

ROTATIONAL SHOT PUT TRAINING: REESE HOFFA 2003

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The author, coach of American Reese Hoffa (22.11m), presents in outstanding fashion a comprehensive and in-depth review of the athlete's training methodology and performance structure that resulted in his breakthrough 2003 season.

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This article will cover the various aspects of Reese Hoffa's shot put training for the 2003 season in which he made a name for himself on the international scene by winning a Gold Medal at the Pan-American Games with a personal best of 68-8 ¾ (20.95m), and improved his IAAF world ranking from #32 to #9. It is also the intentional of this article to show the rationale behind the adjustments and choices made during training year based on the ever-changing international schedule so that other coaches and throwers may benefit from Reese's experiences.

Entering into the preparation phase for the 2003 competition season, it was the feeling of both Reese and myself that he had already developed enough speed and strength to throw over 21 meters during the 2002 season. Reese had shown glimpses of this ability in which he warmed up near 21m at the 2002 US Outdoor National Championships, and had thrown 23.28m with the 6kg shot during at training session on May 14th, 2002. It was decided that Reese's primary training objectives would be to get his strength levels back to those of the spring on 2002, and work primarily on refining the technical elements of his throwing. Special attention would be paid to his left foot pivot as he turned out of the back, and the ability to lift the shot with the legs as he delivered the shot in the power position. Below is a table illustrating the development of Reese's training and competition performances over the past six years, which includes the 2003 season.

	1998	1999	2000	2001	2002	2003
Age	20	21	22	23	24	25
Body Weight	268 lb	277 lb	281 lb	283 lb	285 lb	293 lb
16 lb	19.07m	19.36m	19.79m	20.22m	20.47m	20.95m
6kg	----	----	21.70m	22.30m	23.28m	----
14 lb	19.64m	----	20.56m	20.60m	21.29m	22.32m
14 ½ lb	----	----	----	----	----	22.62m
16lb Stand-throw	16.45m	16.80m	17.00m	17.35m	17.15m	16.70m
Bench Press	416 lb	441 lb	461 lb	466 lb	475 lb	3x430 lb
Back Squat	500 lb	500 lb	----	555 lb	3x500 lb	3x500 lb
Power Clean	314 lb	330 lb	352 lb	364 lb	352 lb	3x330 lb
Snatch	242 lb	253 lb	286 lb	286 lb	3x275 lb	3x264 lb
Push Press	330 lb	2x330 lb	2x352 lb	396 lb	396 lb	2x396 lb
40 yard sprint	4.92	4.89	4.78	4.89	----	4.81
Overhead (16 lb)	51-2	56-1	54-5	58-2 ½	59-8	57-6
Standing LJ	8-6	8-7	9-0 ¼	8-11	9-2 ½	----
Vertical Jump	24"	25"	26"	27 ½"	28"	28"
World Ranking	----	----	41	28	32	9
US Ranking	----	----	5	6	7	5

Fall Conditioning Cycle I: September 23rd-October 18th, 2002

This was a general training cycle designed to get Reese back into shape, and develop overall fitness. Saturday and Sunday were rest days. Throwing workouts consisted primarily of stand-throws with the 17 lb shot to work on delivery mechanics and step-ins with the 16lb shot to work the right foot pivot in the middle of the ring. A small amount of full throw work was done with the 14lb shot.

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	x8x8x8x7x7	5x6
2	x8x8x7x7x6	x6x6x6x5x5
3	x7x7x7x6x6	x6x6x5x5x5
4	5x6	5x5

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Cleans (see above)	Bench Press (see above)	Pedestals (4 ways, 2x25 sec)
Lunges 2x8 each leg	Push Press (1 st 3 sets)	Hanging Leg Raises 2x10
Dumbbell Flys 2x8	Step-ups 2x8 each leg	Hurdle Circuit: over 8 hurdles
Back Hypers 2x10	Lat Pulls 2x10	-Walkthroughs (x6)
Arm Curls 2x10	Dumbbell Military 2x10	-180-degree walkthroughs(x6)
Agility Circuit (see below)	"15 Minutes of Hell"	-Over-Unders (x6)

<u>Thursday</u>	<u>Friday</u>
Snatch (see above)	Back Squat (see above)
Leg Curls 2x8 each leg	Incline Bench Press (see above)
Prone Dumbbell Flys 2x8	Pullovers 2x8
Straight Leg Deadlifts 3x6	Sled Circuit (see below)
Russian Twists 2x10	
5x100m build-ups	

"15 Minutes of Hell" is a workout where you sprint 50 yards and then walk 100 yards continuously for 15 minutes.

Agility Circuit: 2x25 yards each exercise	Sled Circuit: 20 yard sprint for time
-high knees	Trial 1: Sled only
-butt kicks	Trial 2: Sled + 15kg
-side shuffle	Trial 3: Sled + 15kg + 10lb
-carioca (long)	Trial 4: Sled + 15kg + 20lb
-carioca (short)	Trial 5: Sled + 15kg + 30lb
-backward run	Trial 6: No Sled
-straight legs	Trial 7: No Sled
-regular sprint	

Fall Conditioning Cycle II: November 4th-November 29th, 2002

This second conditioning cycle was identical to the first cycle except for the alteration in the repetitions for the core lifts. This cycle was actually extended and extra week until December 6th in which the workouts for week four were repeated for the fifth week. Throwing workouts focused primarily on full throws with the 14lb and 15lb shots. The lighter shot were easier for Reese to work on hitting the proper positions. The 17lb shot was beginning to bother Reese's hand so heavy shot were no longer used for stand-throws. The core lift repetition adjustments were as follows;

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	5x6	5x5
2	x6x6x5x5x5	x5x5x5x4x4

3	5x5	5x4
4	x5x5x4x4x4	x4x4x4x3x3

Physical Testing Week: December 12th-December 18th, 2002

Body Weight: 289 lbs (131kg)
 Bench Press: 455 lbs (207kg)
 Power Clean: 352 lbs (160kg)
 Standing Vertical Jump: 27" (68cm)
 Overhead Shot Throw: 57-6 (17.54m)

**tests for the snatch and squat were avoided because of a tender back.

After the testing week there was a two-week maintenance period over the Christmas Break in which Reese worked out on his own in an "active rest" phase. This involved throwing up to two times a week and one hour of lifting three times a week.

Indoor Cycle I: January 6th-January 31st, 2003

This first indoor cycle had a much smaller volume of exercises in the weight room per each lifting day. The intensity, however, was very high for the core lifts. For the Olympic lifts, Monday was designated as the heavy day and Thursday was the rhythm day. The Olympic lifts were alternated from week to week, meaning that whatever lift was performed on Monday (ex. Cleans), then the opposing lift (ex. Snatch) would be done on Thursdays. Reese did not lift heavy in the Olympic lifts two times a week in order to reduce the strain on his back and to conserve some of his energy within the week so he could have longer throwing workouts. Four hundred to five hundred abdominal reps were done per week using a wide variety of med-ball, plate twist, and body weight exercises that were decided upon at Reese's discretion.

Throwing workouts were conducted three times a week, with the main technical focus being getting used to throwing the indoor shot on a wooden ring. Training distances can be seen on the Training Distance Progression graph below. Reese's first competition of the year took place at the end of this cycle. This was then followed by a active rest week before the Millrose Games on the following weekend (February 7th).

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts (Monday reps.)</u>
1	x5x4x3x3x3	x4x4x3x3x2 (Clean)
2	x4x4x3x3x2	x4x3x3x2x2 (Snatch)
3	x4x3x3x2x2	x3x3x2x2x2 (Clean)
4	x3x3x2x2x1	x3x2x2x2x1 (Snatch)

Monday
 Clean or Snatch (see above)
 Push Press (see above, power reps)
 Step-ups 3x8 each leg
 Hurdle Circuit & Hurdle Hops 7x10

Tuesday
 Back Squat (see above)
 Bench Press (see above)
 Leg Curls 3x10
 6 goalpost touches followed by 20m sprint (x8)

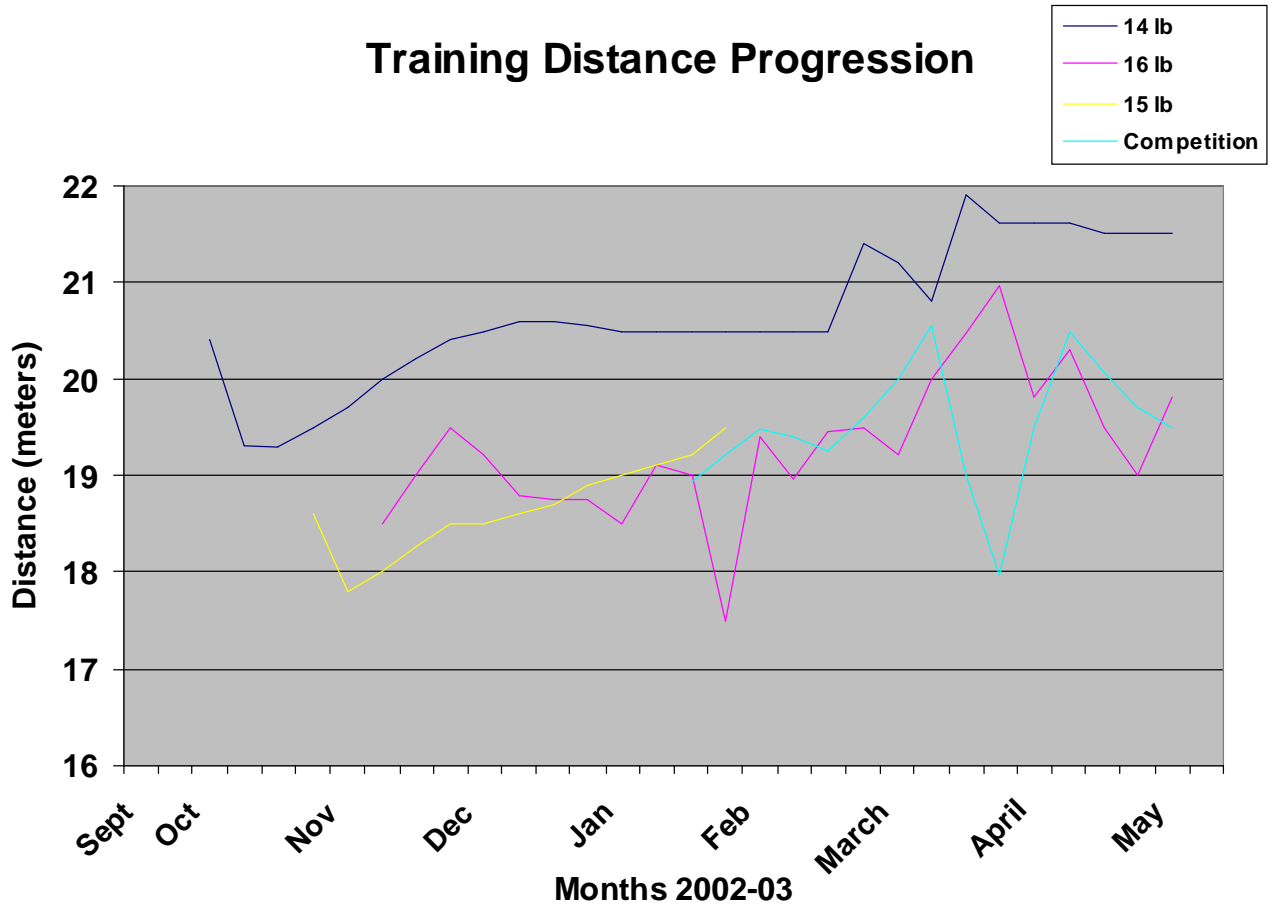
Wednesday
 Ball throws for height w/7kg
 Prone Leg Rotations 3x7 each way
 5 jumps in the sand for distance (x5)
 Agility Drills (see previous cycle) Stair Circuit (x8, x4)

Thursday
 Clean or Snatch 5x5 @ 75% for speed/rhythm
 Bench Press (see above)
 Narrow Grip Snatch 3x7 (< 7 sec.)

Friday (if no competition)
 Front Squats (5x5, 1st week) (5x4, 2nd week) (5x4, 3rd week)
 Lunges 3x8 each leg

Front Jerks for speed 4x7 (< 7 sec.)
6x100m build-ups

**For stair circuit in this cycle the first number (x8) means 8 sprints up a flight of 20 stadium stairs.
(x4) means 4 double legged jumps up every other stair to top of stadium.
**Front jerks and narrow grip snatch are done for speed at the heaviest weight possible while still maintaining a pace of less than one rep per second.



USATF Indoor Championship Preparation Cycle: February 10th-February 28th, 2003

This was a short three-week cycle used to prepare for the USA Indoor Championships held on March 1st. The repetitions were kept relatively low on the core lifts and the intensity was also lowered from the previous cycle. The overall volume of strength and conditioning work was also decreased from the previous cycle as well. This was to allow maximum energy to be placed on the throwing sessions so Reese could further perfect his timing on the indoor ring.

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	x5x4x3x3x3 medium/fast	x5x5x4x4x3 medium/fast
2	x4x4x3x3x2 heavy	x4x4x3x2x1 heavy
3	5x3 medium/fast	x4x4x3x3x3 medium/fast

Monday

Clean (see above)
 Push Press (1st four sets)
 Hurdle Circuit & Hurdle Hops 7x10

Tuesday

Back Squat (see above)
 Bench Press (see above)
 2x20m, 2x30m, 2x50m sprints

Wednesday

Ball Throws for height w/7kg
 Prone Leg Rotations 3x7 each way
 5 jumps in the sand for distance (x5)
 Agility Drills (see previous cycle)

Thursday

Snatch (see above)
 Bench Press (see above)
 Narrow Grip Snatch 3x7 (< 7 sec.)
 Stair Circuit (x8, x4)

Friday (2/21/03 only)

Dumbbell Jump Squats 4x7
 Front Jerks for speed 4x7 (< 7 sec.)
 6x100m build-ups

Outdoor Preparation Cycle I: March 6th-April 4th, 2003

This cycle saw an increase in the volume and a slight increase in intensity as Reese started his heavy training to get ready for the upcoming outdoor season. During the first couple of weeks back outside he started to develop a very good throwing rhythm (see Throwing Distance Progression graph) so it was decided to enter an early meet (Clemson Relays) to work on raising his world ranking. Two throwing workouts a week were performed at 24-28 throws per workout.

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	x6x6x5x5x5	5x5
2	5x5	x5x5x5x4x4
3	x5x5x5x4x4	5x4
4	x4x4x4x3x3	x4x4x3x3x2

Monday

Clean (see above)
 Combo Lift 3x3 (see below)
 Push Press (see above)
 Agility Circuit (same as last cycle)

Tuesday

Bench Press (see above)
 Rhythmic Step-ups 3x8 each leg
 Trunk Work (100 reps)
 5x100m build-ups

Wednesday

Hurdle Jumps (10x5)
 Stair Sprints (x8)

Thursday

Snatch (see above)
 Jump Squats w/dumbbells 3x7
 Incline Bench Press (see above)
 2x20m, 2x50m, 2x80m sprints

Friday (3/7/03 & 3/14/03 only)

Back Squats or One-legged Squats (see above)
 Front Jerks for speed 4x7 (< 7 sec.)
 Push Jerks 4x7 (< 7 sec.)
 5x100m build-ups

Combo Lift

Snatch
 lower to back
 Back squat to push press
 Lower to chest
 Front squat to front jerk
 Lower to back
 Good morning to military press
 Lower bar down & repeat

Outdoor Preparation Cycle II: April 21st-May 16th, 2003

After one transition week and then an active rest week a second outdoor cycle began, which featured a slight decrease in volume and a slight increase in intensity. Other than this it was nearly identical to Outdoor Cycle I. Reese's throwing workouts were going extremely well so we were not compelled to change much as long as the gains made in the throwing workouts continued to be good. We felt a good training balance had been achieved. Three serious competitions took place during this cycle (see summary of performances) with a fourth (Georgia Invitational) being used as a practice competition in which Reese trained through the meet.

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	5x5	x5x5x4x4x3
2	5x4	x4x4x3x3x3
3	x4x4x3x3x3	5x3
4	5x3	x3x3x2x2x1

Monday

Clean (see above)
Clean & Jerk 3x3
Push Press (see above)
Agility Circuit (same as last cycle)

Tuesday

Bench Press (see above)
Rhythmic Step-ups 3x8 each leg**
Trunk Work (100 reps)
5x100m build-ups

Wednesday

Hurdle Jumps (10x5)
Stair Sprints (x4, x4)

Thursday

Snatch (see above)
Jump Squats w/dumbbells 3x7
Incline Bench Press (see above)
2x20m, 2x40m, 2x80m sprints

Friday (4/25/03 only)

Back Squat (see above)
Front Jerks for speed 4x7 (< 7 sec.)
Push Jerk 4x7 (< 7 sec.)
5x100m build-ups

**Do Back Squats in place of Rhythmic Step-ups in the 3rd and 4th weeks

Outdoor Preparation Cycle III: May 19th-June 18th, 2003

This cycle was stripped down to just the core lifts in the weight room with the amount of running and jumping held the same. During this five-week period were four important US meets (two of them IAAF Grand Prix Meets, and the last being the USA Champs) all of which were on the West Coast at least 2000 miles away. Because of this training was kept to a minimum and rest and recovery were of a higher priority between meets. Weeks 1, 3, and 5 (the weeks before a meet) were less intense and more rhythmic than weeks 2 & 4 (which emphasized moving heavy weight). The technical training went very well during this period with Reese consistently throwing over 22m with the 14lb and 14.5lb shots, and over 20.30m with the 16lb in practice.

<u>Week</u>	<u>Power Lifts</u>	<u>Olympic Lifts</u>
1	5x4 up to 80%	5x4 up to 80%
2	x5x4x3x2x2	x5x4x3x2x2
3	5x3 up to 80%	5x3 up to 80%
4	x5x4x3x2x2	x5x4x3x2x2
5	5x3 up to 80%	5x3 up to 80%

Monday

Cleans (see above)
Clean & Jerk 3x3

Tuesday

Bench Press (see above)
Back Squat (see above)

Push Press (see above)
Agility Circuit (same as last cycle)

Trunk Work (100 reps)
5x100m build-ups

Wednesday

Hurdle Jumps (10x5)
Stair Circuit (x4, x4)

Thursday

Snatch (see above)
Jump Squats w/dumbbells 3x7
Incline Bench Press (see above)
2x20m, 2x40m, 2x80m sprints

European Competition Cycle: June 23rd-July 20th, 2003

During this one-month period Reese tried to duplicate the previous training cycle as best he could while traveling and competing in Europe. Workouts were sporadic due to all the travel and Reese had trouble keeping weight on during this period due to unfamiliarity with the food. Reese was based in Malmo, Sweden and brought a 14lb and 16lb shot with him so he could train with those two shots. Ideally he would throw with the 16lb in training, and if he was feeling tired he would throw the 14lb so he could hit his positions with greater ease.

Pan-Am Games Preparation: July 21st-August 5th, 2003

After a month in Europe, Reese focused for two and a half weeks on getting settled back in the Eastern time zone and maintaining steady training to get ready for the Pan-Am Games. Throwing sessions consisted of full throws with the 16lb shot to work on regaining his rhythm that he slowly lost after not having steady training and being away from home for five weeks since June 18th.

Monday

Cleans (x4x3x2x3x4 both weeks)
Push Press (x4x3x2x3x4 both weeks)
Bench Press (x4x3x2x1x1)(x4x3x2x3x4)
Hurdle Circuit (3 exercises, 6x10 each)

Tuesday

Ball throws for height w/7kg 3x12
Stair sprints (x8)

Wednesday

Back Squat (x4x4x4x4x4) (x4x3x2x3x4)
7 box jumps between sets
Trunk Work (x200)
6x100m build-ups

Friday

Incline Bench Press (same as bench press)
Clean & Jerk 3x4
Front Jerks 3x5 fast!!
8x20m sprints

**Do light lifting on August 3rd or 4th before Pan-Am Games while in Dominican Republic.

Just before the Pan-Am Games, Reese found out he had been accepted into the London Super Grand Prix. He flew the next morning after the shot competition (Aug 6th) from the Dominican Republic to London (the competition was on the 8th of August). The travel was not well coordinated, and the results were poor. Reese then flew immediately back to the US to begin preparation for the World Champs.

World Championship Preparation Cycle: August 12th-August 23rd, 2003

August 12th Throw, clean & jerk 3x4, dumbbell jump squats 3x6, 5x30m sprints
August 13th Throw, Bench Press (4x380, 3x400, 2x410, 3x375, 4x335), Squat (5x4), trunk work
August 14th Travel to Paris, France
August 15th Loosen up & light cleans (5x5), little trunk work
August 16th Throw, Incline Bench (x5x4x3x2x2), Push Press (3x4), 6x100m build-ups
August 17th Travel to Helsinki, Finland
August 18th Compete at Helsinki GP
August 19th Return to Paris, France

August 20th Rest, sprints 4x20m and 2x50m, loosen up
 August 21st Throw, light hang clean (4x4), dumbbell jump squat 4x6
 August 22nd Loosen up, running drills
 August 23rd Competition at World Championships

Summary of Performances:

February 1 st	Carolina Fast Times (indoor)	18.91m
February 7 th	Millrose Games (indoor)	19.47m
March 1 st	USA Indoor Championships	19.40m
March 22nd	Clemson Relays	20.56m (PR)
April 12 th	SeaRay Relays	17.87m
April 19 th	Mt. SAC	20.50m
May 3 rd	Georgia Invitational	19.48m
May 10 th	Lisse, Netherlands	20.00m
May 24 th	Prefontaine GP	20.44m
June 1st	Home Depot, Los Angeles	20.90m (PR)
June 7 th	Palo Alto GP	20.65m
June 21 st	USA Championships	20.64m
June 25 th	Lucern, Switzerland	20.34m
June 29 th	Prague GP	20.20m
July 7 th	Padova, Italy	20.23m
July 15 th	Salamanca, Spain	19.34m
July 19 th	Madrid GP	19.68m
August 5th	Pan-Am Games	20.95m (PR)
August 8 th	London GP	19.61m
August 18 th	Helsinki GP	19.96m
August 23 rd	World Championships (Q)	nm