

## The Jürgen Schult Discus Training Tool

### MANUAL / TRAINING PROGRAM

- \* Places emphasis on the proper foot technique to deliver the discus.
- \* Improves throwing-strength.
- \* Improves speed and explosion capability on delivery.
- \* Provides IMMEDIATE feedback on technique.
- \* Great pre season trainer.

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The following manual / Training Program have its starting point in the European season. The amount of throws/drills mentioned will be the amount for an advanced thrower.

It should be no problem to turn the contents of the figures in the examples mentioned here, into your own personal level.

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## TRAINING PROGRAM / MANUAL



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The Season (European), overall Plan:

October - March	BLOCK I.
April - May	BLOCK II.
June	COMPETITION PERIOD I.
July	BLOCK III. ("winter training" / compensation).
August - September	COMPETITION PERIOD II.

Hereafter there is one month of "active resting" for restoration of the body before the start of a new season.

An Ex. from BLOCK I:

c b a c b a  
I.p 6 weeks  
4th.Oct - 14th.Nov

This is the first 6 week ( 4th.October - 14th. November ) period (I.p) in BLOCK I.

The c,b,a,c,b,a tells you the harshness/severity of each week. Here we are talking repetitions (amount of throws in each session, reps. in weightlifting ect.).

- "a" = a week of hard/severe training (100% reps.)
- "b" = a week of medium training ( 80% reps.)
- "c" = a week of light training ( 60% reps.)

So here we go:

**BLOCK I :**

c b a c b a I.p 6 weeks 4th.Oct-14th.Nov	b c a b c a II.p 6 weeks 15th.Nov-26th.Dec	b c a b c a III.p 6 weeks 27th.Dec-6th.Feb	b c a b c a IV.p 6 weeks 7th.Feb-23rd.Mar
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**BLOCK II :**

a b c a b c V.p 6 weeks 24th.Mar-3rd.May	a b c VI.p 3 weeks 4th.May-24th.May
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# TRAINING PROGRAM / MANUAL

## COMPETITION PERIOD I :

b c b c b c  
 VII.p 6 weeks  
 25th.May-5th.July

## BLOCK III :

a b a  
 VIII.p 3 weeks  
 6th.July-27th.July

## COMPETITION PERIOD II :

c b c b c b  
 IX.p 6 weeks  
 28th.July-6th.Sept

### So WHEN AND HOW do you train with the Jürgen Schult Training Tool ? :

EX : a 1.6K thrower / 2.10K Tool.

#### WHEN :

	period :	I.p	II.p	III.p	IV.p	V.p	&	VIII.p
<u>HOW :</u>	amount* :							
		20%	30%	30%	30%	20%		30%

\* Here we have the amount (percentage) of your total discusthrows that will be thrown with the Jürgen Schult training Tool in each period.

#### Ex. of a practice session :



BLOCK I - Period II (II.p) - "a" week (29th.Nov-5th.Dec), a hard week.

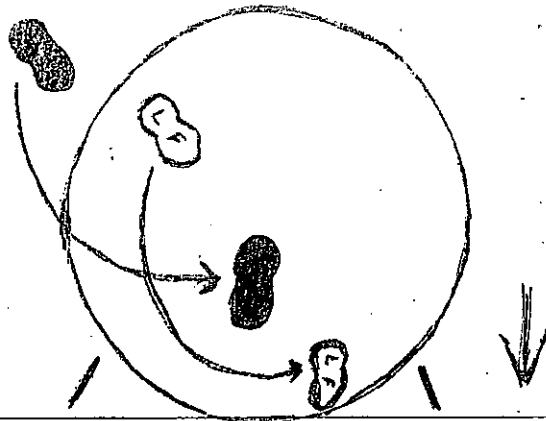
3 different drills : Standing throws  
 South African drill (see drawing)  
 Full/complete throws

Drills	Monday a week ( b , c )	Thursday a week ( b , c )
Standing throws	12 throws (10, 7)	12 throws (10, 7)
South African drill	12 - (10, 7)	12 - (10, 7)
Full/Complete throws	18 - (14, 11)	18 - (14, 11)

So in this period (II.p) an "a" week will be 84 throws (280 discusthrows total)  
 a "b" week will be 68 throws (225 discusthrows total)  
 a "c" week will be 50 throws (165 discusthrows total)

SOUTH AFRICAN drill :

 = RIGHT FOOT  
 = LEFT FOOT



TECHNICAL Observations :

1. Your (implement) arm has to be *STRETCHED and ALWAYS BEHIND YOUR RIGHT HIP* during the throw.
2. After a *MODERATE/SLOW* opening swing, your *FOOTWORK* has to *INCREASE in SPEED* from the point when you make your *ENTRANCE INTO THE RING* and on to the *POWER POSITION* where an *EXPLOSION* will take place to deliver the tool. **Remember that every throw is made by the lower body (legs), not the arm (upper body) !!!**

Troubleshooting/faliors :

1. If you deliver the tool in the net (of the cage) at your right side , then :
  - a) Your footwork has been too slow.
  - b) The tool has been ahead and not behind your right hip.

In this way your power position (feetposition) will be wrong. Your right hip is "locked".

2. If you deliver the tool in the net (of the cage) at your left side , then :
  - a) The start of the throw (opening swing) has been too fast.
  - b) Your left shoulder has been "over-rotated" (running away from you)

Here your mind has slipped the footwork and focused on the upper body. You have to get your left shoulder fixed / locked , and focus on your footwork.

3. If you deliver the tool in the middle (throwing-direction) you are on your way to become an improvement of your discus-technique.

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