

# ROTATIONAL SHOT PUT TRAINING: REESE HOFFA 2004

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*The author, coach of American Reese Hoffa (22.11m), presents the second article in a series on the training methods used to develop the performance structure which resulted in Hoffa's outstanding 2004 season that saw him achieve for the first time a world top-six ranking and 21.00m+ performance.*

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This article is another documentation of the training regimen of Reese Hoffa, who continued to improve upon his breakout season of 2003 to put himself among the top shot putters in the world in 2004. This was confirmed with his winning of a silver medal at the 2004 World Indoor Championships in Budapest, Hungary with a throw of 21.07m. This past season Hoffa was able to improve his IAAF ranking from #9 in 2003 to his current position of #5. He also improved his personal best from 20.95m, which he did in winning the gold medal at the Pan-American Games in 2003 to 21.67m, which was achieved at the Home Depot meet in Los Angeles in May, 2004. Hoffa was also able to maintain a consistently high level of performance throughout the 2004 season. He produced results of over 21 meters in seven different months, and won competitions on three different continents. This article will detail the training methods and periodization plan for Hoffa's 2004 campaign which produced these results, with the intention of providing information for other coaches and athletes to benefit from Hoffa's experience.

## **Summary of Performances for 2003-2004**

December 6 <sup>th</sup>	Clemson Opener (indoor)	20.29m (indoor PR)
January 23 <sup>rd</sup>	Clemson All Comers (indoor)	20.32m (indoor PR)
February 6 <sup>th</sup>	Millrose Games (indoor)	19.98m
February 14 <sup>th</sup>	Virginia Tech (indoor)	21.05m (indoor PR)
February 29 <sup>th</sup>	USA Indoor Championships	20.97m
March 6 <sup>th</sup>	World Indoor Championships (Q)	20.28m
March 7 <sup>th</sup>	World Indoor Championships (F)	21.07m (indoor PR)
April 3 <sup>rd</sup>	Yellow Jacket Invitational	20.71m
April 10 <sup>th</sup>	Spec Towns Invitational	20.75m
April 24 <sup>th</sup>	Drake Relays	19.61m
May 1 <sup>st</sup>	Georgia Invitational	20.36m
May 8 <sup>th</sup>	Santiago, Chile	20.99m (outdoor PR)
May 22 <sup>nd</sup>	Home Depot Invitational	21.67m (outdoor PR)
May 31 <sup>st</sup>	Hengelo GP I	20.58m
June 5 <sup>th</sup>	Seville GP I	20.62m
June 18 <sup>th</sup>	Titan Games	21.38m
June 19 <sup>th</sup>	Prefontaine GP I	20.38m
July 9 <sup>th</sup>	US Olympic Trials (Q)	20.30m
July 10 <sup>th</sup>	US Olympic Trials (F)	21.14m
July 13 <sup>th</sup>	Salamanca	20.58m
July 17 <sup>th</sup>	Madrid Super GP	19.40m

August 8 <sup>th</sup>	US vs France, Germany	21.17m
August 18 <sup>th</sup>	Olympic Games (Q)	19.40m
September 3 <sup>rd</sup>	Brussels GL	21.07m
September 19 <sup>th</sup>	World Athletics Final	20.51m

After the conclusion of the 2003 season, which we felt was successful, we looked back at all the competitions in which Reese had struggled and realized that most problems associated with poor results were due to lack of good throwing rhythm. For this reason we decided that throughout the entire fall Reese would come out once a week during his active rest phase (September to Mid-November) to take 10 full throws. Since Reese had pretty good throwing rhythm in September at the end of his 2003 season, we wanted to make sure he “held on” to his rhythm as opposed to taking some time off and having to “find” it again.

During the fall throwing, Reese was able to throw consistently over 20 meters and at times could hit 20.50-20.60m. This was all without any formal conditioning program at the time. The only technical thought during this two month period was to work on staying on the ball of the left foot as he turned out the back of the ring. Reese would tend to roll back on his left heel as he turned out the back ring, which caused him to do a “heel turn” instead of the traditional pivot on the ball of the foot. By cleaning up the turn out the back of the ring, we felt that Reese would be more consistent in reaching the middle of the ring and reduce his tendency to over-rotate when he tried to go fast. On two occasions in 2003, Reese had important throws land just outside the left sector due to over-rotation caused by turning out the back on his left heel. The first was a 21.34m sector foul at the Mt. SAC Relays, and the second was a 20.30m sector foul in the World Championships qualifying round in Paris. Both of these results would have drastically altered his ranking and status in 2003 if they had landed 30cm to the right, and therefore in the sector. This is why we felt it was so important to focus on the left foot pivot. Below is a table illustrating the development of Reese’s training and competition performances over the past seven years, which includes the 2004 season.

	1998	1999	2000	2001	2002	2003	2004
<b>Age</b>	20	21	22	23	24	25	26
<b>Body Weight</b>	122kg	126kg	128kg	129kg	130kg	133kg	133kg
<b>16 lb</b>	19.07m	19.36m	19.79m	20.22m	20.47m	20.95m	21.67m
<b>6kg</b>	----	----	21.70m	22.30m	23.28m	----	----
<b>14lb (6.25kg)</b>	19.64m	----	20.56m	20.60m	21.29m	22.32m	----
<b>14 ½lb (6.5kg)</b>	----	----	----	----	----	22.62m	22.81m
<b>Standthrow</b>	16.45m	16.80m	17.00m	17.35m	17.15m	16.70m	16.80m
<b>Bench Press</b>	189kg	200kg	210kg	213kg	215kg	3x195kg	2x200kg
<b>Back Squat</b>	227kg	227kg	----	253kg	3x227kg	3x227kg	2x237kg
<b>Power Clean</b>	143kg	150kg	160kg	168kg	160kg	3x150kg	2x160kg
<b>Snatch</b>	110kg	115kg	130kg	130kg	3x125kg	3x120kg	5x100kg
<b>Push Press</b>	150kg	2x150kg	2x160kg	180kg	180kg	2x180kg	4x160kg
<b>40 yards</b>	4.92	4.89	4.78	4.89	----	4.81	----
<b>Overhead (16lb)</b>	15.55m	17.10m	16.58m	17.76m	18.19m	17.55m	----
<b>Standing LJ</b>	2.60m	2.62m	2.75m	2.72m	2.80m	----	----
<b>Vertical Jump</b>	60cm	63cm	65cm	69cm	71cm	71cm	
<b>World Ranking</b>	----	----	41	28	32	9	5
<b>US Ranking</b>	----	----	5	6	7	5	3

## **Fall Conditioning Cycle I: October 13<sup>th</sup>-November 7<sup>th</sup>, 2003**

This was a general conditioning cycle designed to get Reese back into shape after about a month and a half off. It is a basic one day on, one day off lifting routine, except for the two days off over the weekends. Throwing during this time consisted on just one session a week where Reese would take some stand throws to warm up, followed by 10 full throws. All of this was done with a 16lb shot. Technical emphasis was placed on pivoting on the ball of the left foot as he turned out the back of the ring.

### Monday

Cleans (x6x6x6x5x5)(x5x5x5x5x5)(x5x5x5x4x4)(x4x4x4x4x4)

Push Press (x6x6x6)(x6x6x5)(x5x5x5)(x5x5x4)

Lunges 2x8 each leg

Straight Leg Dead-lifts 3x7

Double Arm Cable Pulley 2x10 each way (keep it level)

Hanging Leg Raises 2x10

Hurdle Circuit (x5 walkthroughs, 3x2 over-unders, 2x2180-degree walkthroughs, x2 forward-one back)

### Wednesday

Bench Press (x6x6x6x6x6)(x6x6x6x5x5)(x5x5x5x5x5)(x5x5x5x4x4)

Rhythmic Step-ups 2x8 each leg

Russian twists 2x10 each way

Leg Curls 2x10 each leg

Gunthor twists 2x10 each way

Lat Pulls 2x10

Run straights-walk turns(4 laps)(4 laps)(5 laps)(6 laps)

### Friday

Snatch (x6x6x6x5x5)(x5x5x5x5x5)(x5x5x5x4x4)(x4x4x4x4x4)

Back Squat (5x6)(x6x6x6x5x5)(5x5)(x5x5x5x4x4)

Dumbbell Incline Bench Press (3x7)(3x6)(3x6)(3x5)

Dumbbell Military Press 2x10

Arm Curls 2x10

Back Hypers 2x10

6x100m

\*\*Running Sessions: Tuesday/Stair Circuit (x7 sprints to top/3 double legged hops to top), Thursday/Hill Sprints 6x30m

## **Fall Conditioning Cycle II: November 17<sup>th</sup>-December 12<sup>th</sup>, 2003**

This cycle was similar to the first fall conditioning cycle, except for a few changes in the choice of exercises. Cleans were kept to a medium weight, and the Romanian dead-lift was substituted for snatches. This was done to protect Reese's back. Throwing workouts were still performed only once a week since Reese was making such good progress this throwing routine. At this point in the fall he was able to throw over 20 meters in practice with relative ease, and was becoming very consistent with pivoting on the ball of the left foot as he turned out of the back of the ring. A competition was

scheduled near the end of this cycle (December 6<sup>th</sup>) to test how well he would execute the changes to his technique under meet conditions. The goal for the meet was to be technically consistent and throw an indoor PR, which was 19.64m.

#### Monday

Cleans (4x5)(4x5)(4x4)(4x4), *keep light to medium*  
Romanian Dead-lift (x6x6x5)(3x5)(x5x5x4)(3x4)  
Push Press (3x5)(3x5)(x5x4x4)(3x4)  
Lunges 2x8 each leg, *gradually increase weight*  
Leg Curls 2x10  
Lat Pulls 2x10  
Stair Circuit: 6 stair sprints for time, 4 double legged jumps for time

#### Wednesday

Bench Press (x6x6x5x5x5)(5x5)(x5x5x4x4x4)(5x4)  
Seated Rows 2x10  
Step-ups 2x8 each leg  
Straight-leg Dead-lift 3x6  
Russian twists 2x10 each way  
Dumbbell Incline Bench Press (3x6)(3x6)(3x5)(3x5)  
Gunthor twists 2x10  
Hurdle Circuit (x5, x6, x4, x2)

#### Friday

Squat (5x6)(x6x6x6x5x5)(5x5)(5x4)  
Vertimax 4x10 (\*\*the Vertimax is a machine in which adjustable elastics bands connected to a jumping platform are hooked to your waist, and you do repeated jumps to resistance)  
Back Hypers 2x10, *gradually increase weight*  
Roman Chair Sit-ups w/plate 2x10, *gradually increase weight*  
Standing Bar twists 2x10, *gradually increase weight*  
Leg Curls 2x10  
8x100m build-ups after squats

#### Field Day #1

Agility Circuit 8 exercises, 2x25m)  
After drills 5x20m sprints, HARD!

#### Field Day #2

Hill Sprints (6x30m for time)  
\*\*after 2 weeks add resistance after 1<sup>st</sup> 3

Between December 12<sup>th</sup> and January 6<sup>th</sup>, was an “active rest” phase. Reese would train on his own during this time, and tried to maintain his fitness until he resumed regular training on January 6<sup>th</sup>, after the Christmas holidays.

#### **Indoor Cycle I: January 6<sup>th</sup>-January 30<sup>th</sup>, 2004**

In past years, Reese would lift four times (Monday, Tuesday, Thursday, & Friday) a week at this point in the season, but since everything was going so well (Reese threw an indoor PR of 20.29m in December), we decided not to disturb anything and keep the lifting at three times a week. Throwing sessions were conducted three times a week on a wooden ring indoors, averaging 5 stand-throws and 15 full throws per session. The main technical focus was still on staying on the ball of the left foot while pivoting out the back on the ring. Reese’s training distances would drop off at this time, but only due to

the fact that we were indoors and the throwing area was a little constrained. For the month of January, Reese was able to throw around 20m rather easily while working on his timing and technique. The end of this cycle (plus 5 days of active rest) would lead up to the Millrose Games, which was the first competition in which Reese really wanted to perform well.

<u>Week</u>	<u>Power</u>	<u>Olympic</u>
1	x5x4x3x3x3	x4x4x3x3x2
2	x4x4x3x3x2	x4x3x3x2x2
3	x4x3x3x2x2	x3x3x2x2x2
4	x3x3x2x2x1	x3x2x2x2x1

### Monday

Clean (see above)  
 Push Press (first three sets from power reps)  
 Rhythmic Step-ups 2x8 each leg  
 Standing Cable Pulley (keep level) 2x8 each way  
 Back Hypers 2x10  
 Stair Circuit: 5 stair sprints for time, 5 Double-legged stair jumps for time

### Wednesday

Bench Press (see above)  
 Dumbbell Incline Bench Press (x6x5x4)(x5x5x4)(x5x4x3)(x5x4x3)  
 Bent-over Rows 2x10  
 Roman Chair Sit-ups w/plate, *gradually increase weight*  
 Hill Sprints (6x30m for time)

### Friday

Back Squat (see above)  
 Vertimax (superset a set of 10 between squat sets)  
 Leg Curls 2x10 each leg  
 Seated Rows 2x10  
 Front Jerks for speed 3x7 (calculate power for each set, chose weight to maximize power)  
 Walking twists 4x25m w/20kg plate  
 6x100m build-ups after squats

### Tuesday

Agility circuit (6 exercises 2x25m)  
 After drills 4x20m sprints @ 100%

### Thursday

Hurdle Circuit (x5x6x4x2), and stretch

\*\*On week of competition, switch workouts as follows; Monday to Tuesday, Wednesday to Thursday, Friday to Monday.

\*\*There was an active rest period leading up to the Millrose Games from February 1<sup>st</sup> to February 5<sup>th</sup>.

### **Indoor Cycle II: February 9<sup>th</sup>-February 27<sup>th</sup>, 2004**

After the Millrose Games competition, we felt that Reese was in good shape and just needed to touch up his timing. If this could be done we felt a throw of 20.50m-21.00m

was possible. The training workout was changed so it was scripted out day to day, with no repetition. This was done so we could maximize the weight lifting while still fitting in one more competition to fine tune for the US Indoor Championships at the end of the month. As it turned out, Reese was able to hit a large personal best of 21.05m at Virginia Tech on February 14<sup>th</sup>, and then back it up with 20.97m at the US Indoor Championships to earn a place on the US World Indoor Championship Team.

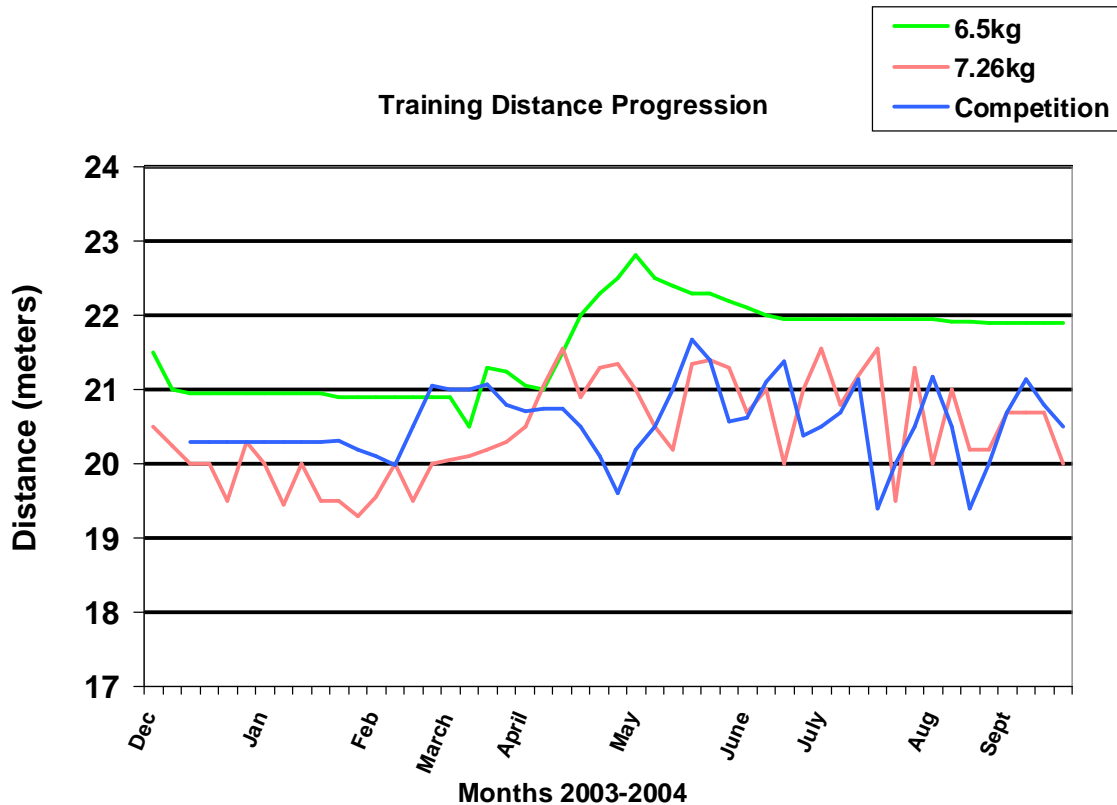
Feb 9<sup>th</sup>: Squat (x5x5x4x4x4), Vertimax x10 between squat sets, Military Press (3x6), 6x100m build-ups  
Feb 10<sup>th</sup>: Bench Press (x5x5x4x4x4), Cleans (x5x4x4x3x3), 8x20m sprints  
Feb 11<sup>th</sup>: Ball Throws for Height 3x10 w/7kg, Agility Drills (see previous cycle)  
Feb 12<sup>th</sup>: Front Jerks for speed 4x6 (if wrist okay), Stair circuit (x6 sprints,x3 hops)  
Feb 13<sup>th</sup>: Travel to Virginia Tech  
Feb 14<sup>th</sup>: Competition at Virginia Tech  
Feb 15<sup>th</sup>: REST  
Feb 16<sup>th</sup>: Clean (x4x4x3x2x1), Military Press (3x5), 100 reps of abdominal work, hurdle hops 7x10  
Feb 17<sup>th</sup>: Back Squat (x4x4x3x3x2), Bench Press (x4x4x3x3x2), 2x20m, 2x30m, 3x50m sprints  
Feb 18<sup>th</sup>: Agility Drills (same as 2/11), Ball throws for height 3x10 w/7kg, 100 reps of abdominal work  
Feb 19<sup>th</sup>: Dumbbell Jump Squats 4x7, Front Jerks for speed 4x7, 6x100m build-ups  
Feb 20<sup>th</sup>: Bench Press (x5x5x4x4x3) for rhythm/speed, snatch pulls 4x5, Stair circuit (x6 sprints, x3 hops)  
Feb 21<sup>st</sup>: REST  
Feb 22<sup>nd</sup>: REST  
Feb 23<sup>rd</sup>: Back Squat (x5x4x4x4x3) medium weight/fast speed!!, Easy Push Press (if possible) 4x4, 6x100m build-ups  
Feb 24<sup>th</sup>: Cleans (4x100k, 4x100kg, 3x120kg, 3x120kg, 3x120kg) (medium weight/fast speed), Bench Press (3x118kg, 3x127kg, 3x136kg, 3x145kg, 3x154kg ) medium weight/fast speed!, 3x20m, 3x30m sprints  
Feb 25<sup>th</sup>: REST  
Feb 26<sup>th</sup>: Light Olympic Lifting  
Feb 27<sup>th</sup>: Travel to US Indoors  
Feb 28<sup>th</sup>: REST  
Feb 29<sup>th</sup>: Competition at US Indoor Championships

### **Preparation for World Indoors: March 1<sup>st</sup>-March 7<sup>th</sup>, 2004**

March 1<sup>st</sup>: Fly to Budapest from Boston  
March 2<sup>nd</sup>: Option of Clean or Snatch, light & fast, short sprints  
March 3<sup>rd</sup>: Throwing workout, Dumbbell Jump Squats 3x7, Bench Press x5x4x3x2x2 up to 100kg  
March 4<sup>th</sup>: Loosen up, 6x100m build-ups  
March 5<sup>th</sup>: REST  
March 6<sup>th</sup>: Qualification Round for World Indoor Championship  
March 7<sup>th</sup>: World Indoor Championship Final

Upon Reese's return from the World Indoor Championships, he took a week off, and then began a three-week transition block in his training to get ready for the outdoor season. This training block went from March 16<sup>th</sup>-April 9<sup>th</sup> and was almost identical to

the Fall Conditioning I Cycle in the choice of exercises and number of repetitions per exercise. Throwing workouts would continue to be conducted three times a week for the rest of the year, unless travel made this impossible. During this time Reese had not planned to compete, but since he was moving his throwing workouts outdoors, he saw a large jump in his training distances (see Training Distance Progression chart). This prompted him to do some local meets (in Athens and Atlanta, Georgia) to try to hit some big personal bests. As it turned out, Reese's throwing rhythm in these meets was off, but he still produced results of 20.71m and 20.75m, however these marks were well below what he had achieved in practice (see chart below).



### Drake Relays Preparation: April 11<sup>th</sup>-April 24<sup>th</sup>, 2004

This short training block was used to prepare Reese for his first big outdoor competition in which he would face strong competition. The key adjustment with this short cycle is that the core lifts are executed for sets of five at 80% intensity. Reese had been very successful with this type of lifting in both the 2002 and 2003 seasons in the week leading up to a competition. It was hoped that Reese could break 21m at this meet, for he was training at well over 21m during this cycle. A very heavy rain at the Drake Relays prevented Reese from throwing over 20m that day, he finished 2<sup>nd</sup> at 19.61m which was actually very good considering the weather conditions.

Apr 11<sup>th</sup>: Back Squat (x4x4x4x3x3), Front Jerks for speed 4x7, Push Jerks w/dumbbells 3x7, 5x100m build-ups

Apr 12<sup>th</sup>: Cleans x5x5x5x4x4, Front Jerks x5x5x5x4x4, Agility Circuit

Apr 13<sup>th</sup>: REST

Apr 14<sup>th</sup>: Bench Press (5x150kg, 5x159kg, 4x168kg, 4x177kg, 4x186kg), Rhythmic Step-ups 3x8 with 85kg, Trunk Work x100, 5x100m build-ups  
 Apr 15<sup>th</sup>: Hurdle Jumps (10x5), Stair Sprints x8  
 Apr 16<sup>th</sup>: Snatch (x5x5x5x4x4), Incline Bench Press (x5x5x5x4x4), Dumbbell Jump Squats 3x7, 2x20m, 2x50m, 2x80m sprints  
 Apr 17<sup>th</sup>: REST  
 Apr 18<sup>th</sup>: REST  
 Apr 19<sup>th</sup>: Back Squats (5x5 @ 80%), Push Jerks w/dumbbells 3x7, Front Jerks for speed 4x7, 5x100m build-ups  
 Apr 20<sup>th</sup>: Apr 20<sup>th</sup>: Bench Press 5x5 @ 80%, Rhythmic Step-ups 3x8, Trunk Work x100, 5x100m build-ups  
 Apr 21<sup>st</sup>: Hurdle Jumps 10x5, Stair Sprints x6  
 Apr 22<sup>nd</sup>: Cleans (5x5 @ 80%), Front Jerks 5x5 @ 80%, Agility Circuit  
 Apr 23<sup>rd</sup>: Travel to Drake Relays  
 Apr 24<sup>th</sup>: Competition at Drake Relays

### **Outdoor Competition Cycle I: April 26<sup>th</sup>-May 21<sup>st</sup>, 2004**

At this point in the season Reese was throwing very well in practice, and we adopted a training routine that worked very well for him the year before. He would compete every two weeks (and use the Georgia Invitational as a practice), with the week before a competition being a light and fast week so he could be somewhat fresh for the meet, and the week after the competition being a heavy week.

<u>Week</u>	<u>Power</u>	<u>Olympic</u>
1	5x5	x5x5x5x4x4
2	5x4 @ 80%	x4x4x4x3x3 @ 80%
3	x5x5x4x4x4	5x4
4	5x4 @ 80%	5x3 @ 80%

#### Week #1

Monday: Cleans (see above), Combo lift 3x3, Agility Circuit  
 Tuesday: Hurdle Jumps (10x5), Stair Sprints (x8)  
 Wednesday: Bench press (see above), Rhythmic Step-ups 3x8 each leg  
 Thursday: REST & loosen up  
 Friday: Compete at Georgia Invitational (Squat (see above) & Dumbbell Jump Squat (3x7) after competition)  
 Saturday & Sunday: REST

#### Week #2

Monday: Back Squat (see above), Cleans (see above), 6x100m build-ups  
 Tuesday: Hurdle Jumps (5x10) & Stair Sprints (x8)  
 Wednesday: Bench Press (see above), Push Press (see above)  
 Thursday: Arrive in Chile, REST & loosen up on Friday  
 Saturday: Competition in Chile

#### Weeks #3 & #4

Monday: Cleans (see above), Combo lift 3x3, Front Jerks (see above), Agility Circuit  
 Tuesday: Bench Press (see above), Rhythmic Step-ups 3x8 each leg, Trunk work x100, 5x100m build-ups  
 Wednesday: Hurdle Jumps (10x5), Stair Sprints (x8)

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

Friday: Back Squat (see above), Front Jerks for speed 4x7, Push Jerk w/dumbbells 3x7, 5x100m build-ups

### **Competition Cycle II: May 24<sup>th</sup>-June 5<sup>th</sup>, 2004**

After returning from the Home Depot Meet in Los Angeles, Reese was scheduled to go over to Europe for two competitions. We scripted out a two week training plan to keep Reese in touch with the weights, but also allow him to be rested so he could do well at these important meets.

May 24<sup>th</sup>: Jump Squats w/shrug bar (Reese had a sore shoulder so this modification was needed), Bench Press 5x3 up to 85%, 2x20m, 2x40m, 2x80m sprints

May 25<sup>th</sup>: Stair Circuit (x6 sprints, x4 jumps)

May 26<sup>th</sup>: Squats 5x3 up to 85%, Push Press 4x3 light!, 6x100m build-ups

May 27<sup>th</sup>: Fly to Hengelo

May 28<sup>th</sup>: Rest & loosen up

May 29<sup>th</sup>: Dumbbell Jump Squats 4x7, Light Push Press 4x3 in morning

May 30<sup>th</sup>: Loosen up

May 31<sup>st</sup>: Competition in Hengelo

June 1<sup>st</sup>: Rest, travel to Seville

June 2<sup>nd</sup>: Throwing session, Speed Bench Press workout and Jump Squats 3x5

June 3<sup>rd</sup>: Short sprints 6x30m, and loosen up

June 4<sup>th</sup>: REST

June 5<sup>th</sup>: Competition in Seville

### **Titan Games & Prefontaine Preparation: June 7<sup>th</sup>-June 19<sup>th</sup>, 2004**

After returning from Europe, Reese transitioned into heavier and more intense training cycle to prepare for back to back competition on June 18<sup>th</sup> & 19<sup>th</sup>. After being on the road in Europe for two weeks, Reese needed to feel heavier weights in the weight room again. However, he also tried to maintain his throwing rhythm during this heavy period of lifting so he could do well in the upcoming meets.

June 7<sup>th</sup>: Bench Press (x5x5x4x4x3), Push press (4x3), Trunk Work (x100), Agility Circuit

June 8<sup>th</sup>: Throwing workout w/light shot

June 9<sup>th</sup>: Clean or Clean Pulls (5x4), Lat Pulls 3x10, Step-ups 2x8 each leg, Stair Circuit (x6, x3)

June 10<sup>th</sup>: Throwing workout

June 11<sup>th</sup>: back Squat (x5x5x4x4x3), Leg Curls 2x8 each leg, Military Press 3x8, 6x100m build-ups

June 12<sup>th</sup>: Throwing workout

June 13<sup>th</sup>: REST

June 14<sup>th</sup>: Throwing workout, Bench Press (5x4, for speed), Dumbbell Jump Squats 4x7, 2x20m, 2x40m, 2x80m sprints

June 15<sup>th</sup>: REST

June 16<sup>th</sup>: Cleans or Clean & Jerks (5x3, moving the weight fast), Push Press 3x4, moving the weight fast, Agility Circuit

June 17<sup>th</sup>: REST

June 18<sup>th</sup>: Competition at Titan Games in Atlanta, Fly to Eugene, Oregon

June 19<sup>th</sup>: Competition at Prefontaine Classic

### **Olympic Trials Preparation: June 22<sup>nd</sup>-July 10<sup>th</sup>, 2004**

The Olympic Trials was the most important meet for the year, for it decided who made the US Olympic Team. Reese had had a strong season up until now, and had just under three weeks to fine tune his throwing so he could be consistent over 21m for this meet. The lifting was kept to sets of three and four, and the number of exercises reduced to a minimum, so Reese wouldn't get too beat up from the weights. The main focus of this cycle was the throwing so if the lifting and conditioning got to be too much, we would reduce the load so the throwing practices would be of good quality. The fact that Reese threw 21.38m at the Titan Games showed that he was strong and fast enough to make the team, he just needed to continue to build his confidence in his throwing so the big throws would happen at the Olympic Trials.

June 22<sup>nd</sup>: Bench Press (5x4), Push press (4x4), Step-ups 2x8 each leg

June 23<sup>rd</sup>: Throwing workout, Stair sprints (x6)

June 24<sup>th</sup>: Cleans (5x4), Clean & Jerk (3x5), trunk work (x60), 6x20m sprints

June 25<sup>th</sup>: Throwing workout, Squats (5x4), 6x100m build-ups

June 26<sup>th</sup>: rest

June 27<sup>th</sup>: rest

June 28<sup>th</sup>: Throwing workout, Cleans (5x3), Clean & Jerk (3x4), 6x30m sprints

June 29<sup>th</sup>: rest

June 30<sup>th</sup>: Throwing workout, Squats (5x3), leg curls 2x10 each leg, 6x100m build-ups

July 1<sup>st</sup>: rest

July 2<sup>nd</sup>: Throwing workout, Bench press (x53), Push Press (4x3), Step-ups 2x8 each leg, agility circuit (2x8 each exercise)

July 3<sup>rd</sup>: rest

July 4<sup>th</sup>: rest

July 5<sup>th</sup>: Throwing workout, same as June 28<sup>th</sup>, lift for speed

July 6<sup>th</sup>: rest

July 7<sup>th</sup>: Travel to Sacramento (throwing workout before flight)

July 8<sup>th</sup>: loosen up

July 9<sup>th</sup>: qualification round

July 10<sup>th</sup>: Shot Final

\*\*After the competition Reese flew immediately to Spain for competitions in Salamanca and Madrid. He was able to fit in one throwing workout between the meets.

### **Olympic Games Preparation: July 20<sup>th</sup>-August 4<sup>th</sup>, 2004**

This was a three week cycle prepare for the Olympic Games. At the end of this cycle Reese would do a competition in Munich to keep himself competitively sharp. We designed this three week training bloc by looking at the things Reese had done before his Gold medal performance at the Pan-Am Games in 2003, and incorporated them with the elements of his training that made him successful this year as well. The core lifts would be sets of two's, three's and four's, and lifting would be done on Monday, Wednesday, and Friday. Extra exercises would be kept to a minimum so energy would be saved to put into the throwing workouts.

<u>Week</u>	<u>Olympic</u>	<u>Power</u>
1	x5x4x4x3x3	x4x4x4x3x3
2	x4x4x3x3x3	x4x4x3x3x2
3	x3x3x3x2x2	x4x3x3x2x1

#### Monday

Cleans (see above)  
 Front Jerks 3x5  
 Trunk Work (x100)  
 8x20m sprints

#### Wednesday

Bench Press (see above)  
 Push Press (see above)  
 Step-ups 2x8 each leg  
 Lat Pulls 3x10  
 Agility Circuit (see previous cycle)

#### Tuesday

Stairs (x8)  
 Standing Long Jump (x8) for distance

#### Thursday

REST

#### Friday

Back Squat (see above)  
 Leg Curls 2x10 each leg  
 Dumbbell Incline Bench press (3x6)(3x5)(3x5)  
 Trunk Work x100

\*\*Reese would travel to Munich, Germany on August 5<sup>th</sup>, and then compete on August 8<sup>th</sup> (he threw 21.17m to win the meet). The following is his final preparation for the Olympic Games, in which the goals were to keep the nervous system stimulated and maintain his good throwing rhythm:

Aug 9<sup>th</sup>: Fly from Munich to Athens  
 Aug 10<sup>th</sup>: Cleans x4x4x4x3x3 up to 130kg, Push press 3x4 up to 120kg, 6x30m sprints  
 Aug 11<sup>th</sup>: Agility circuit & loosen up  
 Aug 12<sup>th</sup>: Throwing workout, Bench press 4x4 up to 140kg fast!, Step-ups 2x8 each leg  
 Aug 13<sup>th</sup>: Rest & loosen up  
 Aug 14<sup>th</sup>: Throwing session, Dumbbell Jump Squats 4x7, Leg Curls 2x8 each leg, 6x100m build-ups after lifting  
 Aug 15<sup>th</sup>: travel to Olympia  
 Aug 16<sup>th</sup>: Throwing workout, light dumbbell jump squats 3x7  
 Aug 17<sup>th</sup>: Rest & loosen up  
 Aug 18<sup>th</sup>: COMPETITION

\*\*The next week after the shot final at the Olympics was used a both a mental and physical rest period for Reese. It was after this week that Reese found out he would compete in the Golden league meet at Brussels on September 3<sup>rd</sup>. He then alternated light lifting days, and throwing days to gradually build up his throwing again after the mental drain of the Olympic competition. He was able to throw 20.50m in practice by September 1<sup>st</sup>, before he departed to Brussels. Reese would place 3<sup>rd</sup> in Brussels at 21.05m to guarantee himself a place in the World Athletics Final

## **World Athletics Final Preparation: September 7<sup>th</sup>-September 19<sup>th</sup>, 2004**

At this point in the season, Reese was just trying to hold on and maintain his form. He felt great at Brussels, but then began to feel tired upon his return to the US on September 5<sup>th</sup>. I had Reese lift just four days over a 10 day period after this return. I wanted him to do just enough so he wouldn't feel sluggish and tired. Throwing workouts were designed to be short and to the point, and he would just work on keeping the rhythm he had at Brussels.

Sept 7<sup>th</sup>: back Squats (5x130kg, 5x140kg, 4x150kg, 4x165kg, 4x180kg), Push press 3x3 @ 130kg

Sept 8<sup>th</sup>: REST

Sept 9<sup>th</sup>: Throwing workout, Cleans (5x3 up to 140kg), 6x20m sprints after throwing

Sept 10<sup>th</sup>: Agility Circuit & loosen up

Sept 11<sup>th</sup>: Throwing workout

Sept 12<sup>th</sup>: REST

Sept 13<sup>th</sup>: Throwing workout, Bench press (5x3, up to 175kg), 4x50m sprints

Sept 14<sup>th</sup>: REST

Sept 15<sup>th</sup>: Throwing workout, Light Clean & Jerk 5x3, Agility Circuit afterward

Sept 16<sup>th</sup>: Fly to Monaco

Sept 17<sup>th</sup>: Arrive in Monaco, loosen up

Sept 18<sup>th</sup>: REST

Sept 19<sup>th</sup>: COMPETITION