

For this example, today's date is Monday, November 22nd, 2021. It is the start of our 5th week of practice and is the first training session of the week. Our athlete is a senior thrower that is making the transition to a toe and 3 (a toe turn followed by 3 heel turns) in the hammer.

Daily Throwing Sessions

Today's Date 11.22.2021 **Week #5** **Day #1** (Monday)

Focus for the Week: Smoother and flatter entry with a toe turn that will help me feel more comfortable as a 4-turn hammer thrower—get quality reps in

Session Goal(s): a) Flatter ball entry on toe turns and, (b) build consistent rhythm with turns 2, 3, and 4 that I can replicate on each throw

Throwing Session

| <i>Implement</i> | <i>Weight of Implement</i> | <i># of Throws</i> | <i>Best Distance</i> | <i>Range of Throws</i> |
|-------------------------|-----------------------------------|---------------------------|-----------------------------|-------------------------------|
| Hammer | 6kg | 6 | 60m | 54m-60m |
| Hammer | Comp Ball | 10 | 52m | 50m-52m |
| Hammer | 18# | 6 | 43m | 38m-43m |

Lessons Learned:

1. I need to be more patient on my toe turn with the heavier ball. I could feel myself wanting to pick up my right foot sooner—I need to let the ball pass 90 before I pick up my right foot.
2. When I'm not concerned about my speed, I become fearless on turns 3 and 4 with the light ball—I need to get more comfortable turner faster as I get ready to release the hammer

Wins for the Day:

1. I was very consistent with my comp ball distances. I was able to maintain my technique which led me to feeling more comfortable in the circle.
2. I didn't crash any of my throws (The ball didn't hit the circle on any releases), which means I'm getting more comfortable with my finishes in the circle.

