

Russian Hammer Throwers' Workouts

April 1981

By Harold Connolly

Litvinov

Took a few winds followed by slow turns without throwing for four sets.

He began by throwing an 8.5 Kilo hammer using 3 turns, toe turned first. Then he switched to alternately throwing 8.5 Kilos and regulation hammers using 4 turns for 20 throws. He followed this by throwing the regulation hammer alternately with a 6 kilo hammer for 10 throws. He then threw the 8 and 6 Kilo hammers alternately 80 to 85% effort. He finished up with three all out throws with the regulation hammer. His best effort was 73 meters.

Nikulin

Took a few winds followed by feeling his way through the turns without throwing. Then he took 4 sets of two throws using 8.5 Kilos. He followed this by taking 20 throws with the regulation hammer working up to a maximum throw of 74 meters. After this he alternated regulation hammer and 8.5 kilos for 10 throws using easy form. He finished by taking 30 one wind release throws using a 15 Kilo hammer half regulation length.

On another day, Nikulin and Litvinov warmed up throwing 8.5 Kilos easy, Litvinov using 3 turns, Nikulin 4. Then they both switched to throwing 8.5 Kilos and the regulation hammer alternately. They finished by throwing the regulation hammer.

Following the throwing, they played a game for 30 minutes. Leaving the basketball court, they entered the weight room for special exercises. They each did one -legged squats with 100 Kilos on their backs, 12 reps, 5 sets. They alternated the squats with trunk swings using 30 kilos of plates in their hands, 20 reps, 5 sets.

Sedykh

Took a half mile jog. Threw 10 Kilo hammer, half the regulation length, for 10 throws and no more than 80% effort using 3 turns. He then followed the same throwing workout used by Nikulin and Litvinov. He took only 5 all out throws, the best being 76 meters.

After throwing he did the trunk twist and some light cleans with 110 Kilos. He finished by practicing his release by throwing a medicine ball against a wall and catching it, followed by immediately throwing it again. He did 2 sets of 20 releases.

Sedykh said they frequently throw a short 10 Kilo hammer as part of their workouts. He believes that throwing the 16 Kilo weight (35lb) over an extended period of time or working with it for a long session can seriously detract from hammer performance. He said it is too short to be thrown properly with 3 turns. He throws it only one month in the winter a total of 15 sessions, all the while emphasizing the hammer.