


PERSPECTIVE PLAN

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- Perspective plans are strategic plans. They are elaborated during 2 - 3 - 4 years.
 - Usually perspective plans are elaborated for Olympic cycle .
 - Perspective plan does not mean summing annual plans but their permanent modification depending on the results to achieve the final objectives proposed.

Athlete Evaluation

Before we can start to create a training program we need to analyze our athlete to determine their strengths and weaknesses.

The first step is to identify the ideal attributes (e.g. body build, strength, endurance, speed, flexibility etc) that will allow our athlete to achieve their agreed goals.

The next step is to evaluate our athlete against our ideal athlete to identify their strengths and weaknesses

Analysis of The Last Program

Strengths .

What were the best aspects of the program and why?

What did we do well and why?

Weaknesses.

Are there gaps in the program?

What did we not do very well and why?

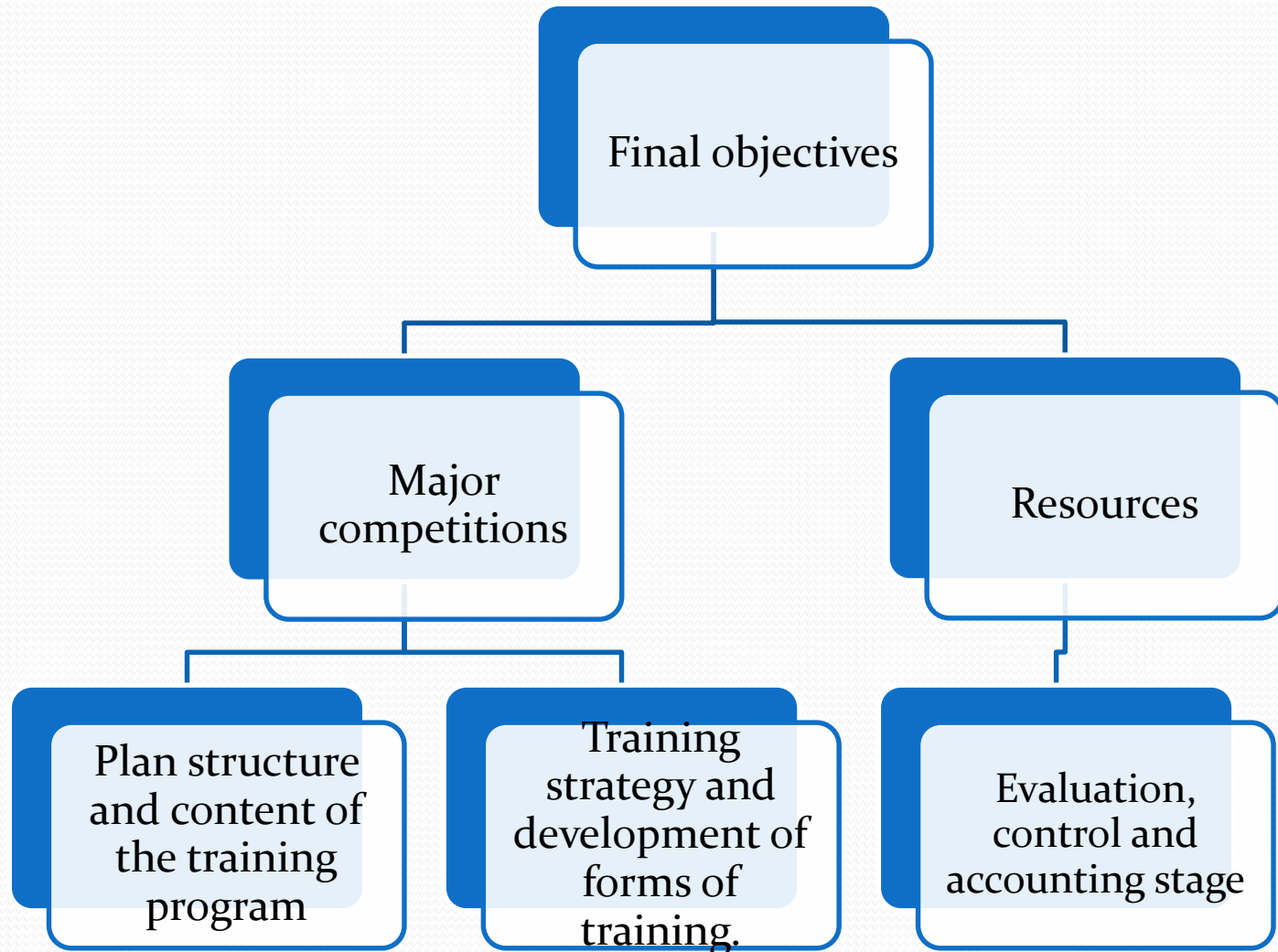
Opportunities.

How can we improve the program to the benefit of the athlete?

Threats .

What may prevent us achieving the short and long term objectives?

Content of perspective plan



Final objectives

- Final objectives of competition and training model expected to be realized after 2 - 3 - 4 years as well as intermediate objectives achieved in stages. It forecast as correct answers to the questions :

1. Final objectives

What he will know to do ?

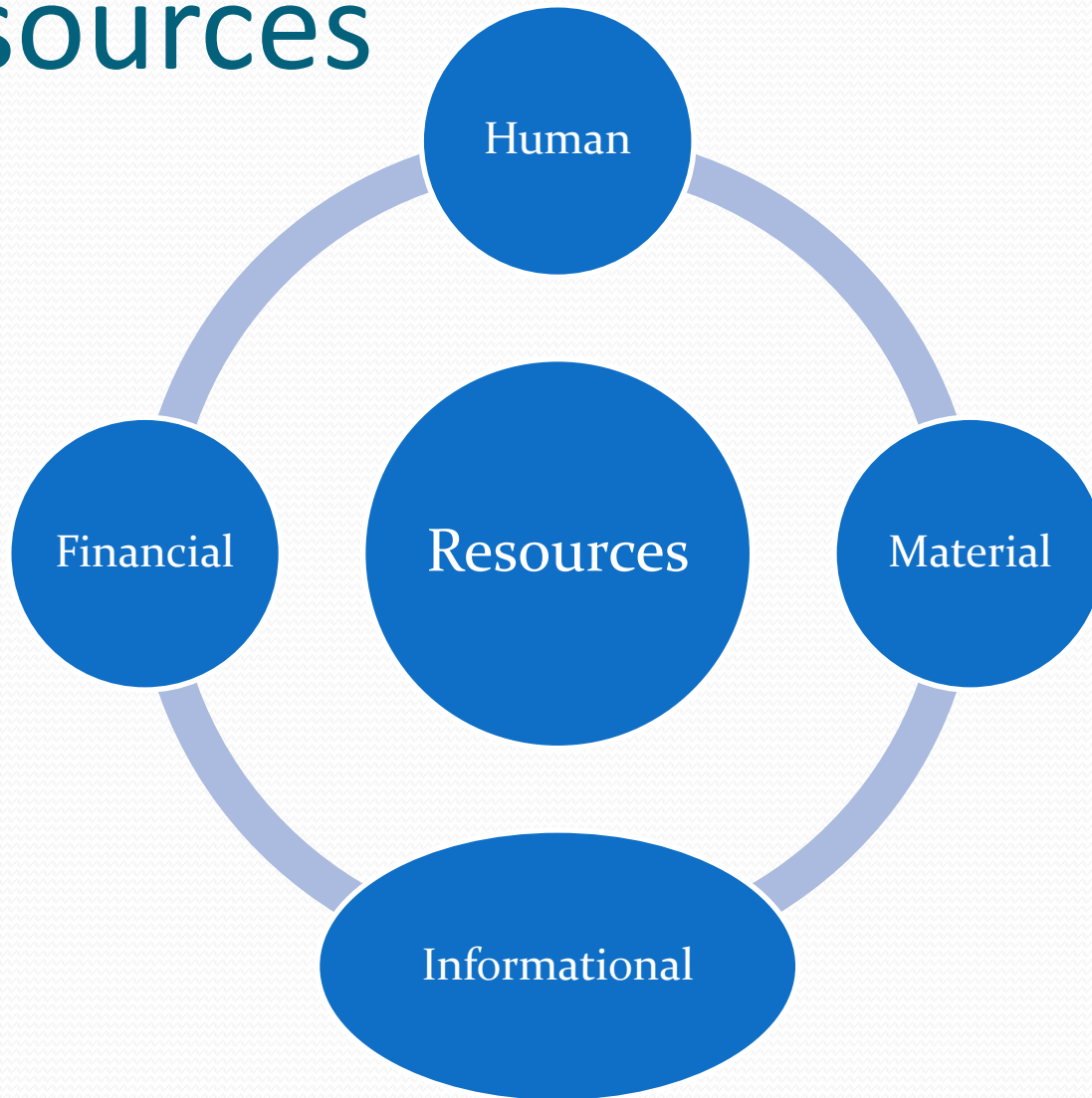
What will be the value of this behavior ?
(Performance parameters)

What he will know ? (Cognitive aspects of
athlete activity)

2. Major competition

- Establishing competitions of major importance, which will be confirmed the objectives of behavior, performance and conception. Competitive loads will establish annual and duration.

3. Resources



4. Plan structure

Microcycles content
and structure

Establishing training
load

Volume

Intensity

Complexity

5. Training strategy

Methods

Exercises

Materials

Equipment

6. Evaluation, control and accounting stage

- For each stage of preparation it is necessary evaluation and control of that are based on diary of coach .

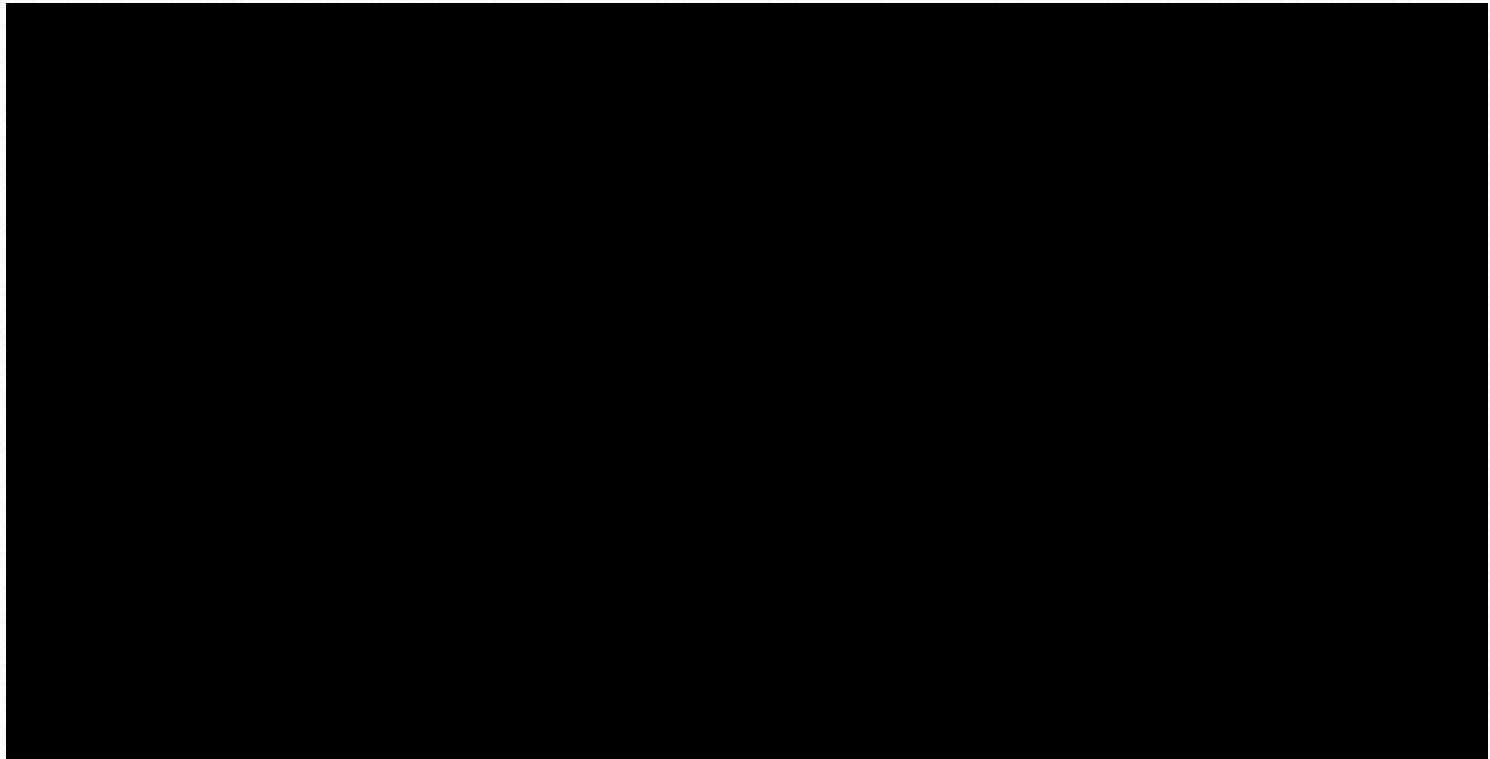
Olympic cycle preparation strategy 2008 - 2012



Training volume December 2007 – August 2008

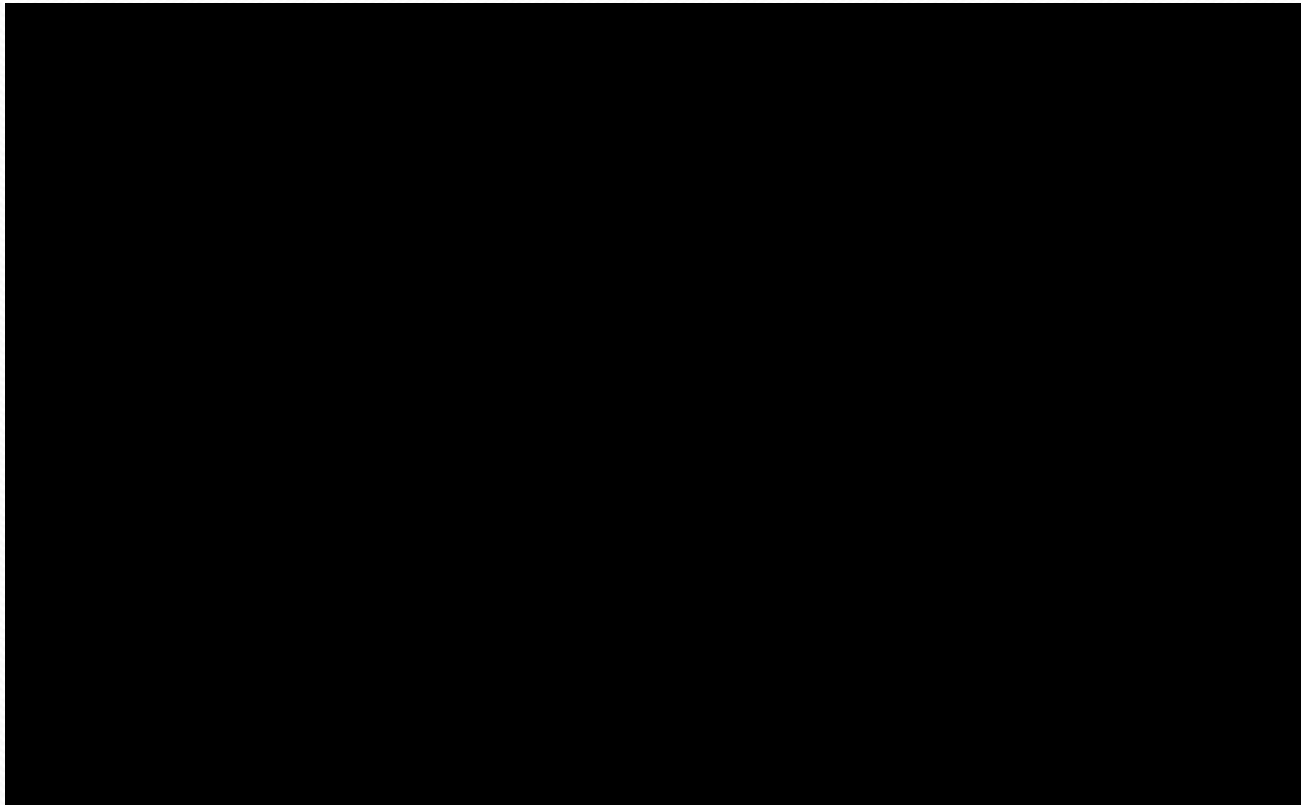
EXERCISE/MONTH	DEC.	IAN.	FEBR.	MAR.	APR.	MAY	JUN.	JUL.	AUG.	YEAR TOT
DISC LIGHT	0	0	100	30	0	74	90	40	0	334
DISC HEAVY	426	510	150	55	290	110	40	124	0	1995
DISC COMPETITION	184	150	120	40	320	160	86	158	50	1588
TOTAL THROW	610	660	370	125	610	344	216	322	50	3917
MEDICINE BALL	150	400	280	60	740	100	0	320	0	2790
SHOOT PUT	80	140	100	50	90	70	140	190	0	950
PUDS	180	100	40	0	120	0	0	60	0	500
JUMP	0	0	0	0	800	200	1000	550	0	2550
RUNNING	0	0	0	0	0	0	0	0	0	0
SNATCH	5.010	12.420	6.970	3.250	18020	2920	7550	11990	2670	88820
SQUAT	78.250	73.650	28.180	22.850	43870	26160	27580	29830	22360	396600
POWER CLEAN	0	0	0	0	0	0	0	0	0	0
JERK	0	0	0	0	0	0	0	0	0	0
BENCH PRESS	54.460	64.020	30.540	18.550	45150	29260	27040	26920	8730	349820
TOTAL	137.720	150.090	65.690	44.650	107040	58340	62170	68740	33760	835240
TRAINING PERF.D.2Kg.	60,00 m	61,60 m	62,80 m	65,00 m	64,8	62,84	60,5	62,7	64,5	62,74m.

64,70 Bursa 2008



Olympic Games Beijing – 2008

60,83 m.



Training volume October 2008 – August 2009

EXERCISE/MONTH	OCT.	NOV.	DEC.	IAN.	FEBR.	MAR.	APR.	MAY	JUN.	JUL.	AUG.	YEAR TOT
DISC LIGHT	0	0	0	0	90	50	120	120	100	60	60	600
DISC HEAVY	0	380	200	250	140	30	150	70	80	80	30	1410
DISC COMPETITION	390	100	50	140	104	170	290	180	60	170	110	1764
TOTAL THROW	390	480	250	390	334	250	560	370	240	310	200	3774
MEDICINE BALL	580	560	120	240	200	0	0	0	0	0	0	1700
SHOOT PUT	110	120	80	150	120	50	260	40	50	120	40	1140
PUDS	140	40	0	20	0	0	110	0	0	40	0	350
JUMP	2000 x	400x	400x	0	1000x	0	300	0	0	400	0	4500 x
RUNNING	0	0	0	0	0	0	0	0	0	0	0	0
SNATCH	13685	12090	5830	10500	5630	5760	11680	8790	7860	13620	10240	105685
SQUAT	31720	29460	17210	29770	25688	13690	35830	27730	21490	28890	22450	283928
POWER CLEAN	0	0	0	0	0	0	0	0	0	0	0	0
JERK	0	0	0	0	0	0	0	0	0	0	0	0
BENCH PRESS	28130	32220	20150	25530	23440	22170	33420	24760	16400	26920	20450	273590
TOTAL	73535	73770	43180	65800	54758	41620	80930	61280	45750	69430	53140	663193
TRAINING PERF.D.2Kg.	60,18	60,1	59,38	0	60,00	62,33	64,70	63,90	62,90	63,87	64,24	62,16 m.

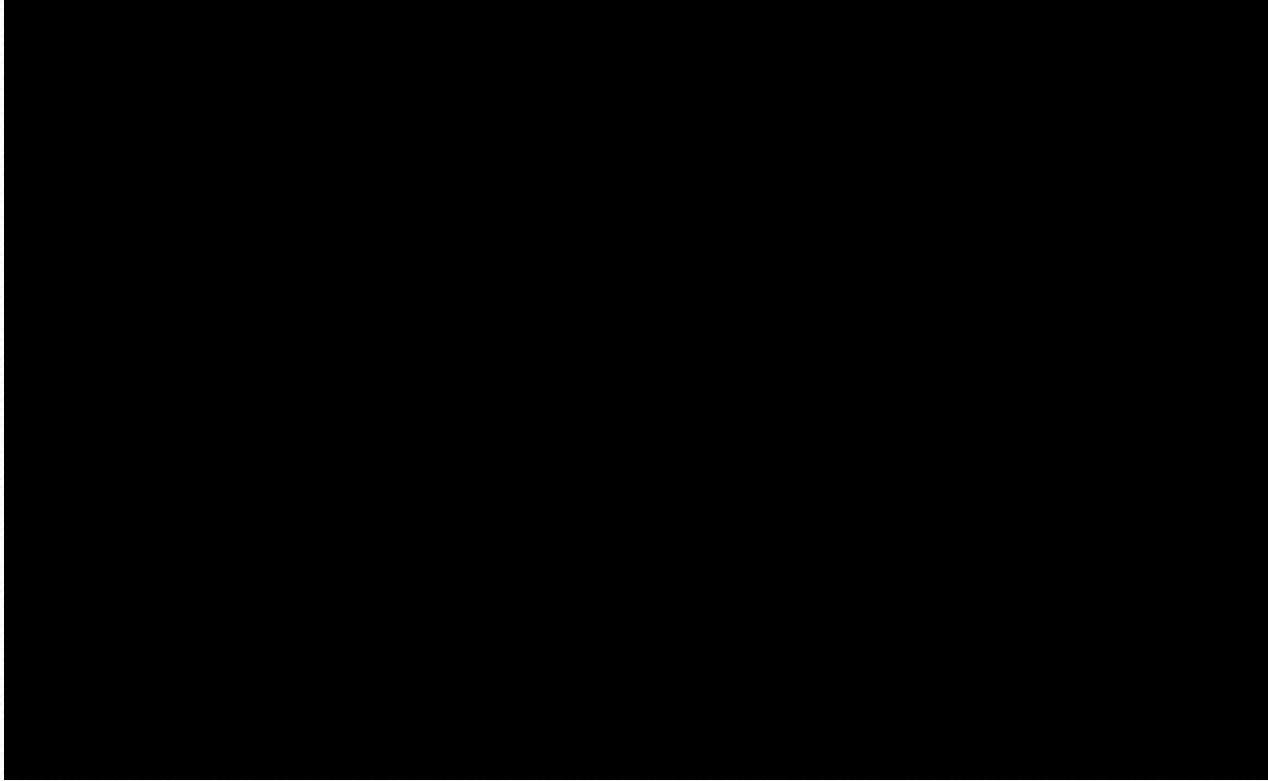
Training volume October 2009 – August 2010

EXERCISE/MONTH	OCT.	NOV.	DEC.	IAN.	FEBR.	MAR.	APR.	MAY	JUN.	JUL.	AUG.	YEAR TOT
DISC LIGHT	0	0	0	0	0	60	80	110	80	50	80	460
DISC HEAVY	80	230	310	260	240	140	220	100	60	256	20	1916
DISC COMPETITION		160	30	0	110	130	186	206	136	140	140	1558
TOTAL THROW	400	390	340	260	350	330	486	416	276	446	240	3934
MEDICINE BALL	200	100	200	0	0	0	0	0	0	0	0	500
SHOOT PUT	100	190	200	190	90	0	150	190	80	100	140	1430
PUDS	120	40	0	0	0	0	80	0	0	0	0	240
JUMP	1500x	500x	500x	0	0	0	0	0	0	0	0	2500
RUNNING	0	0	0	0	0	0	0	0	0	0	0	0
SNATCH	11340	14945	22290	13150	12610	8840	12240	11840	6820	8400	8880	131355
SQUAT	23350	27950	39910	27707	36210	22400	34020	32440	19960	29610	22140	315697
POWER CLEAN	0	0	0	0	0	0	0	0	0	0	0	0
JERK	0	0	0	0	0	0	0	0	0	0	0	0
BENCH PRESS	24630	28480	43320	24380	14530	0	31640	28760	18980	29700	22070	266490
TOTAL	59320	71375	105520	65237	63350	31240	77900	73040	45760	67710	53090	713542
TRAINING PERF.D.2Kg.		60,45	0	0	58,96	61,38	62,62	63,07	60,40	62,51	61,33	61,34.m.

Training volume October 2010 – August 2011

EXERCISE/MONTH	OCT.	NOV.	DEC.	IAN.	FEBR.	MAR.	APR.	MAY.	JUN.	JUL.	AUG.	YEAR TOT
DISC LIGHT	0	0	0	0	100	120	90	180	90	50	170	800
DISC HEAVY	0	270	190	230	110	60	310	60	110	120	60	1520
DISC COMPETITION	240	180	150	120	120	160	190	140	180	140	140	1760
TOTAL THROW	240	450	340	350	330	340	590	380	380	310	370	4080
MEDICINE BALL	500	300	300	0	0	0	350	0	0	0		1450
SHOOT PUT	30	150	390	190	200	150	90	90	50	110	70	1520
PUDS	0	100	100	100	0	0	100	0	0	0	0	400
JUMP	800X	800x	800x	800x	0	0	800x	0	0	0	0	4000x
RUNNING	0	0			0	0	0	0	0	0	0	0
SNATCH	5040	12810	17700	13455	13425	12050	13880	9450	9480	7810	7880	122980
SQUAT	14100	33300	45878	36440	36730	29320	40320	27150	25320	19040	22488	330086
POWER CLEAN	0	0	0	0	0	0	0	0	0	0	0	0
JERK	0	0	0	0	0	0	0	0	0	0	0	0
BENCH PRESS	14820	30370	59350	35220	34790	28120	38160	26990	25320	19040	22488	334668
TOTAL	33960	76480	122928	85115	84945	69490	92360	63590	60120	45890	52856	787734
TRAINING PERF.D.2Kg.	59,34m.	59,30 m.	61,60 m.	62,23 m.	64,50 m.	64,27 m	64,16	65 m.	65,73	64,50 m	64,74 m	63,21 m

66,89m Ankara 2011



Training Volume 2011 - 2012

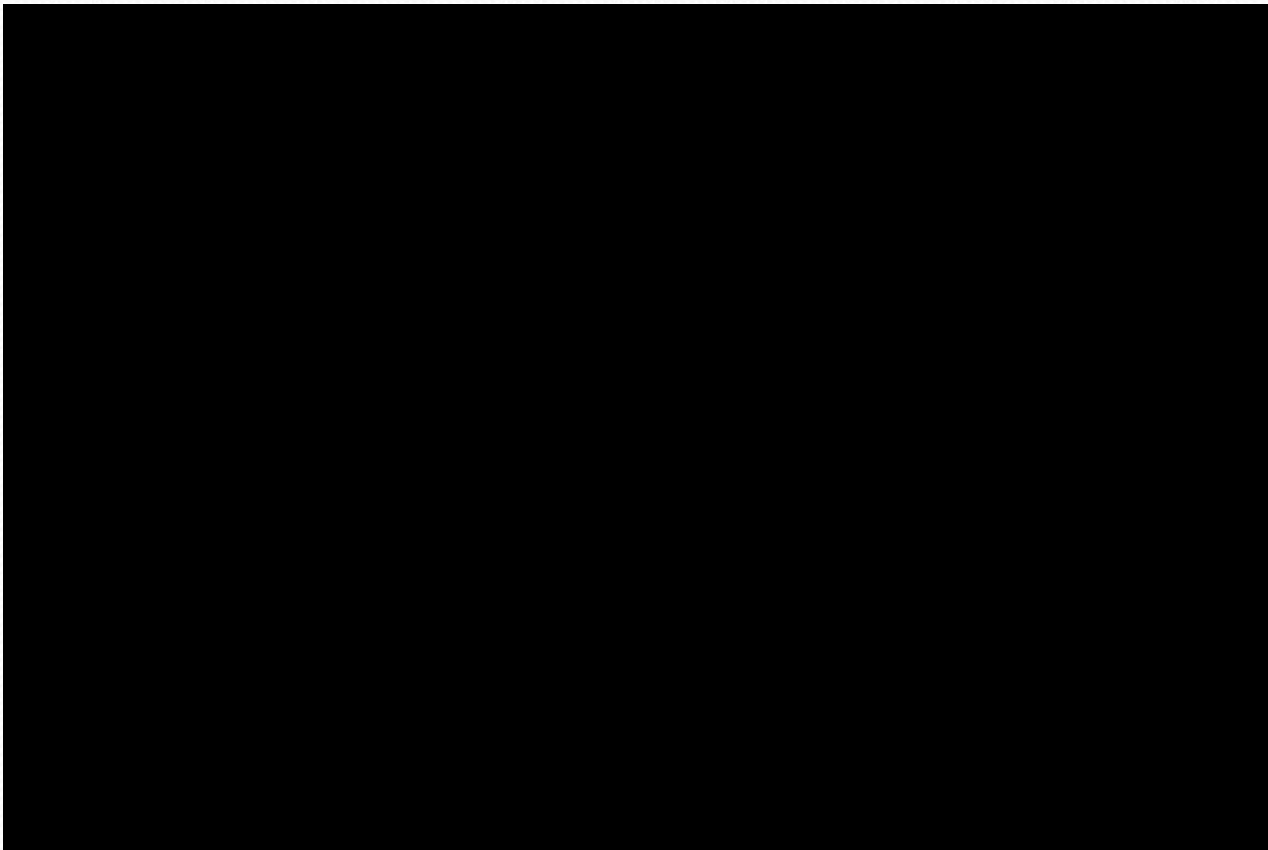
EXERCISE/MONTH	OCT.	NOV.	DEC.	IAN.	FEBR.	MARCH.	APRIL.	MAY.	JUNE.	JULAY.	AUG.	YEAR TOT
DISC LIGHT	0	0	0	0	150	80	130	150	80	160	40	1030
DISC HEAVY	0	480	510	280	210	70	290	100	80	100	20	2140
DISC COMPETITION	80	220	60	190	230	220	150	140	150	160	40	1640
TOTAL THROW	320	700	570	470	590	370	570	390	310	420	100	4810
MEDICINE BALL	400	0	200	200	0	0	140	0	0	0	0	940
SHOOT PUT		210	250	190	100	110	120	80	40	40	0	1140
PUDS		0	0	0	120	120	120	0	0	0	0	360
JUMP	800	800	0	0	450	450	0	0	0	0	0	2500
RUNNING	0	0	0	0	0	0	0	0	0	0	0	0
SNATCH	4480	18720	16860	8900	13010	7560	11990	9740	6640	7580	2240	107720
SQUAT	10440	47760	45420	41300	38030	21430	29420	31150	20660	25760	5220	316590
POWER CLEAN	0	0	0	0	0	0	0	0	0	0	0	0
JERK	0	0	0	0	0	0	0	0	0	0	0	0
BENCH PRESS	10440	47760	41100	42680	34260	21430	28550	31150	20660	25760	5220	309010
TOTAL	25360	114240	103380	92880	85300	50420	69960	72040	47960	59100	12680	733320
TRAINING PERF.D.2Kg.	61.2	62.8	62	62.77	64	64.76	63.6	66.7	64.15	64.88	65.8	63,87\average

67,50m Villa Real - 2012



Olympic Games London 2012

60,87 m



Training volume 2008 – 2012

EXERCISE/YEAR	2008	2009	2010	2011	2012
DISC LIGHT	334	600	460	800	1030
DISC HEAVY	1995	1410	1916	1520	2140
DISC COMPETITION	1588	1764	1558	1760	1640
TOTAL THROW	3917	3774	3934	4080	4810
MEDICINE BALL	2790	1700	500	1450	940
SHOOT PUT	950	1140	1430	1520	1140
PUDS	500	350	240	400	360
JUMP	2550x	4500x	2500x	4000x	2500
RUNNING	0	0		0	0
SNATCH	88820	105685	131355	122980	107720
SQUAT	396600	283928	315697	330086	316590
POWER CLEAN	0	0	0	0	0
JERK	0	0	0	0	0
BENCH PRESS	349820	273590	266490	334668	309010
TOTAL	835240	663193	713542	787734	733320
TRAINING PERF.D.2Kg.	62,74m. / 61,28m	62,16 m. / 59,78m	61,34.m./ 57,86m	63,21m./ 62,08m.	62,74m\63,87m

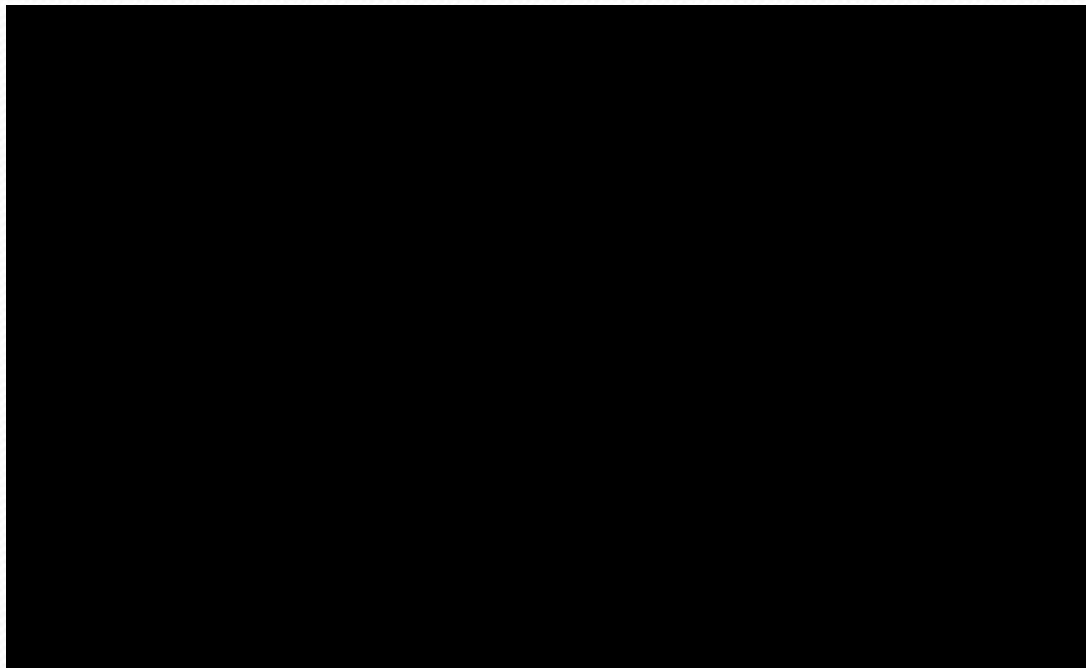
BEST RESULTS 2008 – 2012

EVENT/YEAR	2008	2009	2010	2011	2012
DISC 2,6 kg	53,80m	52,57m	53,01m	X	X
DISC 2,2 kg	60,94m	60,80m	60,20m	61,23m	61,85 m
DISC 2kg	65m	64,70m	63,07m	65,73m	67,50 m
DISC 1,9 kg	65,41m	X	X	X	X
DISC 1,85 kg	64,90m	66m	65,60m	68,67m	68,92 m
SHOT PUT	18,29m	18,60m	19,02m	18,63m	18,60 m
SHOT PUT FRONT	17,67m	17,20m	17,02m	18,27m	18,60 m
SHOT PUT BACK	19,24m	18,84m	19,35m	19,68m	20,66 m
SQUAT	220kg	238kg	253kg	245kg	263 kg
SNATCH	110 kg	120kg	120kg	115kg	125 kg
BENCH PRESS	215 kg	215kg	215kg	210kg	230 kg

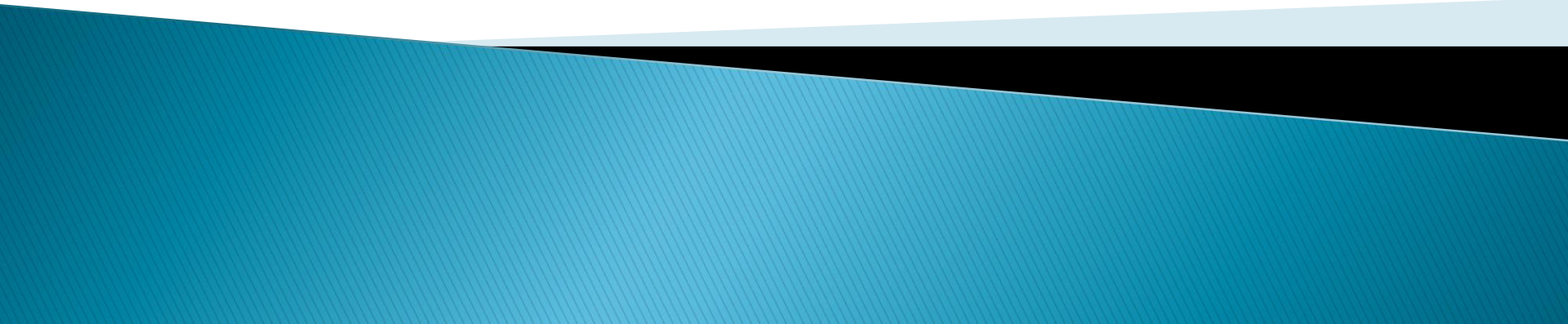
YEAR COMPETITION BEST RESULTS 2008 – 2012

EVENT/YEAR	2008	2009	2010	2011	2012
Discus throw	64,70m	63,48 m	62,01m	66,89 m	67,50 m
Shot put throw	18,18m	18,60m	18,18m	17,93m	18,37 m

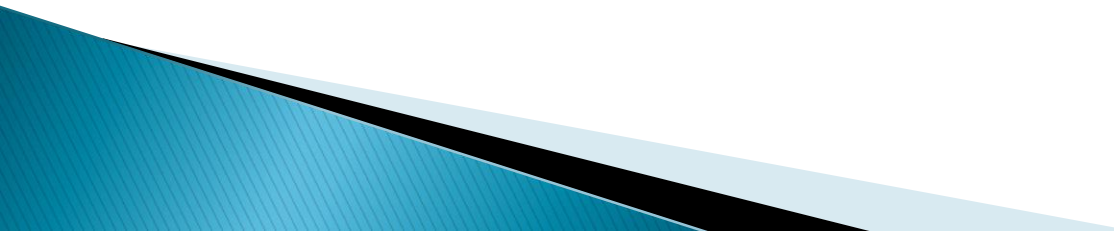
Ercument best moments



Throwing Variable Implements



Why Throw Different Implements?

- ▶ Teach a Skill
 - ▶ Rehearse a Skill
 - ▶ Attain another desired bio-motor effect
 - Speed
 - Strength
 - Flexibility
 - Endurance (work capacity—how many throws)
 - Coordination (mentioned above)
- 

Heavy Implements – Why Throw heavy?

- ▶ **Specific Strength**

Developing specific muscles the athlete needs to complete the throw

- ▶ **Flexibility**

Temporal Considerations

Heavy implements slow the system down:

Limbs

delivery in shot put

Hemispheres

separation in discus

Entire Body

athlete's actual movements across circle/down runway

Timing Continued

Sequential Firing

slow process enables muscles to fire in proper order

Throw becomes more process oriented—moving step by step through the movement

Throwing Light Implements

- ▶ **Speed Development**

 - Load is smaller

 - Implement moves faster

 - Limbs move faster

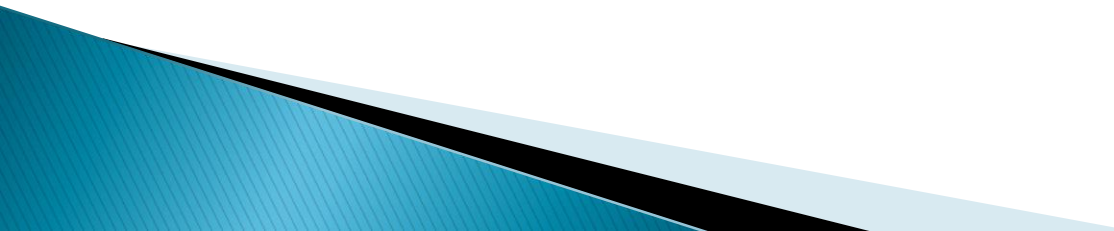
 - Body mass moves faster down runway/across circle

- ▶ **Technical Proficiency**

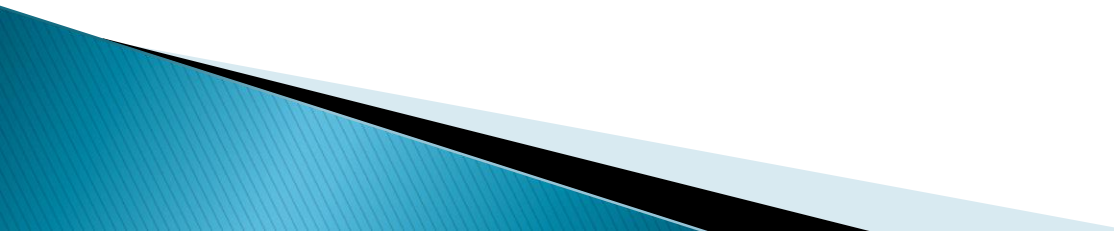
 - Younger/Weaker athletes can handle weight better

 - Less “muscle” in the throw

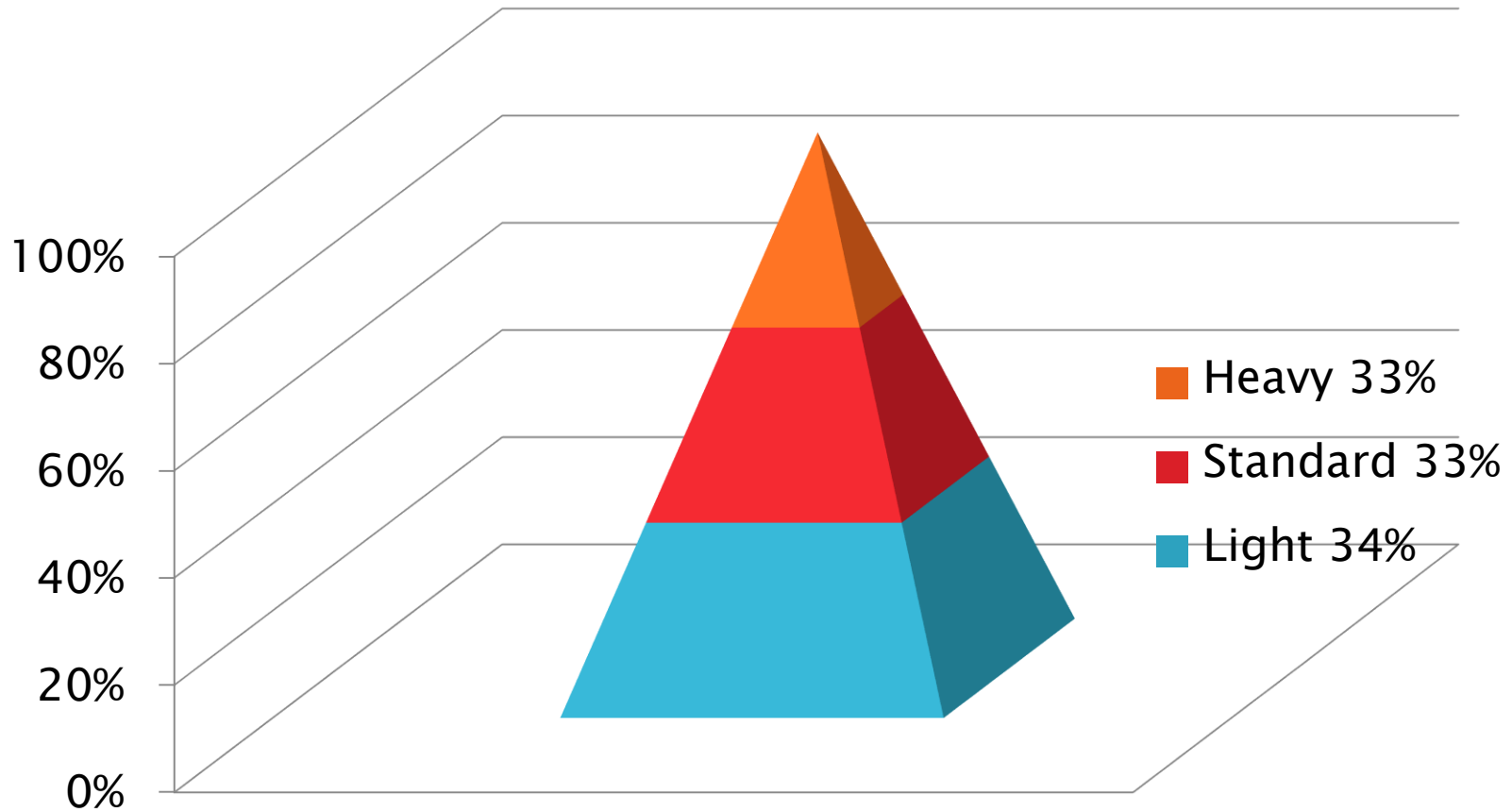
Weights Combination

- ▶ Coaches can use combinations of heavy/competition weight/light implements in a given training session .
 - ▶ This can be effective for higher training age athletes .
 - ▶ For younger athletes: work heavy to light in a given practice
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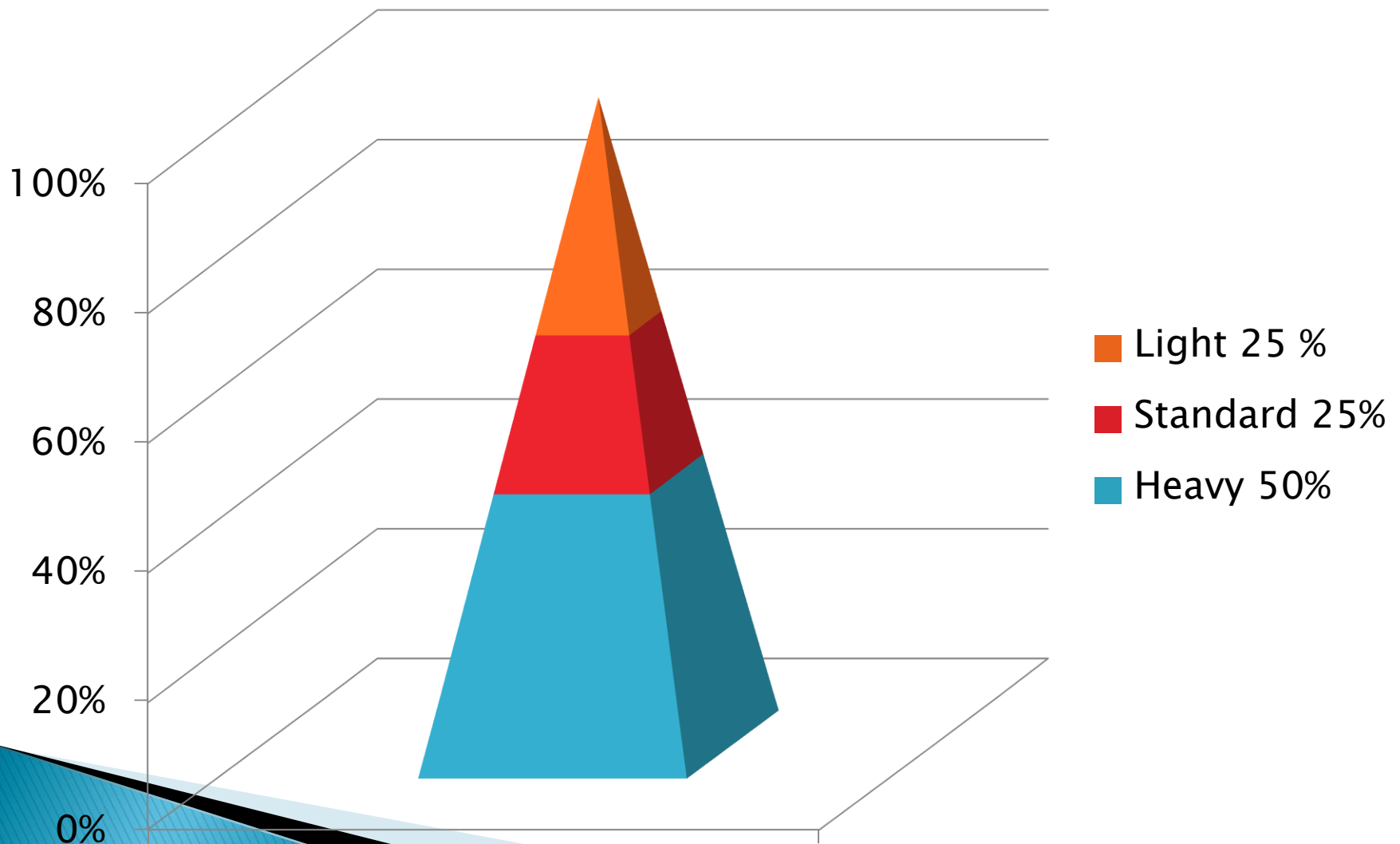
Training Methods with Various Implements

- ▶ Balance
 - ▶ Strength
 - ▶ Speed
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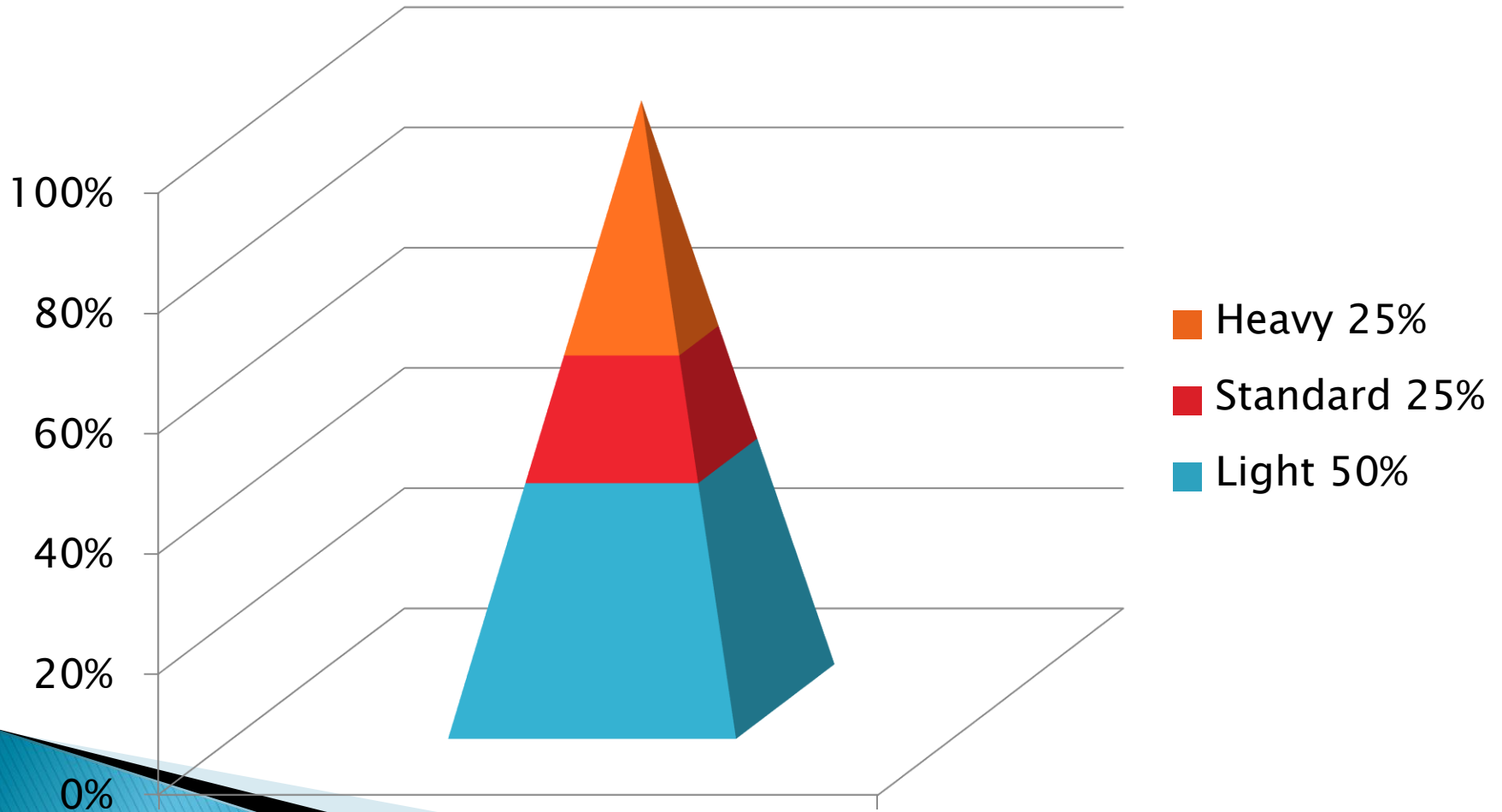
Training Methods with Various Implements – Balance



Program Methods – Strength



Program Methods – Speed



How Heavy (Light) is Heavy(Light) ?

- ▶ Practice recommends a percentage between 10 and 20% of the standard weight for both heavy and light implements .
- ▶ Anyway , choice weight objects should be in accordance with the preparation level of the athletes and the preparation stage where they are.
- ▶ Ultimately **you** are the coach
You see and evaluate your athletes every day
No MAGIC Plan
Needs Assessment