

# Application of the Bondarchuk Method To The Shot Put and Discus (Part 2)

The Maintenance Cycle  
and  
The Rest 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 than 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.

# Athletes Currently Using This Program or Similar Version

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



# Review

- Developmental Cycle
  - Objective is to hit peak performance
  - The time it takes to hit peak performance varies between athletes
  - This makes data collection very important
    - Determine your athlete's patterns

# After Developmental Cycle

- 2 Choices
  - Maintenance Phase
  - Rest Phase
    - This is also determined by your athlete's patterns.

# Maintenance Phase

- Objective is to maintain a high level of performance for a long period of time.
  - Goal is to stay within 3-4% of Peak Performance
- A maintenance phase is performed when there is not enough time left in the season to go through a complete Rest phase and Developmental Phase.



# Example

- NCAA Athlete
  - Conference Meet
  - Regional Meet
  - NCAA's
  - USA's
  - World's/Olympics/Junior World's etc

# Example

- California High School Athlete
  - League
  - CIF Pre-Lims
  - CIF Finals
  - Masters
  - State
  - USA Juniors

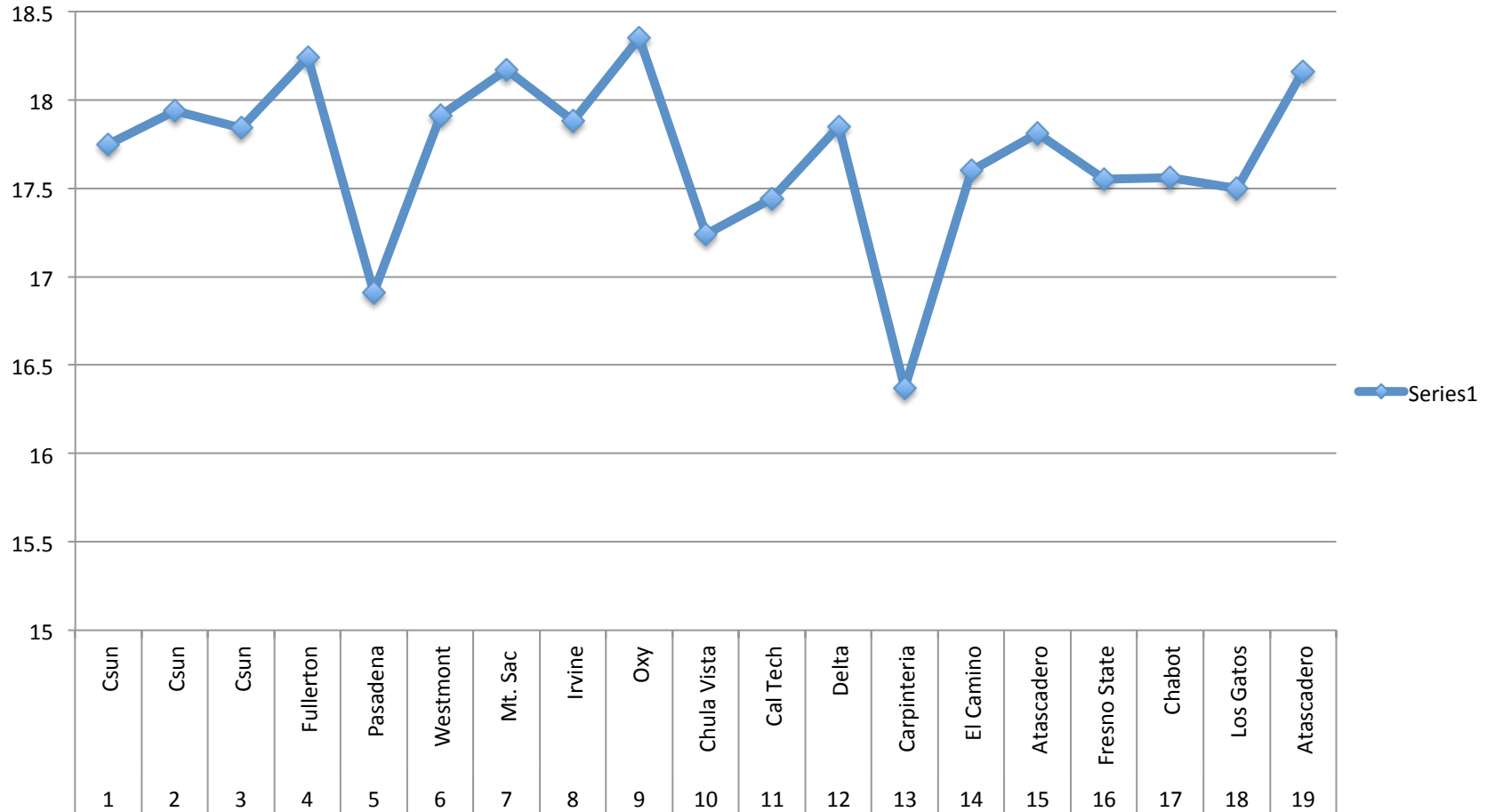
# Setting it Up

- Maintenance Phase
  - Exact same set up as a Developmental Cycle
  - However
    - Change exercises every 14 days no matter what

# Maintenance Phase (Shot)

- CE:
  - 4 x Stand Throws@16lbs
  - 6 x Fulls@16lbs
  - 6 x Fulls @14lbs
- SDE: Nelson KB Throw: 3x5@12K
- SPE:
  - Hurdle Hops: 3x5
  - KB Jump Squat: 3x5@20K
- GPE:
  - Long Twist: 3x10@15K
  - KB Big Swing: 3x8@16K
  - KB Side Bend: 3x10@20K
  - Ab Wheel: 3x10
- **After 14 days all exercise will be changed**

# Competition Chart



# Rest Phase

- Objective is to cleanse the body of previous training exercises.
  - Also called a cleansing phase
    - A form of rest but muscles stay active

# Rest Phase

- Setting it Up
  - No more exercise classifications for this phase
  - Only throwing w/light implement and performance of General Strength Circuits
    - Body Weight or Light Med Ball/Kettle Bell

# Rest Phase

- 1. 5 Throws w/Light implement
- 2. Perform Body Weight Circuit
  - Ex
    - Med Ball Squat and Throw x10
    - Tight Twists x10
    - Push Ups x10
    - Pelvic Raise x10
    - Reverse Crunch x10



# Rest Phase

- This sequence is usually performed 4 times in a training session for a total of 20 throws and 4 General Strength Circuits
  - This would be considered 4 parts

# Rest Phase

- Length of phase is individual
  - One goal is to get through this phase as quickly as possible to fit in another developmental phase.
  - Ex. I am 80 parts or 20 sessions to finish my Rest Phase.
    - My younger athletes are normally 45 parts or so.
      - 3 parts per session for 15 sessions

# Rest Phase

- Consequences if not performed correctly
  - If not enough parts are completed throughout the rest phase your next developmental cycle will not be predictable or follow the same peak performance pattern as past cycles.
  - Always better to perform more parts in a Rest Phase than to few. This will insure your body will be cleansed of previous Developmental Cycle.

# Data Collection

- Still extremely important to collect data each day on your best performances.
- You can develop patterns within maintenance and rest phases as well.

# Key Points about System

- Look for patterns/Transfer
  - Light shot performance versus Heavy Shot Performance
  - What lifts were you performing when you had best results.
    - I can throw as light as 6k and as heavy as 18lbs w/o hindering my technique
    - Below 6k and above 18lbs provides quick positive results for me but poor long term results.
    - Once again Data Collection is crucial

# Key Points about System

- Transfer
  - Positive
  - Neutral
  - Negative

# Mistakes I've Made

- To short of Developmental Cycle
  - Mini-Peak
- Data Collection
  - Performance in practice does not replicate performance in Meets.

# Thank You

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