



# Throwing Seminar Tanhuvaara

12.11.2011 (Christina Obergföll / Werner Daniels)

# The progress to top-level thrower and the cornerstones of training



A blurred photograph of a javelin thrower in mid-throw. The athlete is wearing a yellow singlet with a white bib number 1912. The background is a blurred stadium filled with spectators.

**long long ago...**

the first steps in athletics

# When I was a child

- Started with track & field when I was 6 years old (about 1987)
- Running, jumping and throwing balls
- Trained 2 times a week
- At the age of 7 I started to compete at my first comps
- With the following results.....

# My first results....

## 1988 (7 years old):

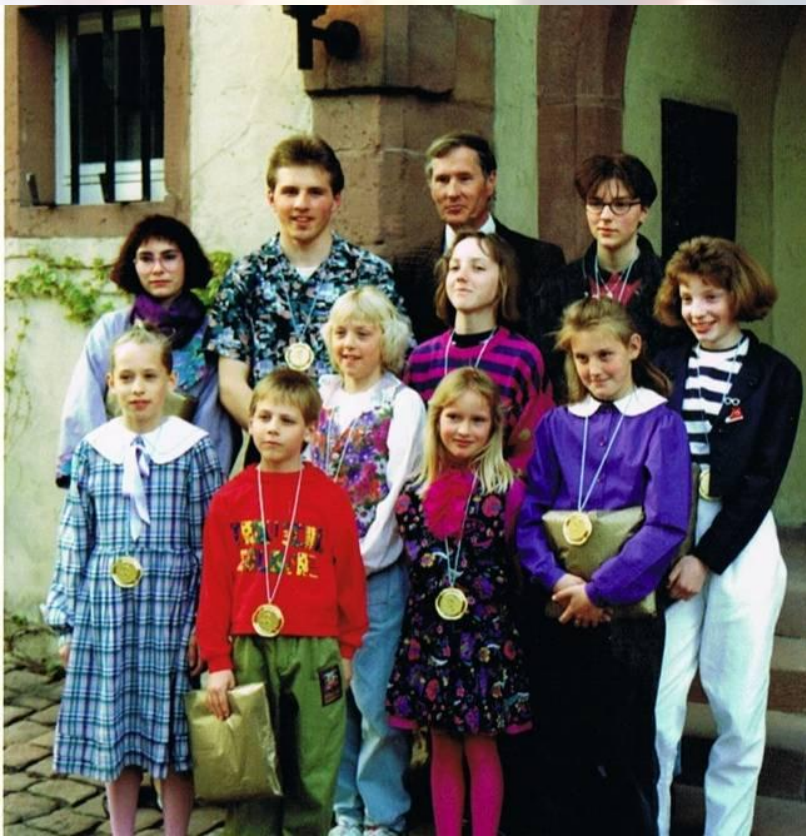
- 50m Sprint: 9,2 sec
- Longjump: 2,64m
- Throwing 80g balls: 18m

## 1989/90 (8-9 years old):

- 50m Sprint: 8,5/ 8,1 sec
- Longjump: 3,65/ 3,82m
- Throwing 80g balls: 22,50/**38,70**

# Pictures from my first tributes

Showing me when I was 7 years old



... when I was 11 years old



# 1991-1992 (aged 10-11)

- 50m Sprint: 7,5 sec
- Longjump: 4,24m
- Throwing: **44,50m**



## When I was about 10-12 years old

- First regional titles in heptahtlon (3-4 disciplines)
- June 1993:
- 50m Sprint: 7,5 sec
- Longjump: 4,63m
- Throwing: 49m
- 2.529 Points



# Long Jump

**At the age of 13 : 5,04m**



**At the age of 15: 5,31m**



## Highjump

1992 (11 years old):

1,24m

1994 (13 years old):

1,40m

1996 (15 years old):

1,52m

1997 (16 years old):

1,63m



# How throwing improved...

- 1993 (12 years old): 49m
- 1994 (13 years old): 57m
- 1995 (first javelin result): 35,46m
- 1996 (15 years old): 38,28m (400 gramms)

# First pictures showing me with the javelin

- Sprint Spikes
- 400 gramms javelin



# Still trying and working on other events

## Shot put



## Another tribute...



# At the same time...

- I tried myself a little bit in tennis, for about 1 ½ years
- Only hobbies like Inline-Skating
- I changed school from Mahlberg to Offenburg
- At this time I trained 2-3 times a week (sprints, jumps, throws etc.)
- Nothing special, only basics

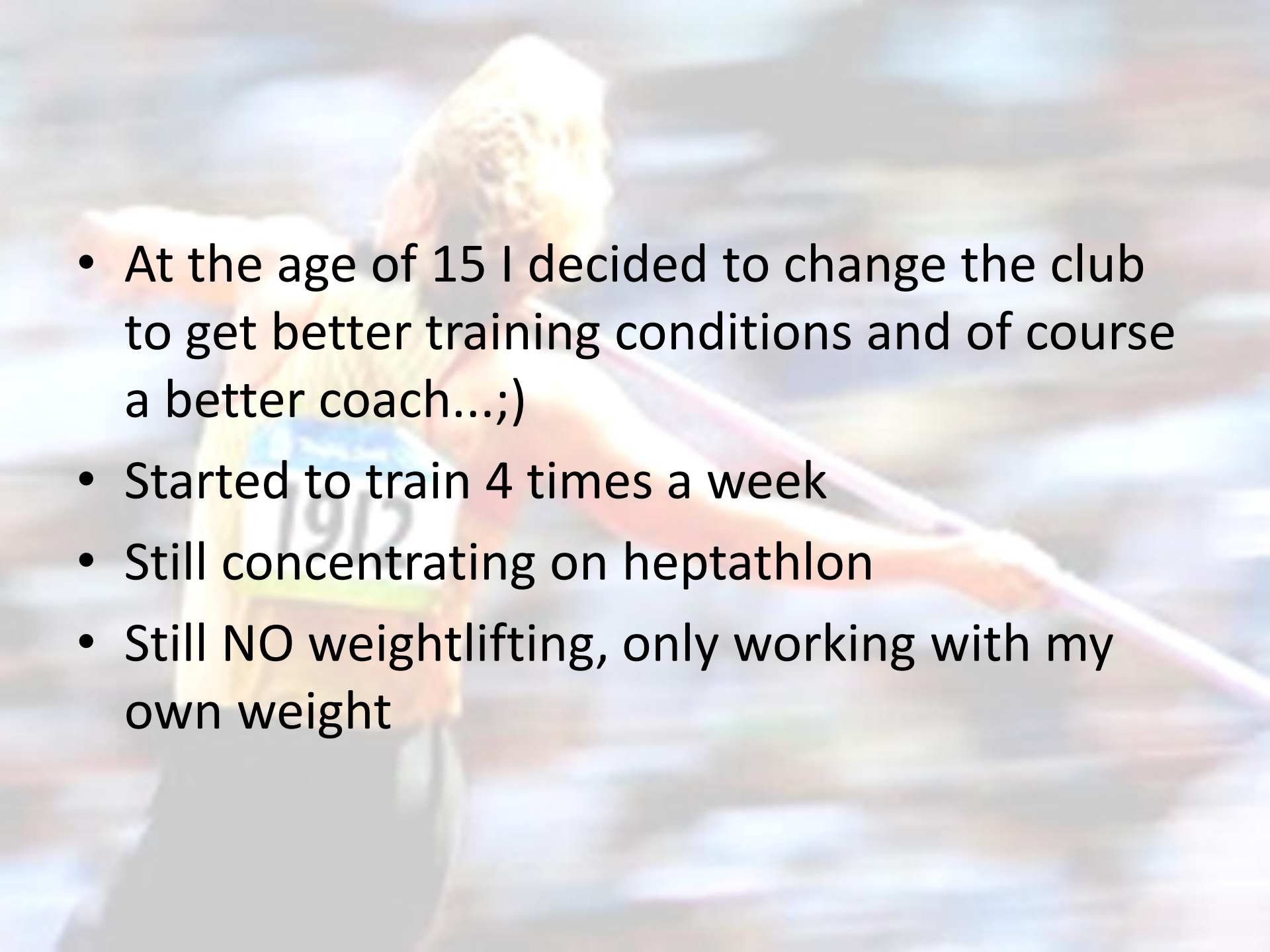
## Showing me in my childhood

Over the years I collected  
several medals ....

First on a local level

And from time to time  
nationwide



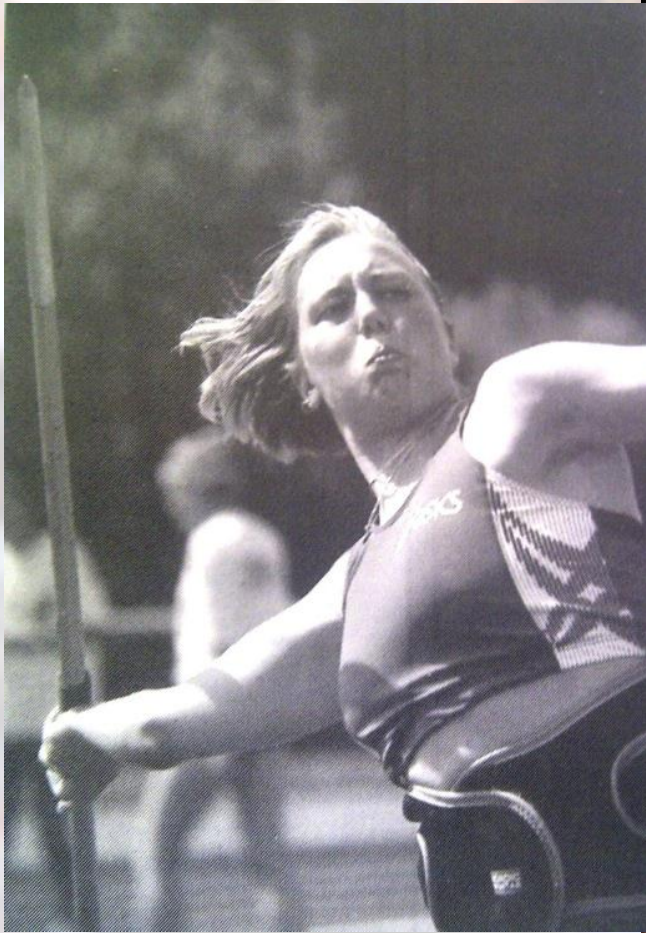
- 
- At the age of 15 I decided to change the club to get better training conditions and of course a better coach...;)
  - Started to train 4 times a week
  - Still concentrating on heptathlon
  - Still NO weightlifting, only working with my own weight

# 1997

- 49,20m
- Qualification to my first international start
- Got into the German „Javelin-Kader“
- Here the javelin career slowly started...



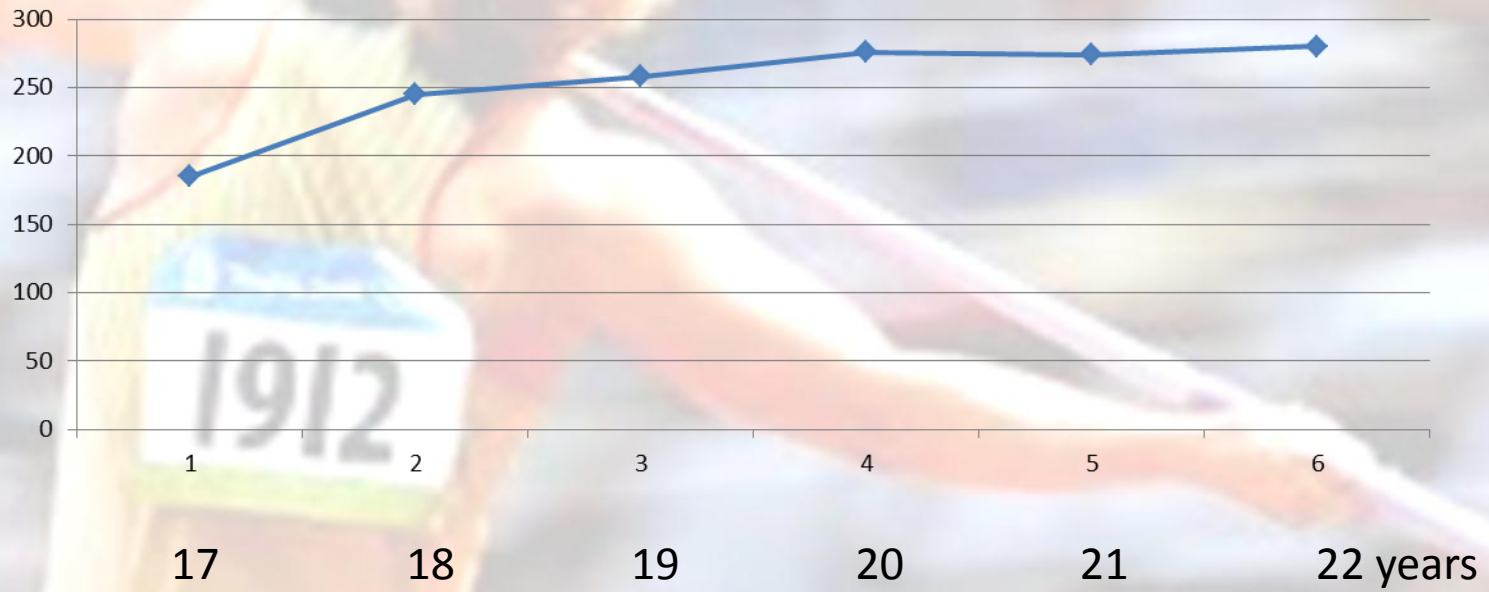
Christina 17 years young up to 22



# Numbers of training

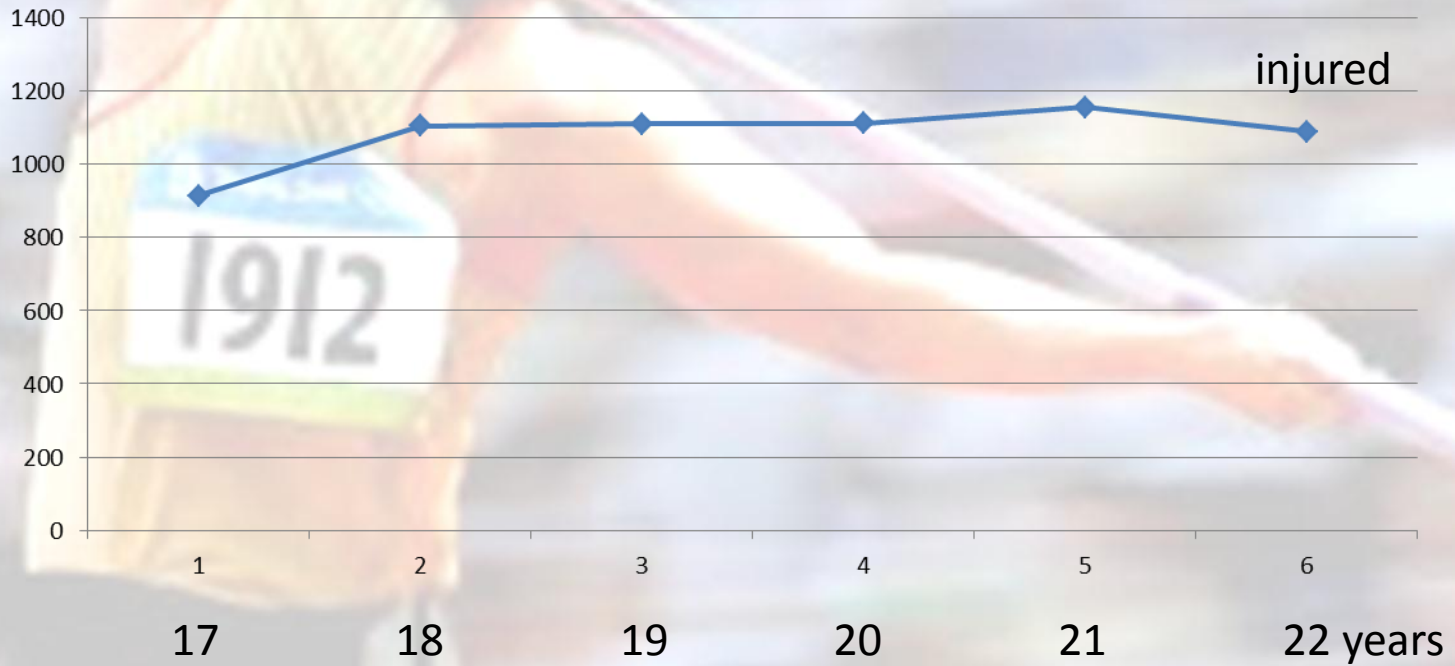
17 YEARS	to 22 YEARS
48,52 m	60.61m (21 y) 21 (hurded)

# number of trainingsdays



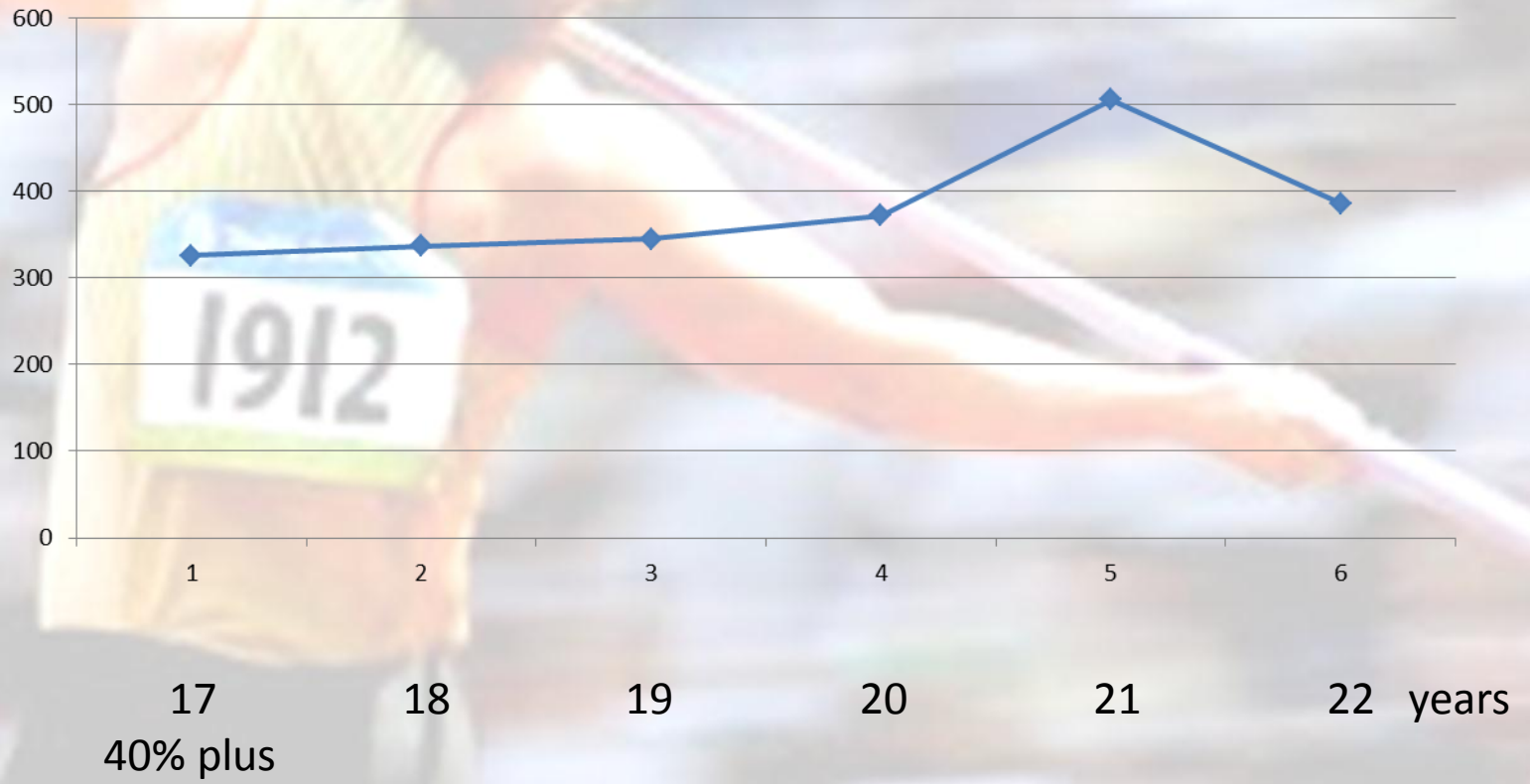
50 % plus

# all javelin throws

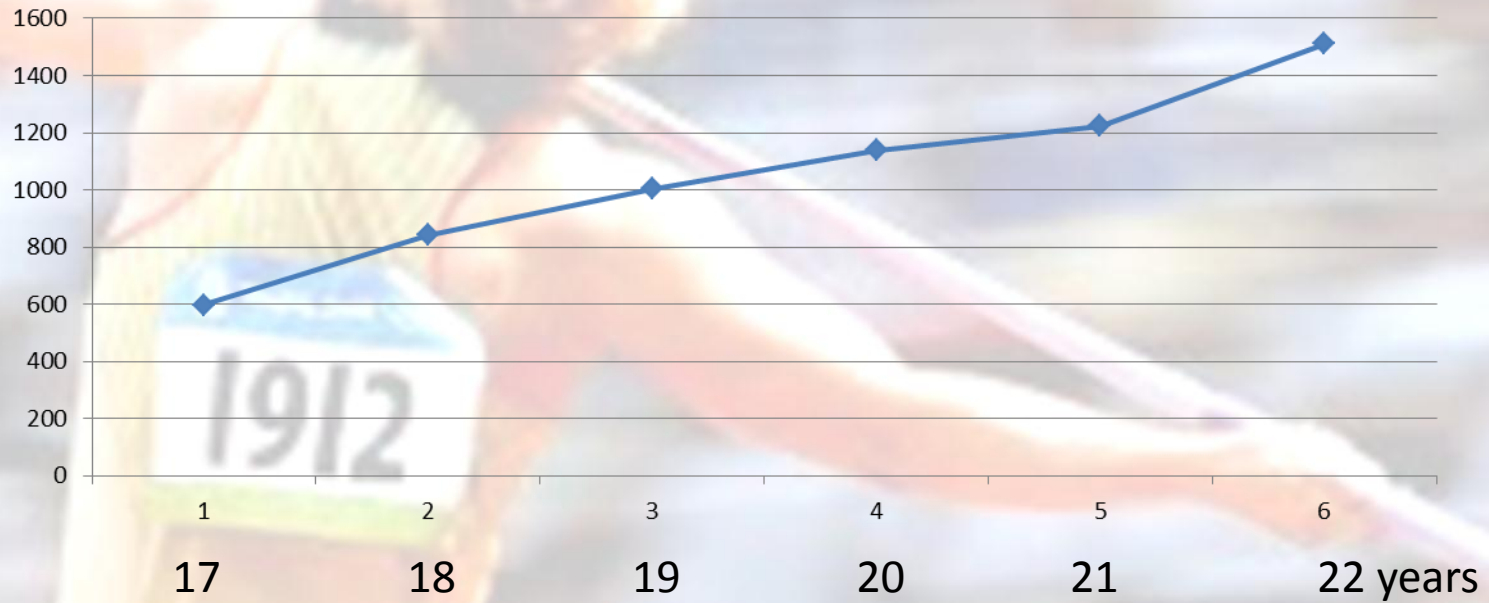


20% plus

# Balls

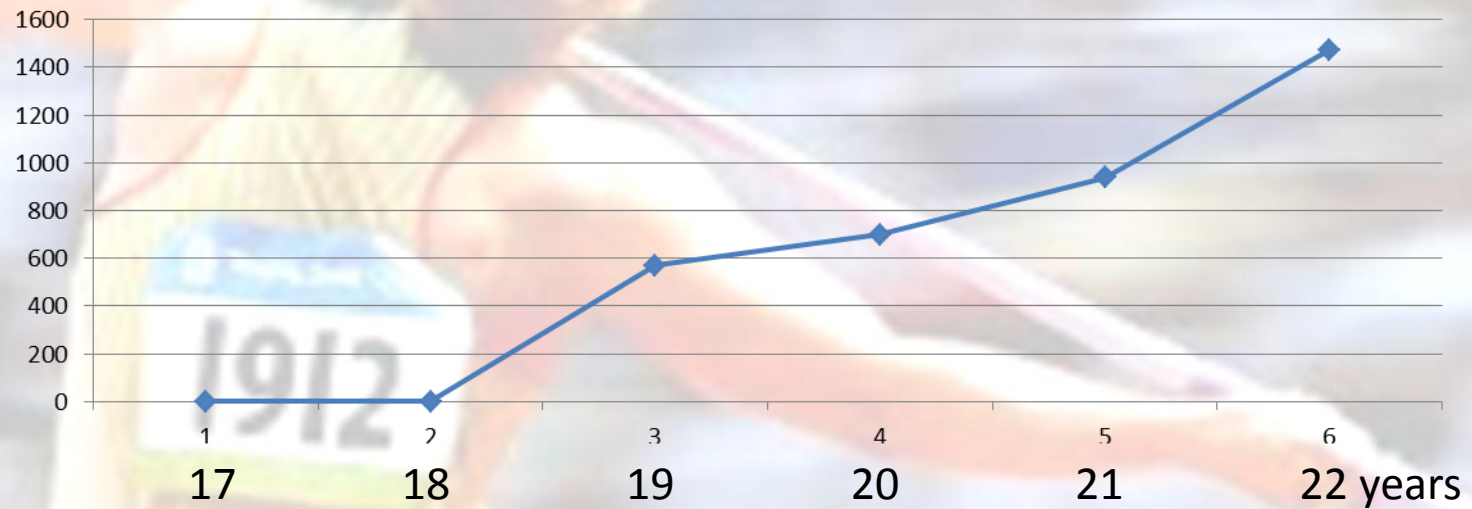


# general weight lifting



190 % plus

# special strength



pull overs , pulls (one hand) short pull overs



# philosophy of javelin

greenhorn as a javelin coach

- 1. to stay healthy**
- 2. not to much throws**
- 3. no overweight throws under 21**

technique



# technique ideas short

landing from cross over upright position  
turning feet  $0 - 30^\circ$  to throwing direktion

no heel contact (turning feet)

shoulder  $180^\circ$  to thro. Dir.

Sequence of movements:

1. turning right feet
2. turning right knee
3. turning right hip
4. open\ rotate left shoulder
5. throw\ rotate right shoulder



2003 57,40m



2007 68,08m



2011 68,86m

# The keys to get world class



- physical talent
- mind talent
- surroundings

# physical talent



- first view (15): heptathlon, long jump
- one year later: german championships in javelin from 44m to 49,20m (2.)
- This is output of „talent identivikation-training“

# mind talent



- „to want“ (in training and competition)
- to be concentrated
- to be organized / sport and university/school

# surroundings



- coach
- club
- training group
- training conditions
- school
- later.... sponsors

# Correlation between

- **results and physical results**
- junior level: no correlation to fund. The physical training was not on a high level.
- world class level: it is important to have a very good level in squats, pullover and push from the neck.

# Balance between

- speed strength / specific strength / technique

Only squats are not with speed. In the age of 19-22 we allways had strength and technique together. The expression was not clearly.

After 22 we trained strength, special strength and technique „behind each other“.

# Structure of training program

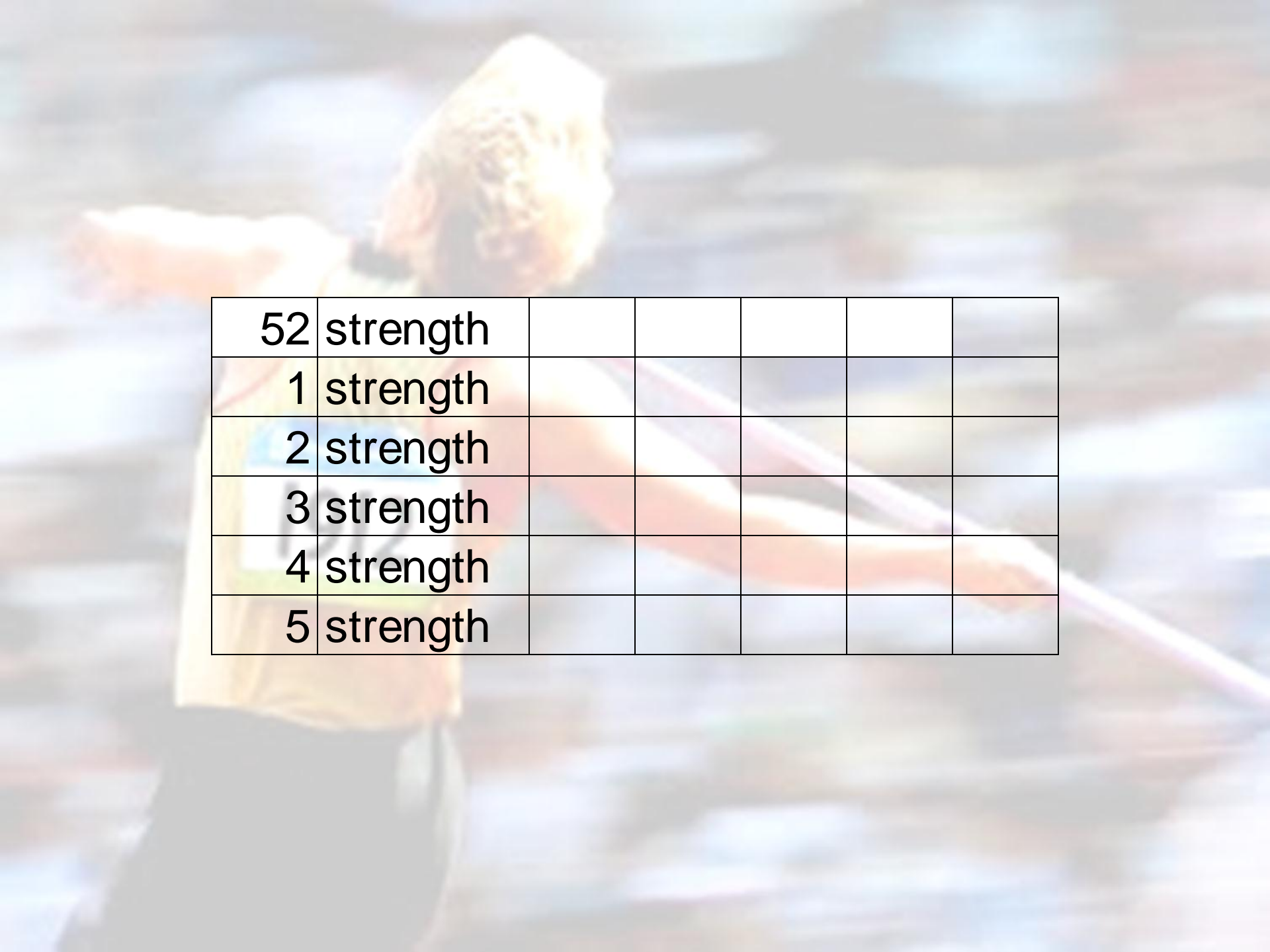
- changes (18 – 23 years)
- more hard training camps
- more weight lifting general and special strenght
- more „health training“ antagonists, back

# Year planning 2011

Wo	38 bis 43	medizinische Untersuchungen, Knie OP (25.10. nach Test)				Wo					
44		Reha Training "in aller Ruhe"				16	Technik	Trainingslager		Flug 2 Pers.	san diego
45	Aufbau					17	Technik	Trainingslager			
46	general Athl.					18	regenerativ				doha
47	general Athl.					19	Wettkampf				shanghei
48	general Athl.					20	Wettkampf				Halle
49	general Athl.	Zypern				21	Wettkampf				rom
50	general Athl.					22	Wettkampf				eugene
51	general Athl.					23	Wettkampf				new York
52	strength					24	Wettkampf				stockholm
1	strength					25	Wettkampf				
2	strength					26	Training	kraft			
3	strength					27	Training	kraft			paris
4	strength					28	regenerativ				
5	strength					29	Training	spez kraft		kassel dm	monaco
6	special str.					30	Wettkampf				
7	special str.					31	Training	technik		kienbaum ?	london
8	spe					32	Training	technik		kienbaum ?	
9	spe					33	Wettkampf				
10	regenerativ					34	Wettkampf			daegu wm	
11	SS		800gr. Jav.		Portugal	35	Wettkampf			daegu wm	
12	SS		800gr. Jav.		Portugal	36	Wettkampf				zürich
13	regenerativ					37	Wettkampf			Istaf?	brüssel
14	Technik					38	Wettkampf				
15	Technik	Trainingslager		vom 6. bis 26. ?	san diego	39	Wettkampf				

# Rahmenplan Christina Obergföll 2011

wo	38 - 43	medizinische Untersuchungen					
44		Reha Training "in aller Ruhe"					
45	Aufbau						
46	general Athl.						
47	general Athl.						
48	general Athl.						
49	general Athl.	Zypern					
50	general Athl.						
51	general Athl.						



52	strength					
1	strength					
2	strength					
3	strength					
4	strength					
5	strength					

6	special str.					
7	special str.					
8	special str.					
9	special str.					
10	regenerativ					
11	SS		800gr. Jav.			Portugal
12	SS		800gr. Jav.			Portugal
13	regenerativ					

14	Technik						
15	Technik	Trainingslager vom 6. bis 26.				san diego	
16	Technik	Trainingslager				san diego	
17	Technik	Trainingslager					
18	regenerativ						
19	Wettkampf						
20	Wettkampf					halle	
21	Wettkampf					rom	
22	Wettkampf					eugene	
23	Wettkampf					new York	
24	Wettkampf						
25	Wettkampf						

26	Training	kraft					
27	Training	kraft					paris
28	regenerativ						
29	Training	spez kraft				kassel dm	monaco
30	Wettkampf						
31	Training	technik				kienbaum ?	london
32	Training	technik				kienbaum ?	
33	Wettkampf						
34	Wettkampf					daegu wm	
35	Wettkampf					daegu wm	
36	Wettkampf						zürich
37	Wettkampf					Istaf?	brüssel

# one week in winter / summer

13.	Woche	2009	
Christina / Albufeira			
Sonntag	Montag	Dienstag	Mittwoch
22.3.	23.3.	24.3.	25.
Hürden ABC 10´	30m a.d.St. 4x	Speer ABC 8x30m	Würfe 800 30x Rasen?
Hürden 6x4 locker	30m fliegend 2x	Hürden 6x4 locker	<b>KB 6x5</b>
Speer ABC 8x30m	<b>KB 5x5</b>	Sprl. 4x30m Rasen	<b>ÜZ 6x5</b>
Ballwürfe 1000 80x lo	<b>BD 4x5</b>		FGPS 3x10
	<b>Ausschultern 4x8</b>		SSWS 3x10
	FGPS 3x10		
	SSWS 2x10		
frei	Rasenwürfe 800 30x	<b>NS 3x3 plus 6x1</b>	frei
	<b>spez. Flieger 4x10</b>	<b>ÜZ spez. 4x10</b>	
	<b>Wade 2x23</b>	<b>HS Dreher 3x20</b>	
	<b>ÜZ 5x5</b>	plyos seitl. 3x10	
	Ausgleichsübungen	MB Würfe spez. 20x	

Donnerstag	Freitag	Samstag	Sonntag
26.	27.	28.	29.
30m a.d.St. 4x 30m fliegend 4x Sprl. 30m 4x Sling Tr. 20' ÜZ kurz 4x10 Ballwürfe 1000 80x lo	Speer ABC 8x30m Hürden ABC 10' Hürden 4x4 lo	<b>KB 7x5</b> <b>ÜZ 7x5</b> <b>Wade 2x25</b> <b>Zugübung 3x10</b> FGPS 3x10 plyos 4x10 MB allgem. 80 Ballwürfe 1000 100x lo	frei
<b>3x3 plus 7x1 NS</b> <b>spez. Flieger 5x10</b> <b>Add. Abd. 2x15''</b> <b>Zugübung 3x10</b> SSWS 3x12	Würfe 800 30x <b>Ausgleichsübungen</b>	4x20'Sonne	frei

18. u. 19. Wo

Albufeira

2009

Montag	Dienstag	Mittwoch	Donnerstag
Steigerungen 80m 3x 20m a.d.St. 6x Sprl. Rasen 30m 4x	Hü ABC 10´ Speer ABC 8x30m Speeranl. 6x	Würfe 600 30x KB 4x5 ÜZ 4x5 Züge einarm. 4x10 Ausgleichsübungen	NS 3x3 plus 7x1 4x8 Eindreher HS Zugübung 4x10 2x10 FGPS
Rasenwürfe 30x KB 4x5 ÜZ 4x5 Züge einarm. 4x10 Ausgleichsübungen	KS 15x Kugel 3er 10x allg. MB 80x	frei	Rasenwürfe 40x Ausgleichsübungen

Freitag	Samstag	Sonntag
Eindrehübungen mit Speer 20x Kugel Dreier 10x KS 15 x	Hü ABC 10 4x30m fliegend 4x30m Sprl. Rasen	Hürden 4 st. 6x 30m fliegend 3x 10 min. WS Gymnastik  <b>Sonntag 3.5.</b> <b>frei</b>
frei	Würfe 500 30x KB 4x5 ÜZ 4x5 Mühlkreisen 4x10 Ausgleichsübungen	frei

# men's Javelin Throw

		FINAL
MENÉNDEZ	CUB	71.70 WR
OBBERGFÖLL	GER	70.03 AR
ERIUŠ	GER	65.96
NA SCHERWIN	DEN	63.43 NR
BANI	ITA	62.75 PB
TARVAINEN	FIN	62.64 SB
BISSET	CUB	61.75
IKÍ TSIOLAKOÚDI	GRE	57.99





**Kiitos!**