



# ELITE TRAINING PROGRAM

*2-DAY PROGRAM*





# LET'S GET ROLLING!

Congrats on making the commitment to continue further down the road of training and reach your highest goals! We can't wait to watch you make huge gains in the weightroom and start smashing throws in the circle. Before we dive into it, please feel free to reach out to us at [throwsuniversity@gmail.com](mailto:throwsuniversity@gmail.com) if you have any questions.

## FIRST THINGS FIRST

Here's the deal, we don't use any magic formula's or special dust in our programs to make our throwers toss as far as they do. Our training system is based off of years of learning from the best coaches in the world, countless experimentation and learning from failures, and fundamental scientific principles that culminate in our programs. However, the system only works if it is completed as it is meant to! There are no short cuts to success, only hard work and the right guide to keep you on the tried and true path to being a champion. So what does it actually take? See our breakdown of what the minimum commitment the best throwers in the country and world make to training.

**2-3**  
**HOURS**  
**PER DAY**

**5-6**  
**DAYS**  
**PER WEEK**

**11-12**  
**MONTHS**  
**PER YEAR**

## VIDEO LINKS

Click the exercise name to be redirected to a video of the exercise

1a **Bench Press**  
Massive press!

<b>1a Bench Press</b> Massive press!				

For a more detailed explanation of the program template, scroll to the bottom of the program!

## WARM UP

**Overhead Squat**

**2 x 10**

**Snatch Press in Hole**

**2 x 10**

**Snatch Balance**

**2 x 5**

## LIFTING

Sets x Reps

**1a**

### Power Clean/Full Clean

Two power cleans then one full clean. Catch at full depth with elbows high and heels down

**5 x 2/1**

**2a**

### Back Squat Pause

Pause for 3 seconds in the hole below 90 degrees!

**3 x 4,  
2 x 7 (no pause)**

**2b**

### Pass the Plate

Abs! Stabilize the core

**5 x 10**

**3a**

### Curtsy Squats

Back foot on a 12 inch box, touch the knee to the ground

**4 x 6/6**

**3b**

### Split Stance RDL

Feel a big stretch on the hammies

**4 x 6/6**

## SPECIAL STRENGTH

**Medball Throws for Height**

**3 x 8**

**15-20lbs**

## WARM UP (Lifting)

<b>External Rotations</b>	<b>Band Pull Aparts</b>	<b>Push Ups</b>
2 x 8/8	2 x 20	2 x 10

## LIFTING

Sets x Reps

<b>1a</b>	<b>Power Snatch</b> Catch with the elbows locked out and knees bent	5 x 3
<b>2a</b>	<b>Bench Press</b> Big drive off the chest like finishing the shot	5, 4, 3, 5, 4, 3
<b>2b</b>	<b>Incline DB Row</b> Squeeze traps at the top, lower slowly	6 x 12
<b>3a</b>	<b>Triple Trize</b> Big tricep pump! Go through 10 reps of all three exercises with no break in between	4 x 10/10/10
<b>3b</b>	<b>Hammer Curls</b> BIZE!	4 x 17
<b>3c</b>	<b>Clap Push Ups</b> Explode! If you can't clap, push off your finger tips	4 x 10

## SPECIAL STRENGTH

<b>Banded Stands</b>	
3 x 10	Medium Band



# HOW CAN YOU GET STRONGER?

We constantly see throwers who struggle to put on muscle mass and miss out on reaching their potential in strength and power production. Our training programs are designed to get you to blow up your lifts while developing your specific strength to the throws.

**WE HAVE HAD THROWERS ADD 50 LBS TO THEIR BENCH AND SQUAT IN 3 MONTHS!**

All you need is a standard weightroom and you can reach your throwing goals and strength goals by following our programs.

**WE PROVIDE EXERCISE VIDEOS, A DETAILED DESCRIPTION OF THE PROGRAM, AND TECHNICAL CUES FOR THROWS AND LIFTS IN EVERY PROGRAM!**

One of our biggest tips to throwing far is paying attention to the details, and putting in consistent work every day. You are not far away from a breakthrough in your throw, but it will take trying new things and training at the elite level. Our programs include...

- **THROWING PRESCRIPTION**
- **WARM UPS**
- **LIFTING**
- **SPECIAL STRENGTH**
- **MOBILITY EXERCISES**
- **GOAL SETTING**
- **EXERCISE VIDEOS**
- **PERIODIZATION SCHEME**

**SIGN UP NOW!**



# LEARN PROPER LIFTING TECHNIQUE

In only 2 minutes each video!

**SNATCH**

**FULL CLEAN**

**Watch Here**

**Watch Here**

**SPLIT JERK**

**BACK SQUAT**

**Watch Here**

**Watch Here**

**BENCH PRESS**

**Watch Here**



# PROGRAM LAYOUT

**Exercise Groups/ Supersets**  
Complete all sets from 1a, then move to 2a.

For group 3, complete a set of 3a, then 3b, and alternate between the exercises until all sets are completed.

Finally move onto 4a and complete all sets.

**Ramp** means that you should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

**Static** means that every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

**3 x 2, 2 x 1**  
Perform 3 sets of 2, then perform 2 sets of 1.

		LIFTING				
		Ramp	Ramp	Static	Ramp	
All Sets	1a	<b>No Feet Snatch</b> Keep Toes Grounded	3 x 2, 2 x 1	3 x 2, 2 x 1	4 x 2	3 x 2, 2 x 1
	2a	<b>Power Clean/Clean</b>	5 x 2/1	5 x 2/1	4 x 2/1	5 x 2/1
	3a	<b>Back Squat</b>	7,5,3,7,5,3	7,5,3,7,5,3	7,5,3	7,5,3,7,5,3
	3b	<b>Box Jumps</b>	6 x 4	6 x 4	3 x 4	6 x 4
All Sets	4a	<b>Cossack Squats</b> Rest: 1:00	3 x 6/6	3 x 6/6	3 x 6/6	3 x 6/6

**Weight Log**  
Enter the amount of weight you lifted here, either for each set or the heaviest set.

**Video Links**  
Click the exercise title for an example video of the exercise.

**Varying Rep Schemes**  
When every set in an exercise has different reps, we separate the sets with a comma. In this example, the first set is 7 reps, the second 5 reps, the third 3 reps, and so on.

**Rest Time** The rest time provided should be taken in between each set. For supersets, perform one exercise after the other, and take the rest period after each round.

**Unilateral/ Alternating Exercises** Some exercises require a number of reps on each side, either x reps on one leg/arm then x reps on the other, or alternating between both sides. In this example, you will perform 6 squats on each leg, alternating from one leg to the other.

**Complexes** In a complex of exercises, the number of reps for each exercise is separated by the slash. One exercise should flow right into the next. In this case 2 power cleans right into 1 full clean.





# TERMS AND ABBREVIATIONS

**Weight Codes:** The weight codes are used so that no matter which competition implement you use, we can specifically indicate which over or under weight implement you should train with. Use the chart at the end of the program to determine which implement you should throw.

**Reverse:** After releasing the implement, the act of coming off the ground and switching your feet.

**Non Reverse (Nons):** After releasing the implement, do not switch your feet, but hold them in place on the ground.

**Slow Throws:** Take the throw at 50% speed, focusing on technique and not worrying about how far the implement is going.

**Technical Throws:** Take an exaggerated approach to correcting your technique. Focusing only on the cues you are working on and not worrying about the distance.

**Saves:** Take these training throws without fouling or stepping outside of the circle.

**Ramping Throws:** Start with easy throws and slowly increase the intensity until you are going hard

**“Clean” and “Snatch”:** If the exercise states only clean or snatch, it is indicating doing the full lift, pulling from the ground and catching at full depth. Any variation from the standard Olympic lift will be indicated. For example the exercise will be named “Power Clean” if the bar should be caught tall, or “Hang Clean” if the bar is to start at the knees.

**Ramp:** You should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

**Static:** Every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

**Unbroken:** Do not pause at the top or the bottom of the rep, make continuous.

**OTM:** On The Minute. Set a timer and start each set at the start of every minute.

**NF:** No feet. On cleans and snatches your feet may come up on the toes but may not leave the ground.

**BN:** Behind the Neck. The bar is set behind the neck rather than a front rack.

**NG:** Neutral grip. Hold the dumbbells or grip so that your palms are facing each other.

**ECC:** Eccentric. Lower the weight slowly.

**SL:** Single Leg.

**DB:** Dumbbell.

**KB:** Kettlebell.

**Alt:** Alternating.