

# STRUCTURE OF THE TRAINING PERIODIZATION FOR THE DISCUS THROW - CUBA

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## 1. Weekly Structure for the General Physical Preparation Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SE 1 100 GT 105 GJ	SE 2 120 GT 60 GJ	Gymnastics Jumps Swim	Circuit 5 x 100m 6 x 50m	SE 2 130 GT 120 GJ	3 x 50m 8 x 100m 140 GT	Rest
PM: 15 FT 25 TT	PM: SE 1 120 GT 80 GJ			PM: SE 2 6 x 100m 8 x 50m		

20 minutes of Continuous Running everyday.

SE 1 = 2 sets of 12 repetitions @ 60% with 30 to 60 seconds rest.

- Exercises: Snatch, Bench Press, Half Squat, Lat. Pull, Sit-up, Side-Squats, Arm Curls, Push, Calf Raises, Trunk Rotation sitting position, Depth Jumps, Back Rolls, Trunk Rotation with bar on shoulders.

SE 2 = 2 sets of 20 repetitions @ 70% with 30 to 60 seconds rest.

- Exercises: Snatch from half leg, Bench Press, Full Squat, Rowing, Tricep Curls, Back Pull, Incline Bench, Pull Over, Dumbbell Flyers, Push, Depth Jumps, Trunk Rotation Standing up, Cleans, Flexions on parallel bars, Sit ups, Rowing laying down, Good Morning.

Circuit: Rest 30 to 60 seconds.

- Exercises: Jump over hurdle 15 to 20 times, Push medicine ball against wall 15 to 20 times, Counter movement vertical Jump 15 to 20 times, Chin ups 15 to 20 times, Sit ups 15 to 20 times, High knee action 15 to 20 times,

Lift legs with extra load one at a time 15 to 20 times, Jumps with extra load 15 to 20 times.

Legend:

- SE 1 = Strength Endurance 1
- SE 2 = Strength Endurance 2
- GT = General Throws
- GJ = General Jumps
- FT = Final Throws
- TT = Turn Throws

## 2. Weekly Structure for the Absolute Strength Preparation Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AS 1 7 x 60m 100 GJ	AS 2 60 GT	50 ST 6 x 60m 100 GJ	3 x 300m 10 x 60m 50 GT	AS 1 Imitations	70 HT 50 NT 50 ST 100 GJ	Rest
PM: 65 NT 150 jumps 50 HT	PM: AS 1 40 ST	PM: AS 2 60 GT	PM: 6 x 60m 100 jumps	PM: AS 2 Imitations		

AS 1 = 70% 75% 80%

Exercises:

Snatch	1 x 10	1 x 8	2 x 3
1/2 Squat	1 x 10	1 x 8	2 x 3
Bench	1 x 10	1 x 8	2 x 3
D. Flyers		4 x 5	
Jumps		4 x 5	
Curls		4 x 5	

AS 2 = 80% 85% 95-100%

Exercises:

Snatch	2 x 3	2 x 2	1 x 3, 1 x 2
Full Squat	2 x 3	2 x 2	1 x 3, 1 x 2
Bench	2 x 3	2 x 2	1 x 3, 1 x 2
Good Mornings		4 x 5	
Jumps		4 x 5	

Legend:

- AS 1 = Absolute Strength 1
- AS 2 = Absolute Strength 2
- NT = Normal Throws (regular implement 2 kg)

- ST = Special Throws 5 kg shot
- HT = Heavy Throws with 3 kg discus.

### 3. Weekly Structure for the Special Strength Preparation Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FS 2 85 ST	FS 3 30 ST	800m 6 x 50m 65 ST	Rest	FS 1 20 ST	Circuit or Rest	Rest
PM: 10-30 NT 10-15 LT 1 X 100m 3 x 30-40m	PM: 10-15 NT 10-10 LT	Massage	PM: 10-15 LT 6 x 30m 45 L+R+both	PM: 10-20 NT 10-10 LT		
FS 1 =	70%	80%	90%			
Exercises:						
Snatch	1 x 5	1 x 3	1 x 5			
1/2 Squat	1 x 5	1 x 3	1 x 5			
Incline Press	1 x 5	1 x 3	1 x 5			
D. Flyers		4 x 5				
Jumps		4 x 5				
Tricep Ext.		4 x 5				
FS 2 =	75%	85%	80%			
Exercises:						
Snatch	1 x 4	1 x 3	1 x 7			
Full Squat	1 x 4	1 x 3	1 x 7			
Incline Press	1 x 4	1 x 3	1 x 7			
Bench	1 x 4	1 x 3	1 x 7			
D. Flyers		4 x 5				
FS 3 =	65%	75%				
Exercises:						
Snatch	1 x 7	1 x 5				
Clean	1 x 7	1 x 5				
Push	1 x 7	1 x 5				
Good Morning		1 x 4				
Full Squat	1 x 7	1 x 5				

Legend:

- FS 1 = Fast Strength 1
- FS 2 = Fast Strength 2
- FS 3 = Fast strength 3
- NT = Normal Throws

- LT = Light Implement Throws
- SJ = Special Jumps

#### 4. Weekly Structure for the Competitive Preparation Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-10 NT 10-10 LT 2 x 30m	CS 10 ST	10-15 NT 10-10 LT 15 R+15+15 Both	CS 5-10 HT 5-15 NT	Rest or GT	Compete or Rest	Compete

CS 1 = Competitive Strength

Exercises:

Snatch	2 x 6 @ 50%
1/2 Squat	2 x 6 @ 50%
Incline Press	2 x 6 @ 40%
D. Flyers	2 x 5
Jumps	2 x 5