

### PRESEASON PHASE (3 TO 4 WEEKS PER CYCLE)

Day	Throwing	Weightlifting	Running
Friday	8 left and/or right arm throwing drills 10 throws w/regulation hammer 10 throws w/light hammer	Jump squat, Russian twist, back hyper, 2 hammer-specific exercises	8 short sprints

Power lifts will be sets of 4-6 repetitions, and Olympic lifts will be sets of 3-5 repetitions during this phase.

### COMPETITION PHASE (2 TO 4 WEEKS PER CYCLE)

Day	Throwing	Weightlifting	Running
Monday	15 throws w/regulation hammer 12 throws w/light hammer	Snatch, jerk, 2 hammer-specific exercises (×2)	3 × 20-m, 4 × 30-m sprints
Tuesday	Rest	Front squat, step-up, back hyper	5 × 100-m buildups after squats
Wednesday	10 throws w/regulation hammer 15 throws w/16-14-12 hammer	Rest	Running and agility drills
Thursday	20 throws w/regulation hammer	Hang cleans (light), one arm snatch w/dumbbell, Russian twist	6 short sprints
Friday	Rest and/or travel	Rest	Rest
Saturday	Competition	Rest	Rest

Power lifts will be sets of 1-5 repetitions, and Olympic lifts will be sets of 1-4 repetitions during this phase.

Hammer throwing is a sport of repetition; it takes many throws before you can achieve a high level of technical mastery. When developing your hammer technique, pay attention to establishing both rhythm and positions during the course of the throw. Hitting positions without smoothly connecting the movements from turn to turn will inhibit you from reaching your top potential release speed. Conversely, if you are able to move smoothly and rhythmically without maintaining solid positions, you may be able to generate a lot of speed, but you will lack the necessary control. Both speed and control are necessary to be successful.

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