

Practical Programming for Throwers and Jumpers

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1. Identify Key Performance Indicators (KPI's)
 - a. Physical
 - b. Technical
2. Roadmap to Planning
 - a. Identify Strengths
 - b. Identify Weaknesses
 - c. Determine Objectives and Goals
3. Basic Training Concepts
 - a. Progressive Overload
 - b. Compatibility of Training
 - c. Concept of Transfer
 - d. 5 bio-motor abilities
4. Block Periodization
5. Macro Cycle Programming
6. Meso Cycle Programming
7. Micro Cycle Programming
8. Workout Programming
9. Testing
10. Plan B Workouts

