

# Athlete's experiences and history of the whole career



**Hannu Kangas & Tero Pitkämäki**

**Kuortane**

**10.10.2009**



# Tero`s childhood

## - Sport history

- As an all-rounder young athlete he tried many different sports in sports clubs
  - => Finnish Baseball
  - => Football
  - => Wrestling
  - => Track and field
  - => Nordic skiing
- Track & field widely and nordic skiing were most important sports => He competed a lot in these sport
- The amount of exercises was huge every day





## Tero`s Youth (14-19)

- Starting of co-operation

- At the age of 14 in autumn 1996
- Nordic skiing and javelin were both equally important
- The first winter`s javelin training
  - Added to skiing training there were every week :
    - 1-2 x throwing
    - 1 x weight lifting
    - 1 x muscle circuit training



# Tero`s Youth (14-19)

- First summer together



- Tero`s elbow fractured in throwing at spring of 1997
- The doctor put his elbow to the gypsum for 3 weeks
- Tero throwed again in July and did his new pb
- The elbow bothered him since that

# Tero`s Youth (14-19)

Javelin throwing training started

- At the age of 15 in autumn 1997
- Nordic skiing remained and has been remained till now as a good training form  
=> Tero competed several times every winter in skiing till age of 18
- Tero started systematic javelin throwing training with basic program which has remained almost till today
  - Weekly program:  
2 x throws, 2 x weight lifting  
2 x aerobic training, 1 x muscle circuit training, 1 x rest + exercises in school  
=> Only one training session / day





## Tero`s Youth (14-19)

- From challenger to the footlights
- Tero wasn't "the supertalent"
- ⇒ At the age of 15 tero was one of the shortest and thinnest athlete.
- ⇒ The hard growing happened between age of 16-18
- ⇒ It takes many years and a lot of patience to build physical abilities

**BUT**

The inner fire and desire to be a good javelin thrower showed to the coach every moment



# Tero`s Youth (14-19)

- From challenger to the footlights
- Placement in Finnish Championchips at 15- year: 10th  
=> Tero was behind the winner over 17 meters
- Near to Finnish top level at the age of 17
- First medal (pronze) in Finnish Championchips at the age of 18,

## RESULTS 1997-01

- 1997 57.50 (600 g)
- 1998 62.26 (700 g)
- 1999 74.56 (700 g)  
66.83 (800 g)
- 2000 73.75
- 2001 74.89

# Tero`s Youth

## Test records at age of 17-19

	<u>1999</u>	<u>2000</u>	<u>2001</u>
Cleans	80	100	115
Snatch	55	65	77,5
Front Squat (deep)	85	100	3 # 120
Back Squat(deep)	-	115	140
Pench Press	70	90	105, 100(narrow)
Packward (4)	17,30	20,10	23,15
” ” (5,4)	-	-	19,10
Overhead (4)	(17,00 / 2,5)	16,20	18,10 (23,15 / 2)
20 m flying	2,35	2,31	2,27
Standing 3- jumps like rabbit	9,35	9,70	10,36
Standing 5- jumps	(29,10 / 10-jumps)	15,00	15,80



# Journey to the top of the world

## 2002-2005

When we found just right training system for Tero, we made very simple aims for the training:

1. Getting up physical abilities smoothly
2. Improving technique details little by little
3. Avoiding injuries
4. Taking care also pieces of puzzle outside the training
5. Putting clear and realistic aims for the training year





# Journey to the top of the world 2002

- The season was the turning point of the career
- Elbow surgery - August 2001
  - => The elbow was ossified newly
  - => There was 50 % change that the throwing career could be over
- The army - January-June 2002
- The rupture in shoulder at summer
  - => Anyway the season was successful: First gold medal in Finnish Championships at age of 20 and new pb

# Journey to the top of the world

## 2003

- The autumn of 2002 was full of shoulder`s very hard rehabilitation
- At the same time Tero started studying in Vaasa polytechnics
- BUT the combination of studying, training, rehabilitation and living in a new environment turned out well

⇒ First time over the 80 meter

⇒ Bronze medal from U23 European Championchips





# Journey to the top of the world 2004-2005

- **The healthy was 100 % all the time**
  - ⇒ All physical abilities got up very much
  - ⇒ High amount of throws
    - => Throwing power and technique got better
- **Breakthrough to top of the world**
  - ⇒ Manager Tero Heiska came along
  - ⇒ The first sponsor for Tero
  - ⇒ Competitions abroad started

# Journey to the top of the world 2004-2005

- Finland's number one

⇒ Large publicity in Finland

⇒ Olympic Games 2004 - 8th place

⇒ World Championships 2005 - 4th place

⇒ Huge disappointment

- Tero was still student and even worked at summertime!



# Journey to the top of the world

## Test records 2004 Results 2002-05

20 m flying	2,16 s	<b>2002</b>	77.24
Standing 5- jumps	16,50 m	<b>2003</b>	80.45
Standing 3- jumps like rabbit	10,99 m	<b>2004</b>	84.64
Packward(4 kg),	25 m	<b>2005</b>	91.53
(5 kg)	22,80 m		
Overhead (4 kg)	20,70 m		
(2 kg)	28 m		
Snatch	100 kg		
Cleans	135 kg		
Full front squat	152,5 kg		
Full back squat	165 kg		
Pullover up	75 kg		
Bench press	140 kg		



# Professional Javelin Thrower

2006=>

- Tero ended his school at April 2006 and Hannu was elected as a national javelin coach January 2006

- Training system has changed and extended a little bit

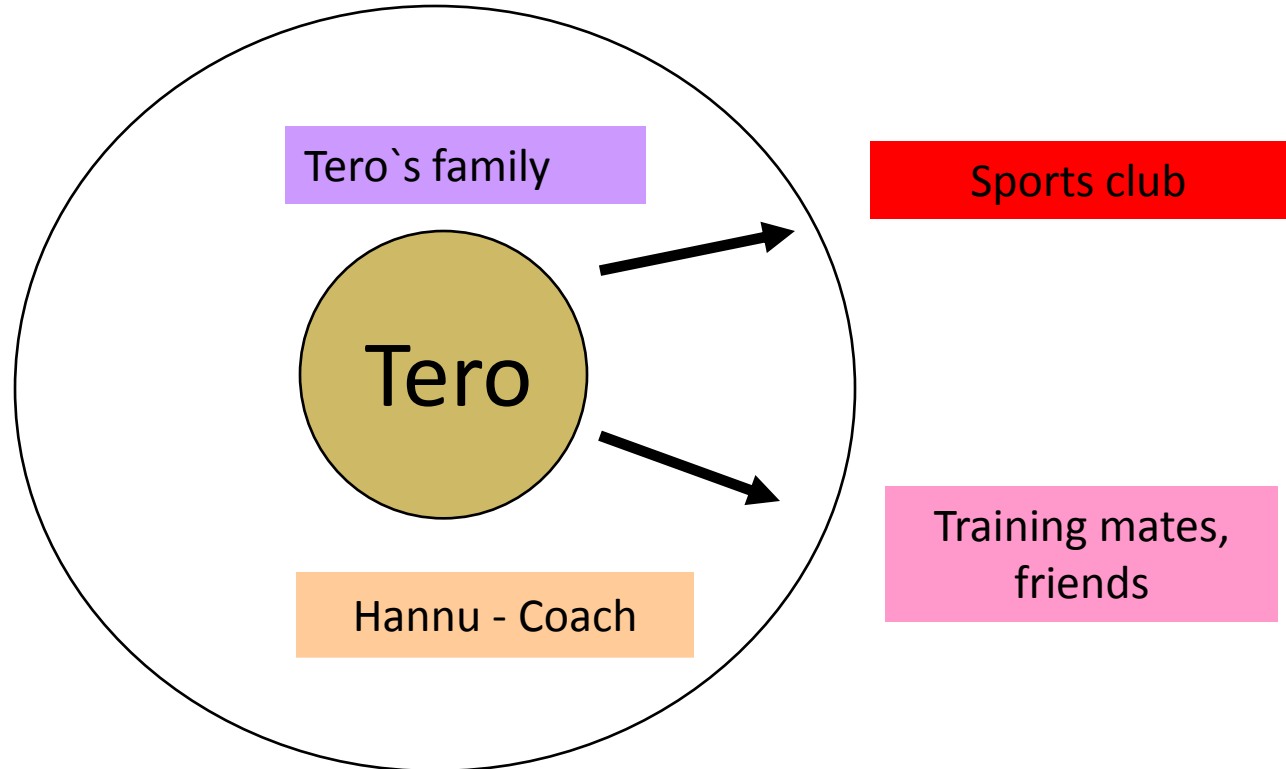
⇒ Training camps abroad: From 2 weeks to 6-8 weeks

⇒ The support team around Tero has increased

- All physical abilities have still improved, specially the basic strength

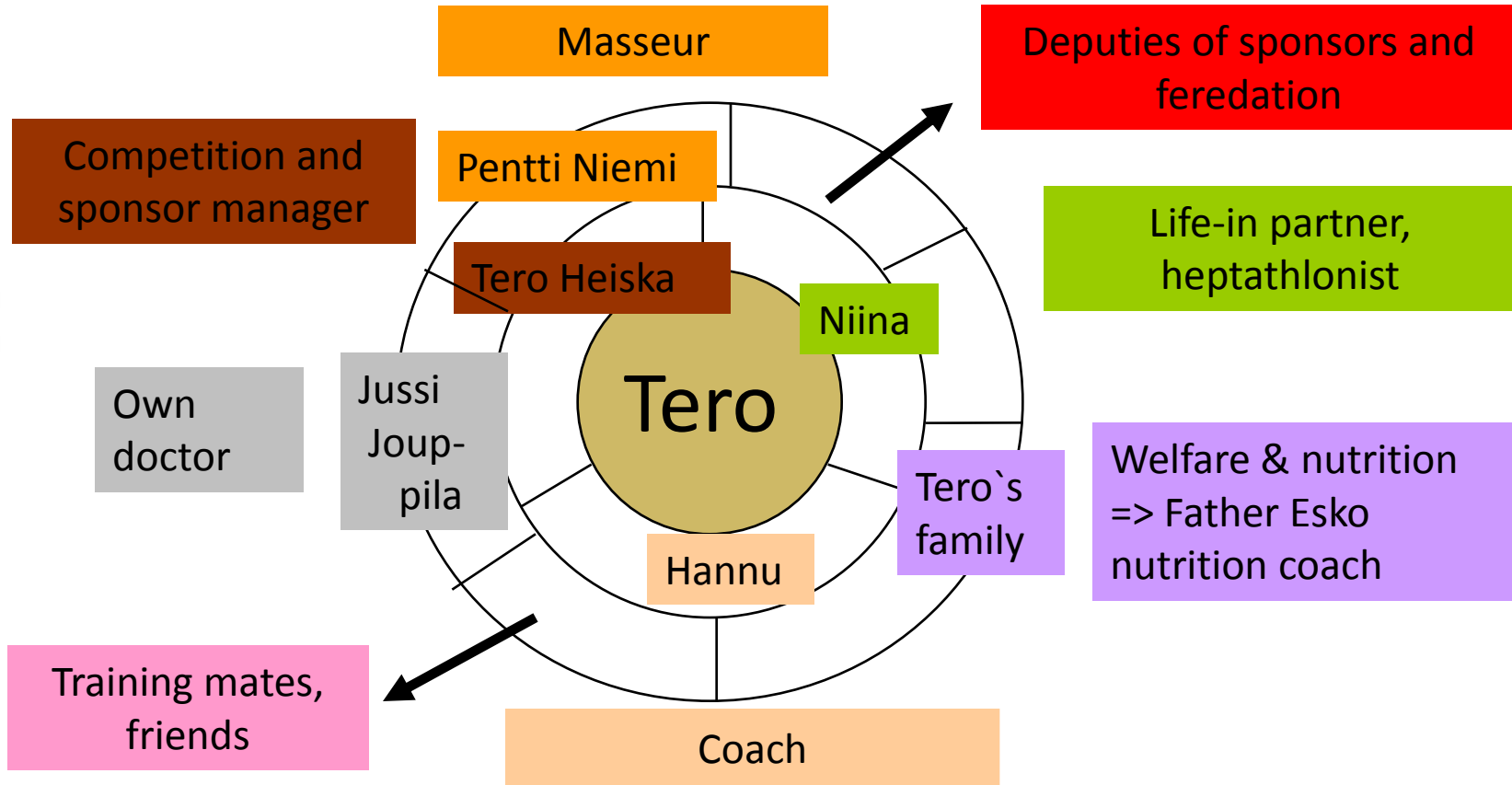


# Tero`s support team => 2003





# Tero`s support team nowadays



# BASIC TRAINING SYSTEM

(november-april)

The goal is balanced, developed training

## HIGH INTENSIVE TRAINING

## RECOVERY TRAINING

### Training camps

-5 long weekends / year in Finland  
- 6-8 weeks training abroad

### •Throws

-2x/week  
-Added always:  
\*Running  
\* Jumping  
\* Shots throws / Medicine balls  
\* Coordination

### Strength

- 2x/week

### Muchle circuit training

- 1x/week

### Aerobic training

- 2x/week

### Strength movements for stability muscles

- 2x/week by rubber band  
- Pilates

### Body-Care

-6x/week  
- Stretching  
- Nutrition  
-Supplements  
- Massage every once in a while

# Physical abilities nowadays

## Test records 2009

20 m flying	2,08 s	-09
Standing 5- jumps	17,55 m	-08
Standing 3- jumps like rabbit	11,30 m	-08
Packward(4 kg), (5 kg)	26,50 m 23.29 m	-08 -08
Overhead (4 kg) (2 kg)	22.25 m 29.50 m	-08 -09
Snatch	120kg	-09
Cleans	155 kg	-09
Full front squat	172,5 kg	-09
Full back squat	190 kg	-09
Pullover up	95 kg	-09
Bench press	175 kg	-09



# Challenges of the training today and in future

## 1. Health

- **Right balance between high intensive and recovering training**
  - => The body is on right "beat" and balance through the whole training year
  - => Long lasting aerobic training
- **Through big amount of throws**
  - => Throwing power and durability
- **Totality**
  - => With basic training you have to take care of large amount of things
- **Quality**
  - You have to do every little thing as good as possible, even better than all of the other rivals, because they are also training today!
  - Thinking!



# Challenges of the training today and in future

## 2. Technique

- Remembering that the main exercises in every week are throws!
- Remembering that the day before a throwing day is rest or recovery exercise
- Improving technique details through big amount of throws with right technique





# Challenges of the training today and in future

## 3. Maintaining explosive, elastic and speed qualities

- All qualities are now so high, that the goal is primarily to maintain those
- More meters through the better technique

# Challenges of the training today and in future

## 3. Being again over 90 meter thrower

- That is the only way to challenge Andreas in big competitions

=> Again to the highest podium!

