

# Andy Bessette on Litvinov

By Andy Bessette

Below I will list all of the ideas Litvinov passed on to me during the summer of 1980:

- Weight lifting should be done with the object of SPEED.
- He talked of being able to do 80%-90% of max with speed and if that is too much, go down to a comfortable level.
- Don't concentrate on little, specific technical points, but rather feel the overall movement!
- Hammer should NOT be thought of as something in the hands, it should always be thought of as part of your body.
- Must think of throwing relaxed/smooth.
- Important to leave strength/development to its own and work for the speed and movement.
- Said hammer thrower should feel like accelerating a motor-cycle; Initially – slower and body heavy, Develops – faster and body feels lighter.
- Hammer must remain long on the right side.
- Tried to convey the concept of release: like a car hitting a wall and the passenger keeps going through the windshield.
- He was never taught hammer theory/biomechanics. He said it is fine if they do it but the athlete just throws.
- He plays soccer for one hour after lifting. Also works on gymnastics.
- Passes hammer around hips and then goes into a series of speed turns. But he warned that too many of these drills can disturb the quality of the swings.