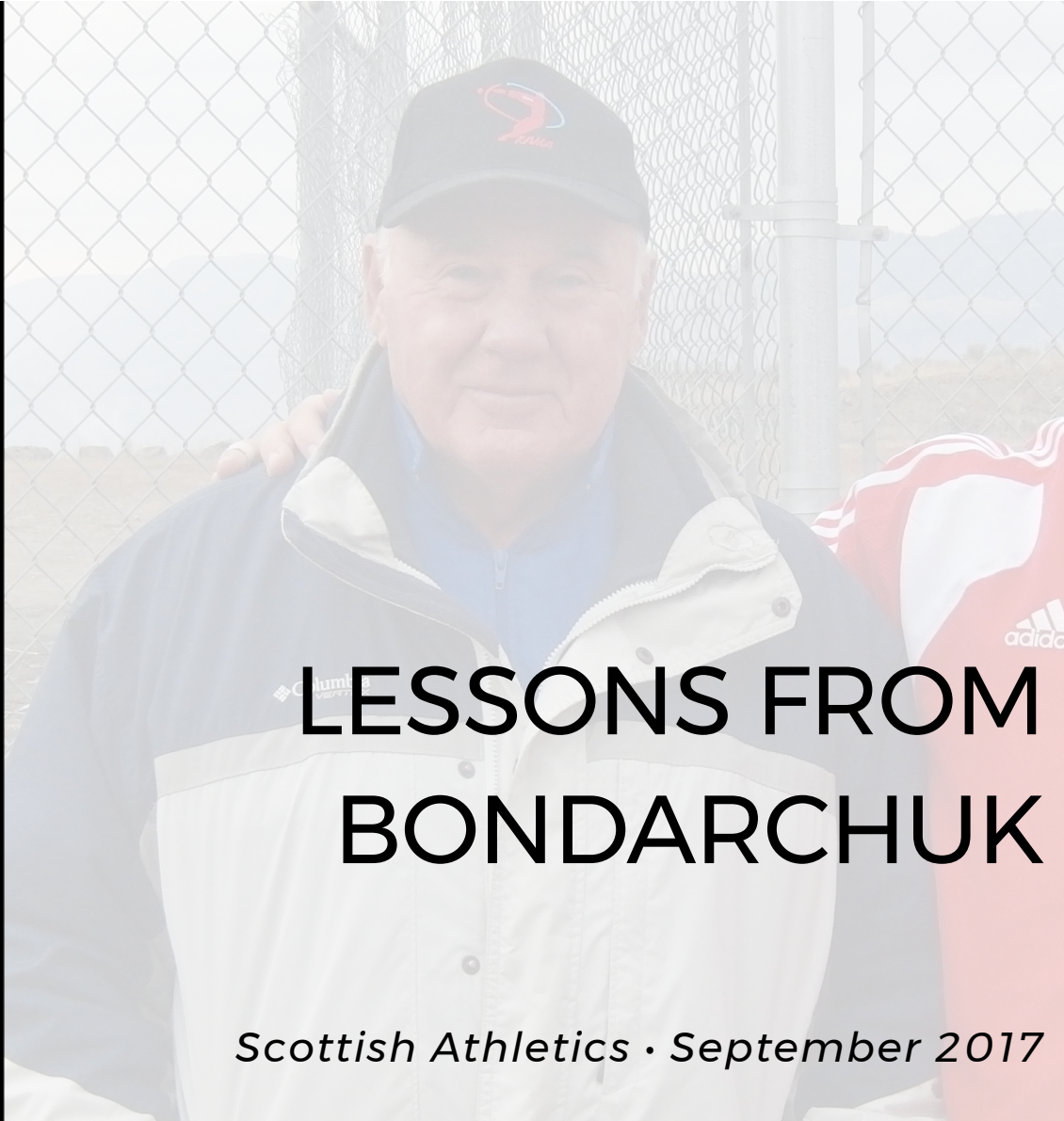


**HMM
MR
MEDIA**



**LESSONS FROM
BONDARCHUK**

Scottish Athletics • September 2017



» Introduction





LESSONS FROM BONDARCHUK

BONDARCHUK IN 30 SECONDS

Bondarchuk's "complex periodization" approach for throwers:

- Step 1: Execute 10 exercises.
- Step 2: Repeat every session until the athlete peaks.
- Step 3: Change exercises and repeat step 1.

The magic is not in the plan, but the **planning process**.

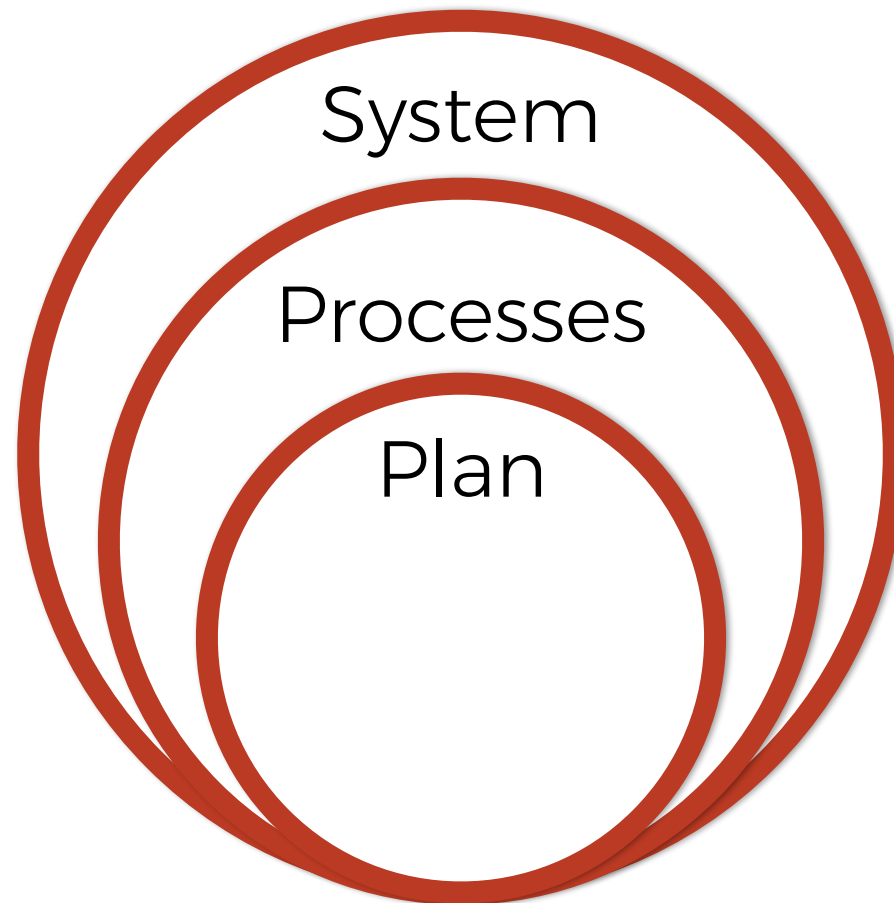
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» The Planning Process



LESSONS FROM BONDARCHUK

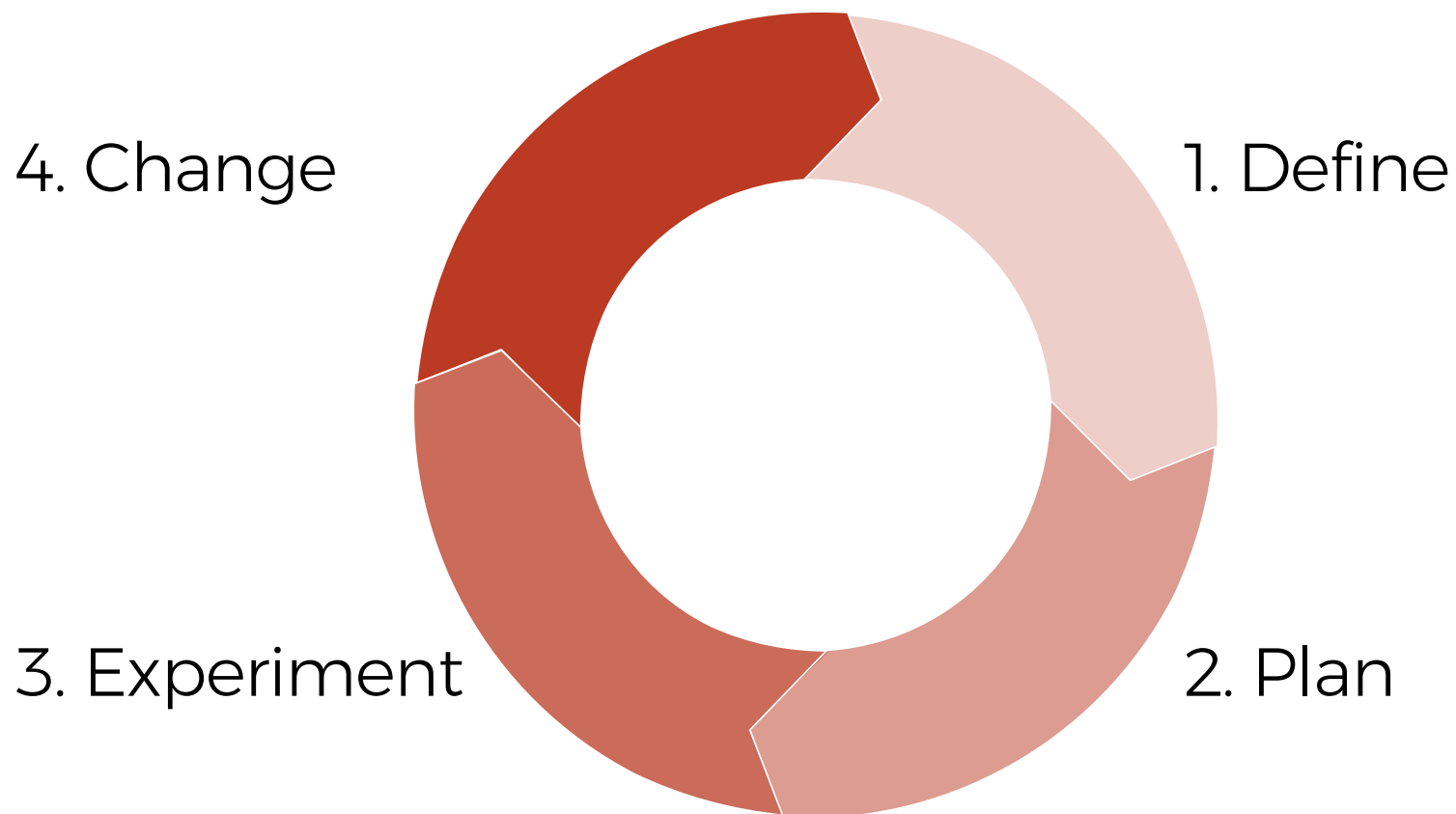
THE PLANNING PROCESS





LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

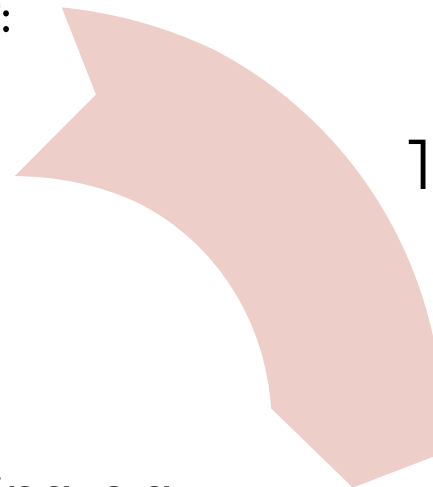




LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

- Define **performance parameters** for:
 - your sport;
 - your position; and
 - your athlete.
- Define what will **transfer**.
- Define **general guidelines** for planning, e.g.
 - more specific = more transfer
 - more experience = fewer useful tools
- Define **tools**.



1. Define



LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **Defining transfer**

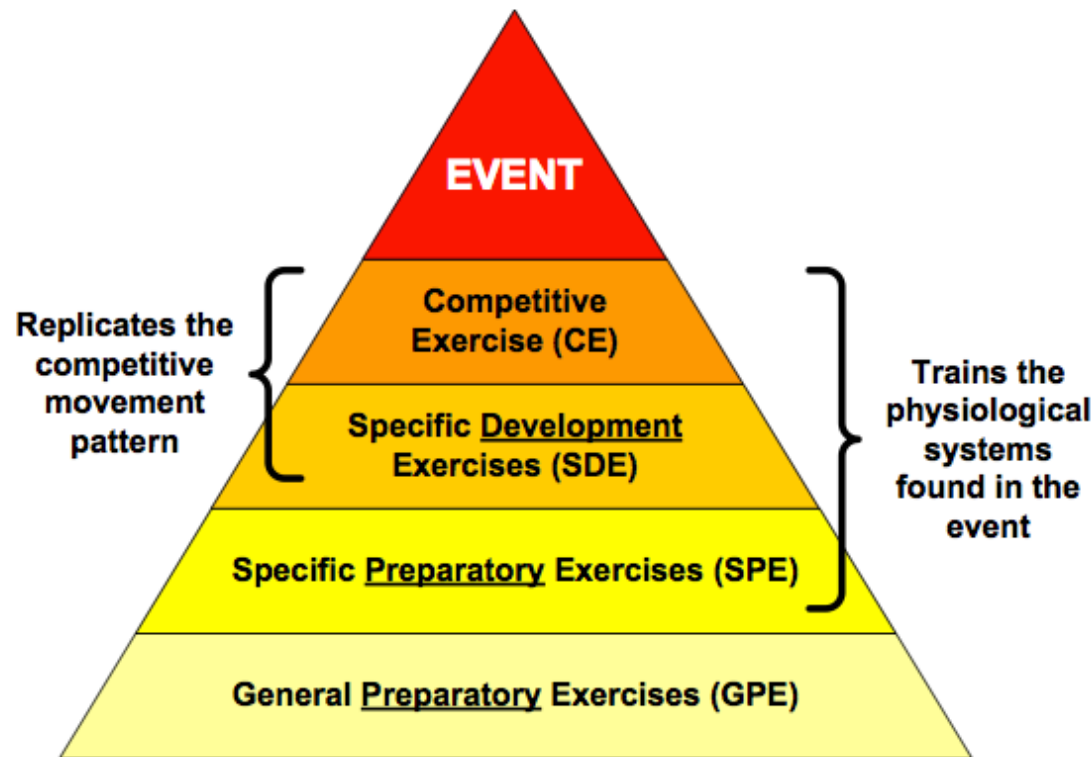
Exercises	45-50m	50-55m	55-60m	60-65m	65-70m	70-75m	75-80m
Hammer 5kg	0.887	0.765	0.789	0.824	0.542	0.645	0.564
Hammer 6kg	0.812	0.866	0.675	0.786	0.766	0.790	0.664
Hammer 8kg	0.564	0.521	0.689	0.869	0.805	0.842	0.798
Hammer 9kg	x	x	x	0.675	0.589	0.745	0.765
Hammer 10kg	x	x	x	0.542	0.745	0.801	0.824
Snatch	0.560	0.467	0.559	0.451	0.245	0.198	0.245
Clean	0.490	0.542	0.457	0.421	0.356	0.215	0.270
Squat	0.620	0.546	0.524	0.437	0.225	0.147	0.196
Long Jump	0.425	0.507	0.433	0.397	0.258	-0.214	0.127
Triple Jump	0.396	0.452	0.405	0.366	-0.266	-0.165	0.098
Vertical Jump	0.425	0.390	0.422	0.360	-0.247	-0.200	0.124
30m Sprint	-0.178	0.387	0.330	-0.242	-0.197	-0.227	0.226



LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **General guidelines**



CE	SDE	SPE	GPE
Perfection	Development	Preparation	
Perfect competitive technique & develop the specific conditioning requirements for the event			Prepare the athlete's body to handle the demands of the training in their event





LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

- **All training causes physiological adaptations.** Therefore plan each aspect of training with that in mind; e.g. CE work must be planned with physiological (not just tactical) adaptations in mind (and vice versa).
- Plan for transfer; but also plan for **balance**.





LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **Sample plan for the hammer throw**

	Exercise	Category	Sets	Reps	Time
1	Warm Up	GPE			10 minutes
2	Hammer - 7.26 and 9kg	CE	2	12	45 Minutes
3	Kettlebell Releases	SDE	5	10	15 Minutes
4	Close-grip Snatch	SPE	5	3 - 5 @ 65-70%	15 Minutes
5	Front Squat	SPE	5	3 - 5 @ 65-70%	15 Minutes
6	Circuit: abs, back, twist, frontal plane	GPE/SPE	3	Light, High Reps	10 Minutes



LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

- Go out and train! All **training is an experiment**; so try it out and learn.
- Make your feedback useful and frictionless; **measure what matters**.
- **Limit variables** in training.
- More peaks = more feedback

3. Experiment

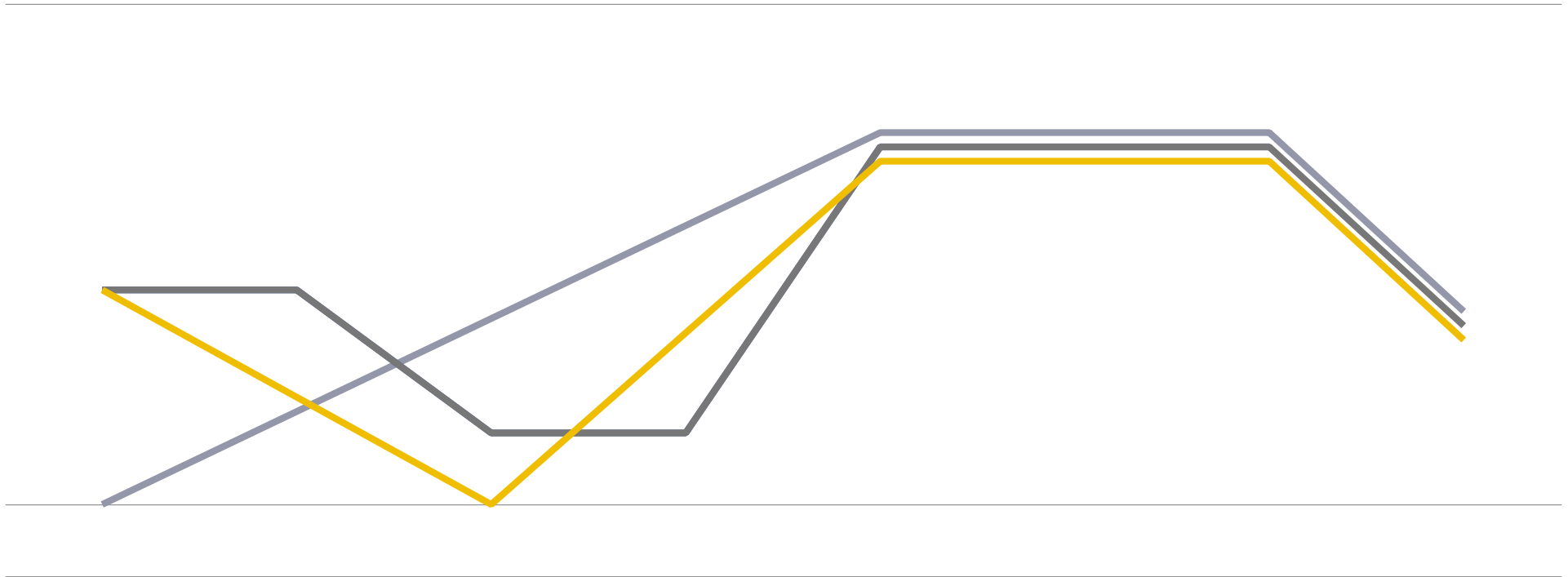
A large, thick, red arrow pointing from the left towards the right, positioned below the text '3. Experiment'.



LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **Individual adaptive response**





LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

4. Change



- Change is the driver of adaptation. **Change when you're on top**, rather than at the bottom.
- **Long-term change** > short-term change
- Change in exercise > change in volume/intensity
- What was the best before may not be the best in the future.

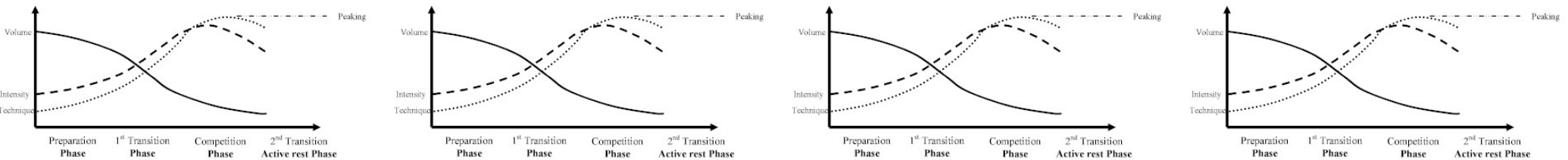


LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **Long-term vs. short-term change**

Short-term change:



Long-term change:

6-6-6-6-6-8-8-8-3-3-3-3-9-9-9-9-7-7-7-7-2-2-2-2-2-6-6-6-6-6-1-1-1-1-9-9-9-9-9



LESSONS FROM BONDARCHUK

THE PLANNING PROCESS

Example: **Sharpen your knife**





LESSONS FROM BONDARCHUK

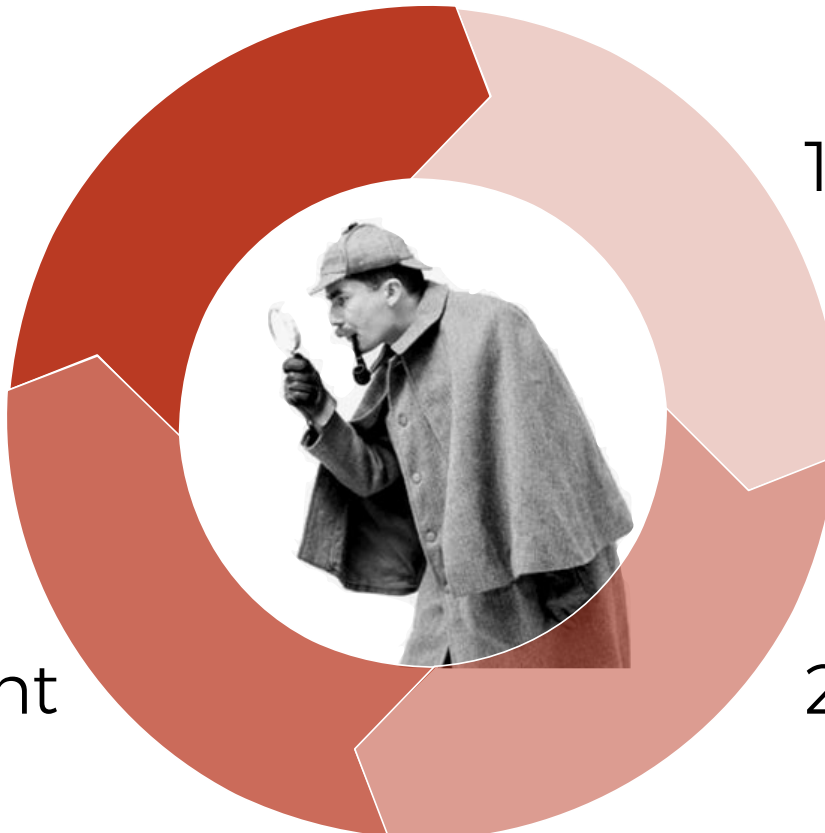
THE PLANNING PROCESS

4. Change

1. Define

3. Experiment

2. Plan



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» More Information



LESSONS FROM BONDARCHUK

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