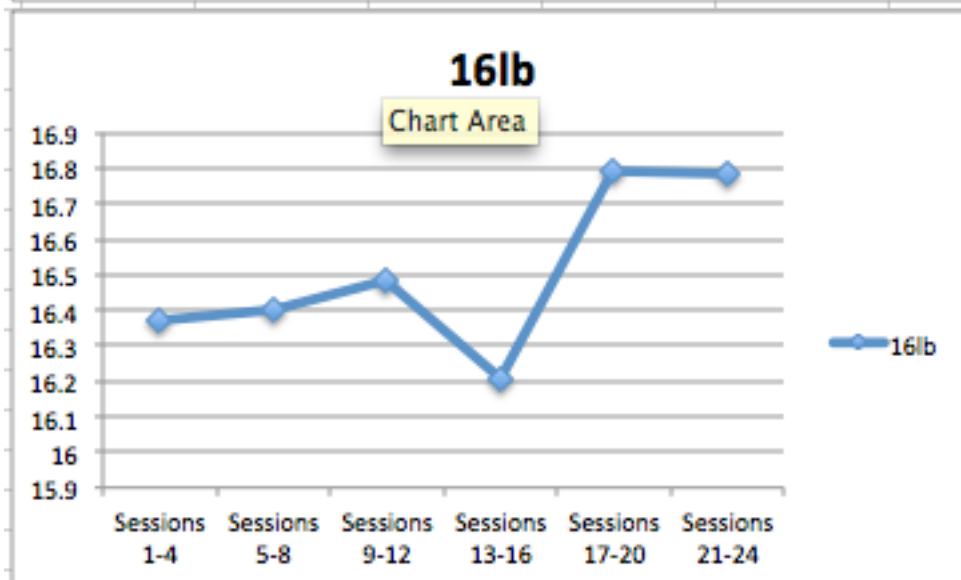
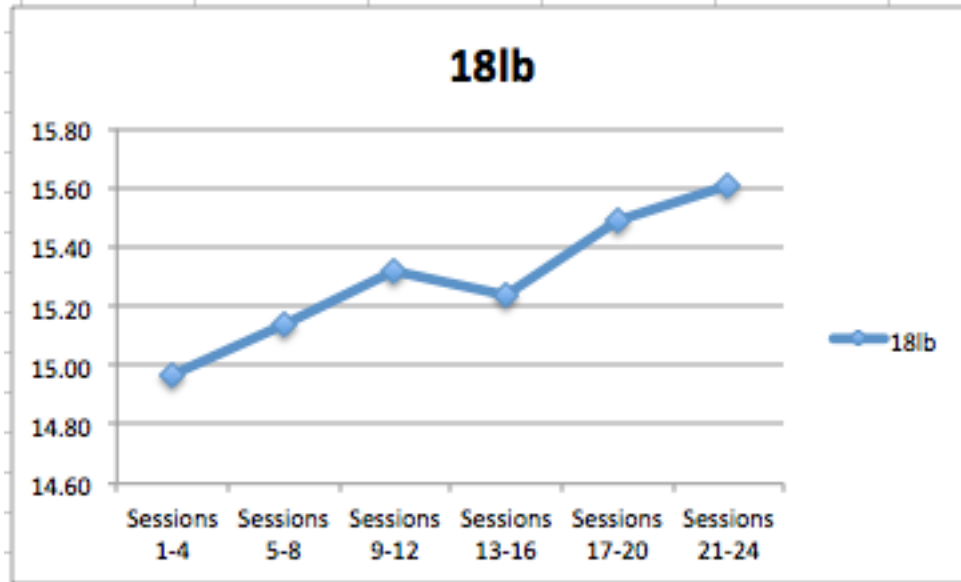


	Average	PB							
2013	13.27	14							
2014	14.22	15.06							





# Developmental Phase



# Following the Developmental Cycle

- Rest Phase
- Maintenance Phase
  - To Be continued (Part 2)

# Thank You

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