

Application of the Bondarchuk Method

Thanks:

Glenn McAtee, Derek Evely, Martin Bingisser

51' 10, 55' 3, 59' 1, 55' 3.5, 54



Athletes Who Have Used This Program or Similar Version

- Dylan Armstrong
- Justin Rodhe
- Sophie Hitchon
- Sultana Frizell



No Hypertrophy Phase

2013



2014



2013



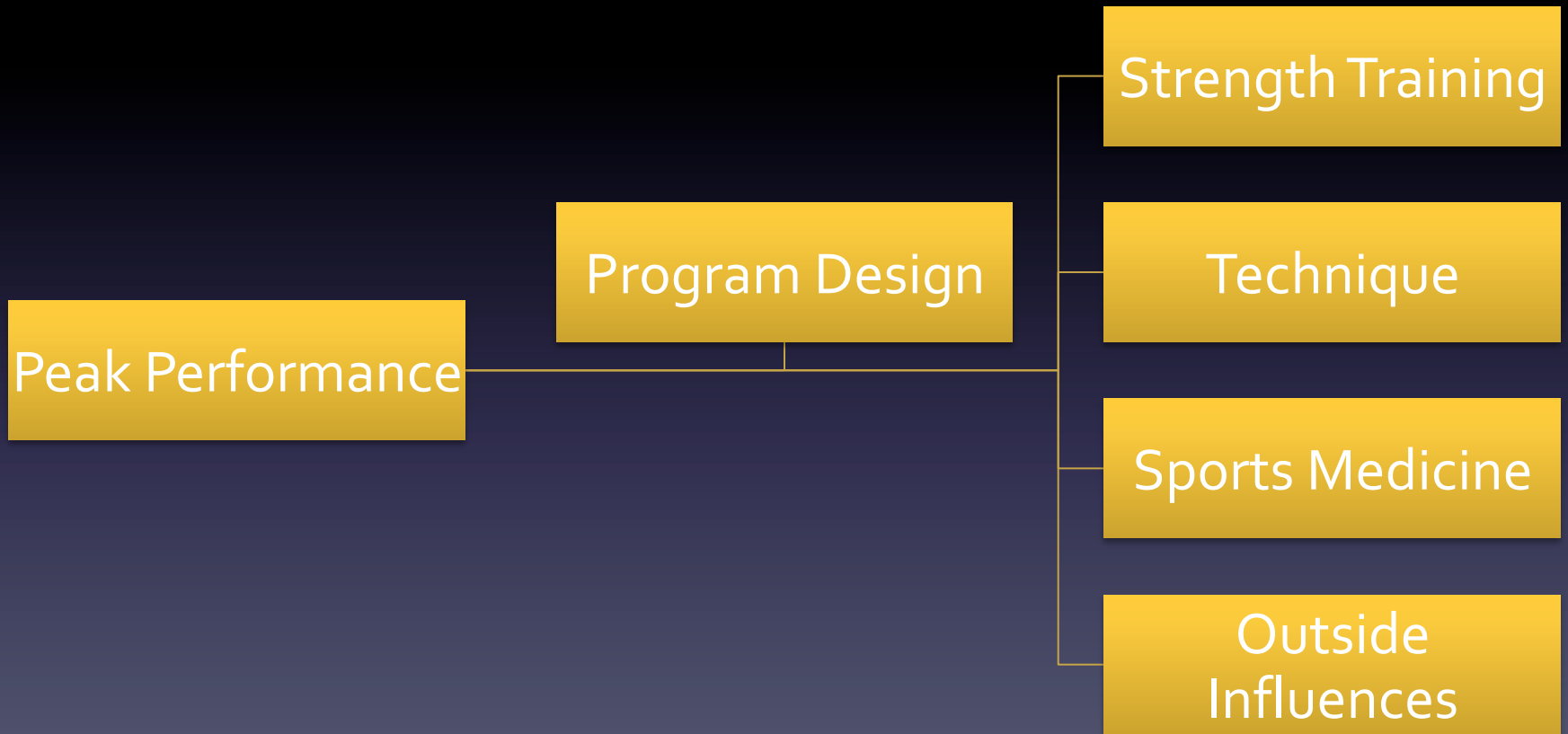
2014



Objective

- To determine the amount of sessions it takes an individual athlete to reach peak performance.
- We are molding the training to when the athlete hits their peak performance level
- Normal periodization plans force the athlete into a specific time they have to perform at a peak level.

Program Design



Weight Training

Strength Training

Classification of Exercises

Strength Training

- CE: Competition Exercise
- SDE: Specific Development Exercise
- SPE: Specific Preparation Exercise
- GPE: General Preparation Exercise

CE: Competitive Exercise

- Throwing
 - Shot/Disc/Jav/Hammer
 - Using different weights

SDE: Specific Development Exercise

- Exercise that mimics the competitive exercise closely.
 - Chain Drag Throws
 - Med Ball Shoulder Punches
 - Nieder Press
 - Sidewinder Press

SPE: Specific Preparation Exercise

- Exercises that use the same large muscle group as the throw.
 - Cleans/Snatches/Squat/Etc.

SPE: Examples

Back Squat

GPE: General Preparation Exercise

- Basic Ancillary Exercises
 - Twisting/Back/Abdominal exercises/Frontal Plane

GPE: Twisting

GPE: KB Big Swing

GPE: Big Circles

GPE: Ab Wheel

Creating a Daily Plan

- 3 Cycles
 - Developmental
 - Rest/Cleansing
 - Maintenance

Creating a Daily Plan

- Considerations
 - Availability to train
 - Access to Facilities or Equipment
 - 3+1-2+1 or 2+1
 - 1 vs. 2 part program

Creating a Training Plan

- Developmental Cycle
 - This is where the athlete theoretically should hit Peak Performance.
 - Length of Developmental Cycle depends on individual and Training Plan set up.
 - The more exercises the longer it takes
 - Goal is to develop a plan that allows you to determine the pattern of your athlete.
 - Doing this will insure peak performance at proper time.

Developmental Cycle (1 Part)

- CE: Choice of Throwing Implements
 - Heavies, Lights, Combo
 - Always keep Competitive implement involved
- SDE: Choose 1
- SPE: Choose 1 Explosive and 1 Lower Body
- GPE: 1 Twisting, 1 Back, 1 Abdominal

Developmental Cycle

- 3+1-2+1 or 2+1
- Same implements should be thrown every session.
 - Same weights
 - Same order
 - Same number of throws with each weight
- Same exercises are to be used everyday in the same order and at the same intensity.
 - Intensity is roughly 70% of 1-rep max on SPE's
 - For all other exercises the weights chosen should be on the conservative side

Developmental Cycle

- Example of Daily Plan (1 Part)
- Microcycle: 2+1
 - CE: 6 x 18lb full throws, 6x17lb full throws, 6x16lb full throws
 - SDE: 3x6 Med Ball Shoulder Punches @20lbs
 - SPE#1: Hang Clean 3x5@80K
 - SPE #2: Back Squat: 3x5@275
 - GPE Twist: Long Twists: 3x10 each side @15K
 - GPE Back: RDL: 3x6@50K
 - GPE Abdominal: AB Wheel 3x10

Developmental Cycle (2 Part)

- 2+1
- Same concept as a 1 part cycle
 - However
 - There will be Part 1 CE's and Part 2 CE's
 - There will be Part 1 SDE's and Part 2 SDE's
 - SPE's: Explosive Part 1 and Lower Body Part 2
 - Can also be the opposite
 - GPE's: There will be Part 1 GPE's and Part 2 GPE's

Developmental Cycle 2 Part Example

Part 1

- CE: 6 Stands @20lbs, 6 Full Throws@19lbs, 6 Full Throws@16lbs
- SDE: Nieder Press: 3x6@40K
- SPE: Hang Clean: 3X3@90K
- GPE: Circuit Style (3 sets)
 - Big Circles x10@15K
 - Hungarian Core Blaster x12@16K
 - KB Hammer Winds: x10@16K
 - Incline Sit Ups x12@20K

Part 2

- CE: 6 stands @16lbs, 6 Full Throws@16lbs, 6 Full Throws@14lbs
- SDE: Shoulder Punches: 3x6@20lbs
- SPE: Back Squat: 3x3@315lbs
- GPE: Circuit Style (3 Sets)
 - Long Twists x10@10K
 - RDL x12@40K
 - OverTops x10@10K
 - Ab Wheel x12

After Developmental

- 2 Choices
 - Rest Phase
 - Or
 - Maintenance Phase
- 2 Developmental Cycle are never supposed to be done in a row.
 - Developmental to Rest
 - Or
 - Developmental to Maintenance

Rest Phase

- Also known as cleansing phase
- Objective: To cleanse your body of all the previous exercises and work that you did in the previous Developmental Cycle to prepare for a new Developmental Cycle.
- Length also depends on the athlete
- I use 15 to 20 sessions at 4 parts per session.

Rest Phase

- Always throw a light implement
- Daily sessions are done in parts.
 - 1 Part is 5 full throws followed by 2 sets of 5 easy exercises done in circuit format.
 - Reps per exercise are usually kept between 5 to 10.
 - Exercises are normally done at Body Weight.
 - Effectiveness of next developmental cycle has high correlation with how many parts are in your Rest Phase sessions.

Rest Phase Example

- Repeat 4 times: =4 parts
 - 5 Throws w/15lb Shot
 - BW Squat x10
 - Long Twists x5 each side @10lbs
 - Reverse Lunge x5 each side
 - Prone Swimmer x10 each side
 - V Ups x10

Maintenance Phase

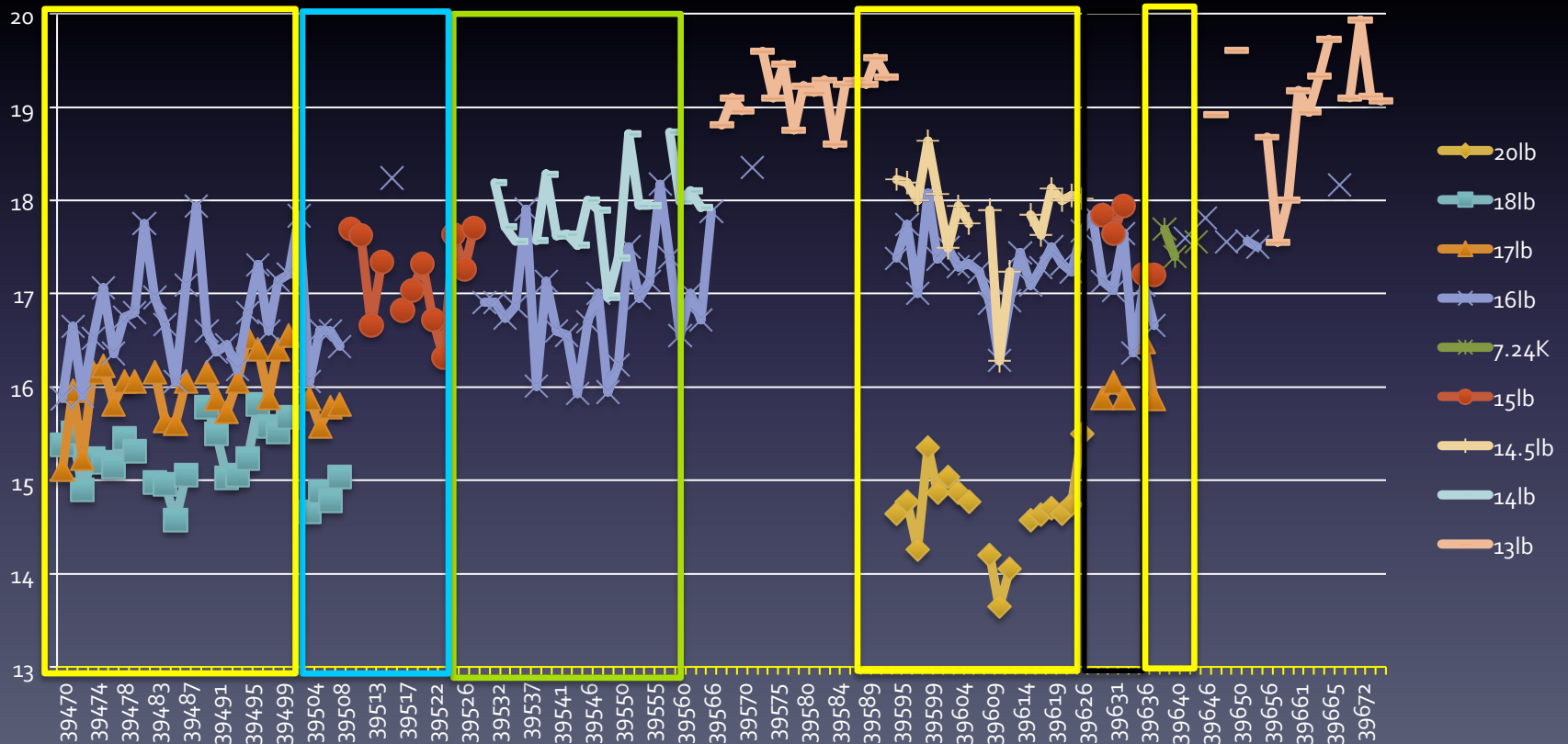
- Employed when there is not enough time for another Rest + Developmental Phase in the season.
- This is set up the same way as a Developmental Cycle. Although the Exercises are switched every 2 weeks.
- The theory behind this is to keep your performance steady.

Key Points

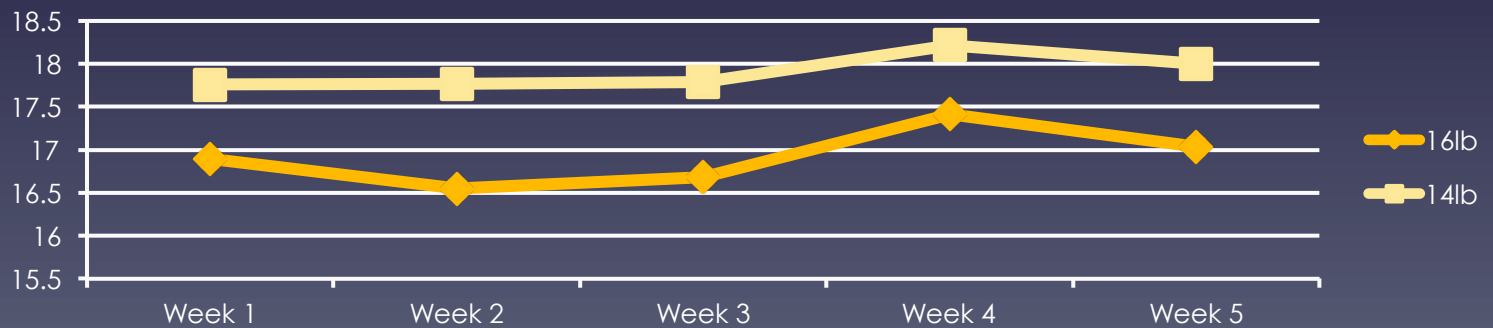
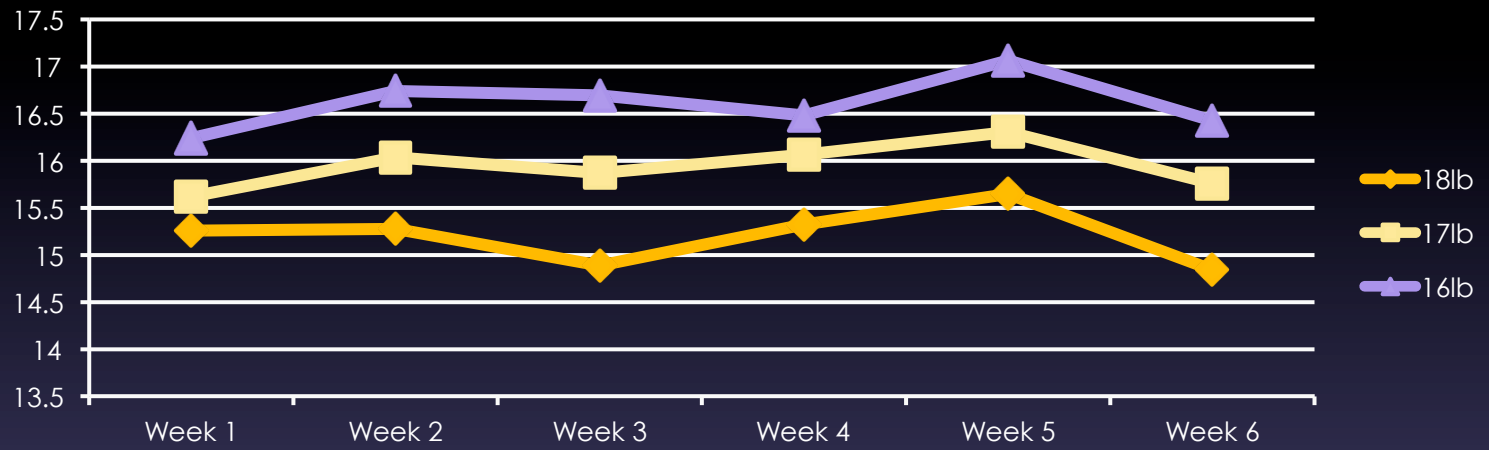
- Data Collection
 - Must keep track of best throws with each implement each day
 - Feedback from these performances each day will tell you when it is necessary to change training

Data Collection

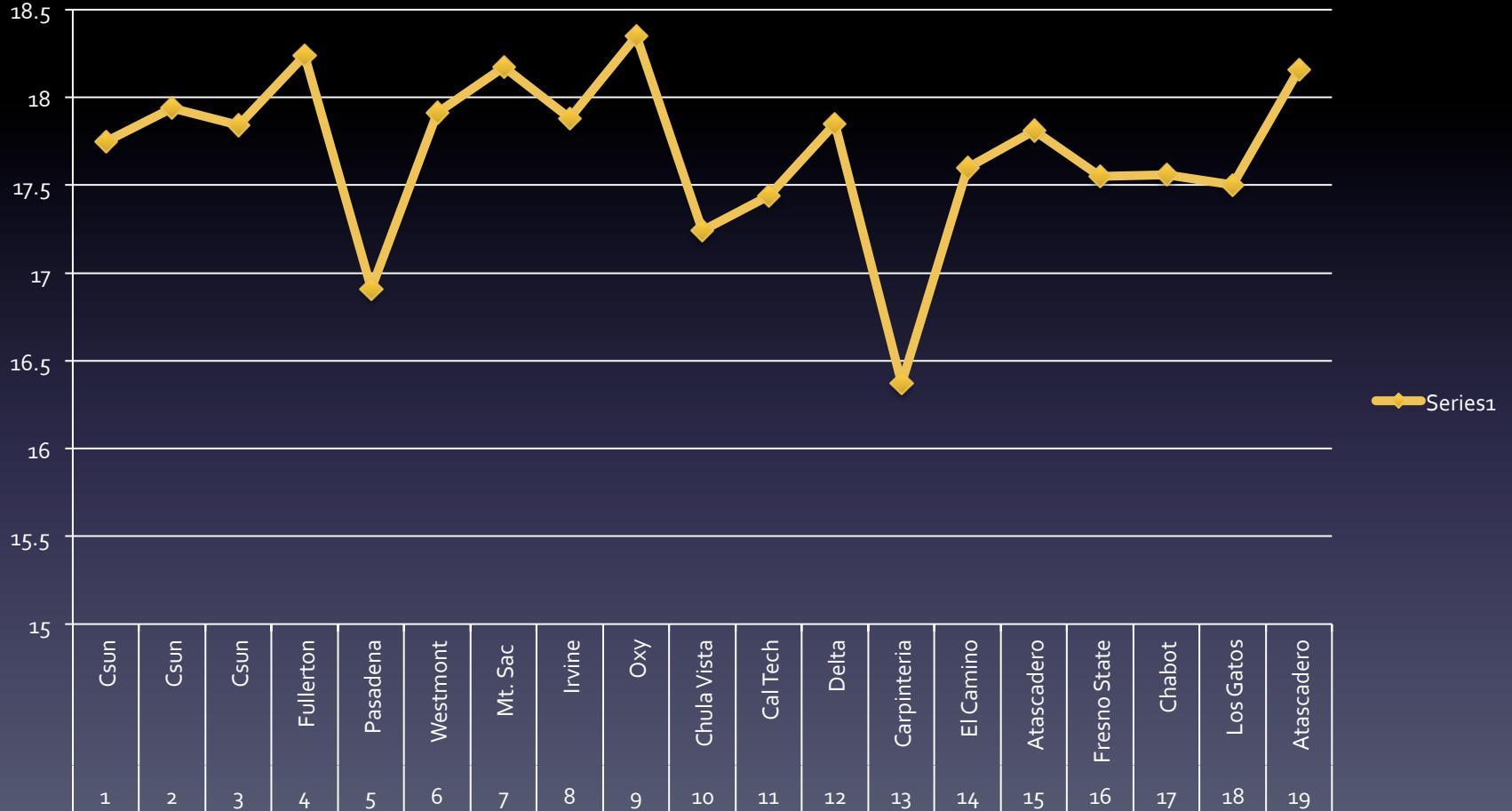
Seasonal Chart



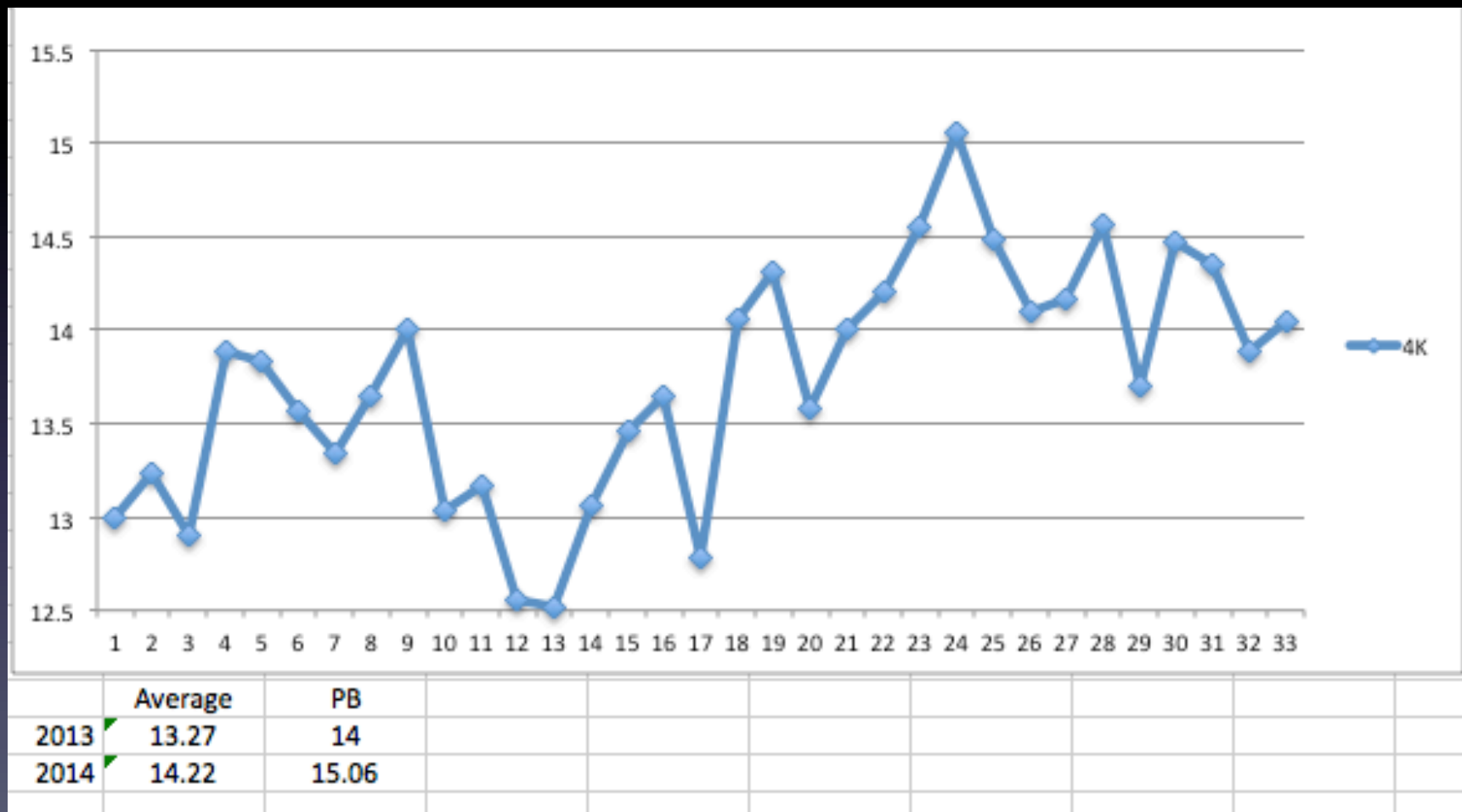
Data Collection Developmental Cycles

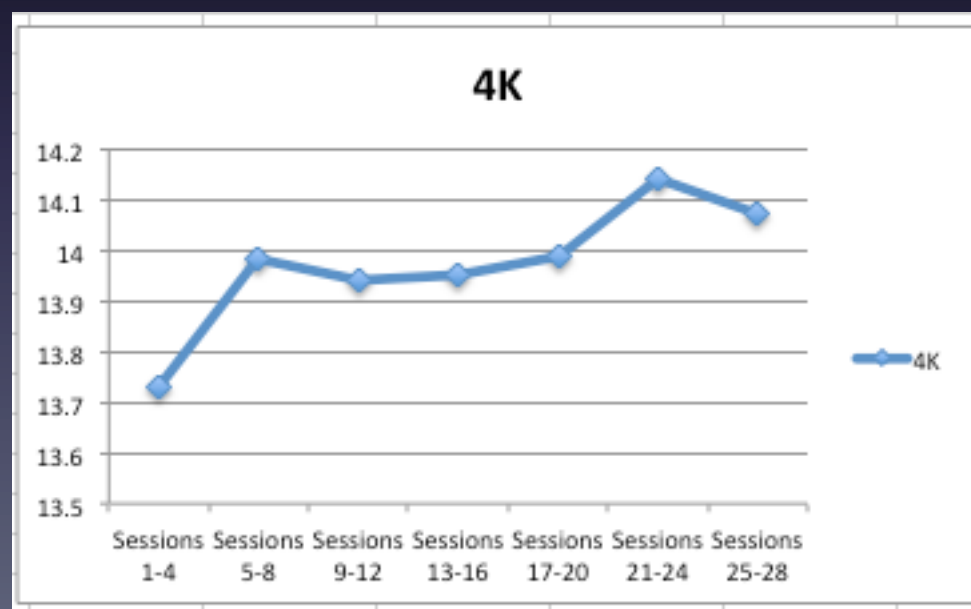
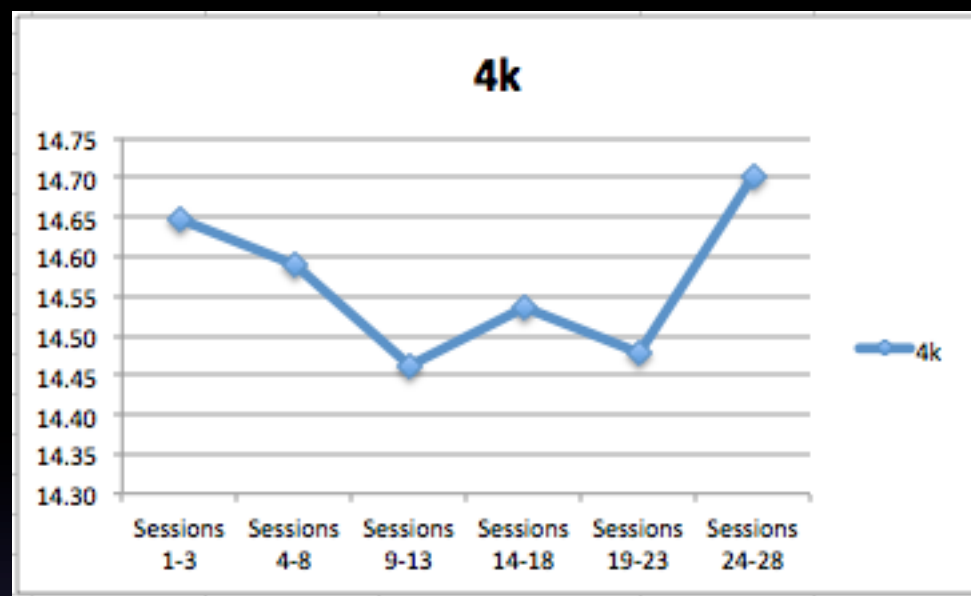


Competition Chart

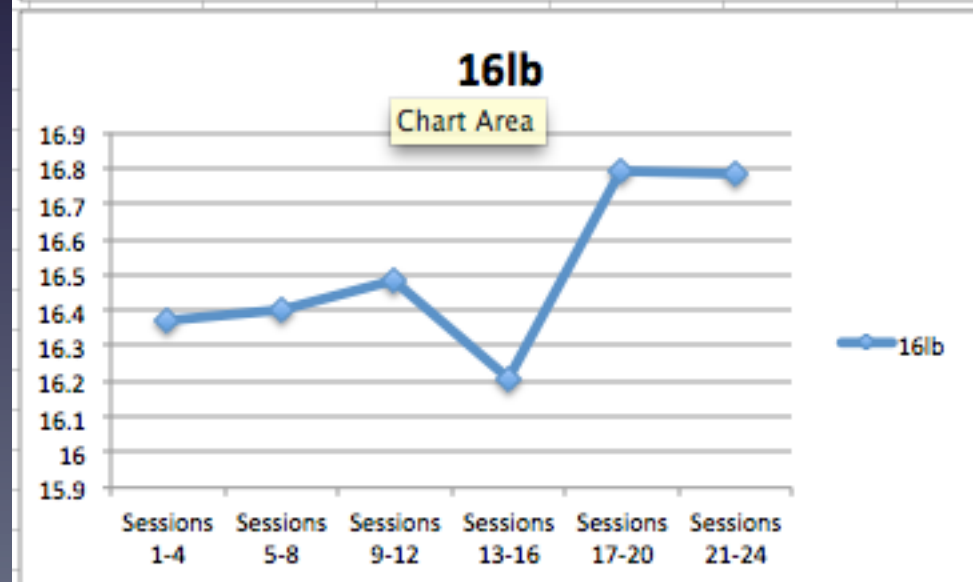
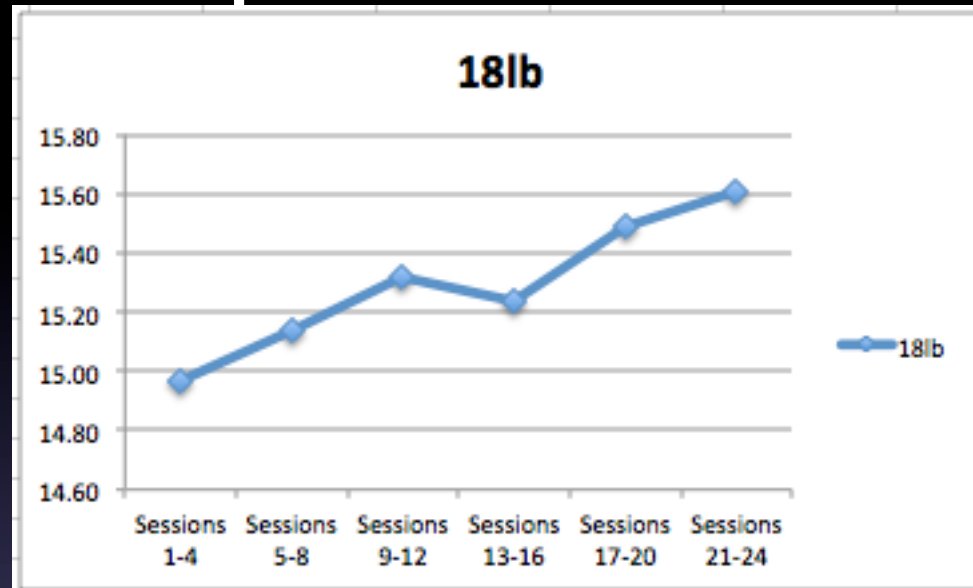


Ginika Iwuchukwu



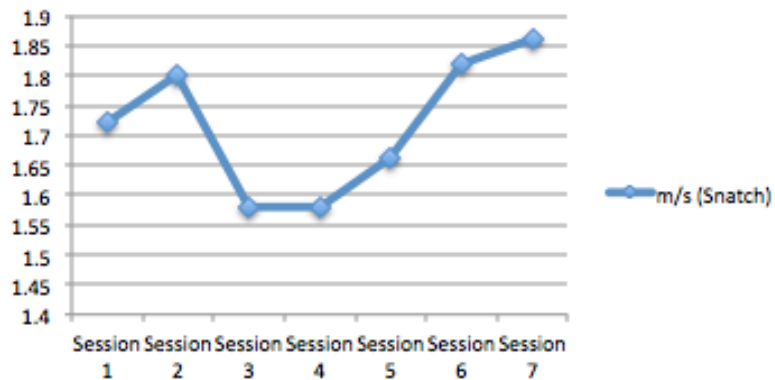


Developmental Phase

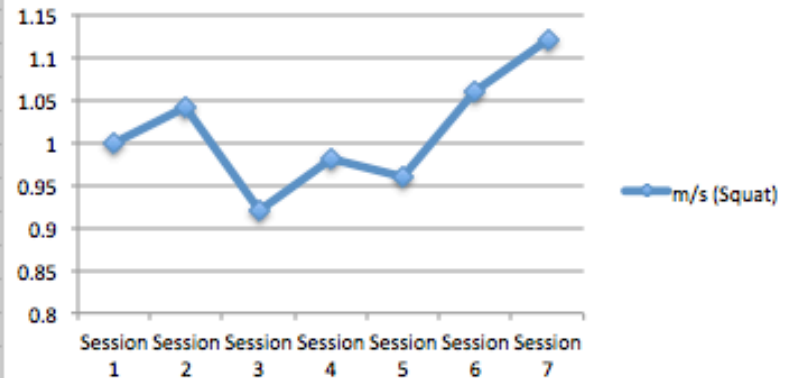


Experiment

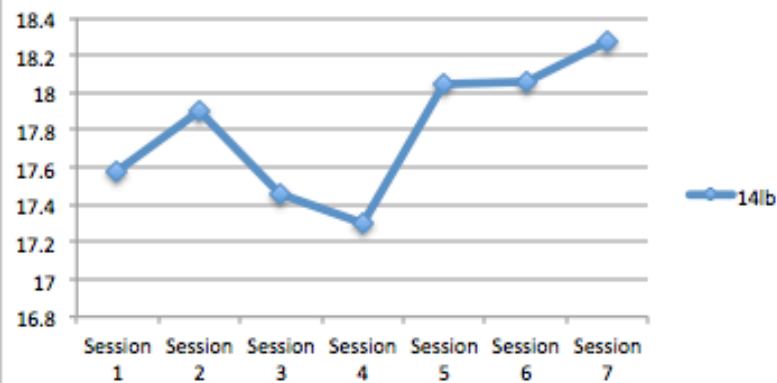
m/s (Snatch)



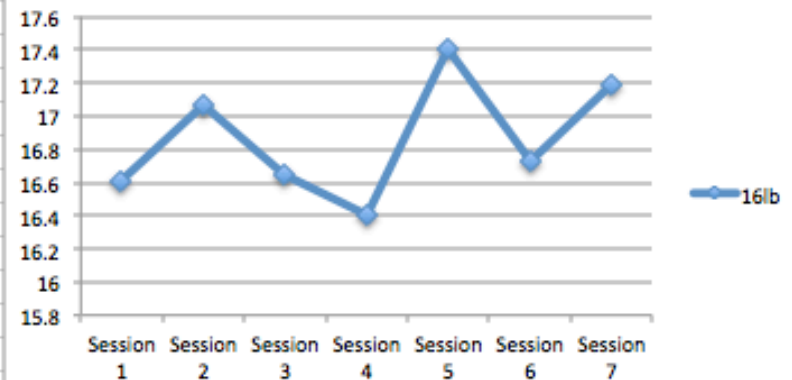
m/s (Squat)



14lb



16lb



Program Examples

Thank You

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