

Heavy/Light Hammer Throwing

Heavy Hammers

One of the best ways to build functional strength for the hammer is to throw heavier hammers at practice sessions. A heavy hammer not only can make you stronger in major and stabilizer muscles along the motor pathways of the throw, you can also “feel” positions and counter balancing better.

Since you can not develop the same speed with a heavier hammer, it’s important not to sacrifice rhythm and timing to get functionally strong. There are two solutions to this: 1) shorten the wire by one-handle length for each additional kg weight of the heavier ball; and 2) always throw a competition and lighter weight ball in the same training session.

Light Hammers

To throw far, you have to learn how to develop and handle ball speed. Most people can throw a light hammer much farther but the key is to be able to hit proper positions and maintain good posture. In a light hammer workout, you throw some comp balls to start, then alternate light and comp balls while trying to match the speed of the lighter ball.

Periodization

Heavy hammer throwing should be done in the early pre-competition period and gradually back down to mostly comp balls and a few light balls. Once you get into the competition season, taper from one-third to one-half of the balls being light at least one workout per week.

Sample Combinations

The following sample assumes an open/elite thrower with a competitive season of May/June to July/August. Volume and intensity taper off from 30 to 20 throws per session. Women, high-school and masters would modify this based on their comp ball weight.

Jan/Feb (Base Strength/Pre-Comp 1)

(5) x (20#, 18#, 18#, 7k)
(1) x (7k, 6k, 6k, 6k)
(1) x (7k, 7k, 6k, 6k, 5k, 5k)
Total: 31 Throws

May-Jun (Strength & Power/Pre-Comp 2)

(3) x (7k, 7k, 7k)
(3) x (7k, 7k, 6k, 6k)
(1) x (6k, 6k, 5k, 5k)
Total: 25 Throws

Mar/Apr (Strength/Pre-Comp 1)

(3) x (18#, 7k, 7k)
(2) x (18#, 7k, 7k, 6k, 5k)
(1) x (7k, 7k, 6k, 6k, 5k, 5k)
Total: 25 Throws

Jul-Aug (Explosive Power/Competition)

(1) x (18#, 7k, 7k)
(4) x (7k, 7k, 6k, 6k)
(1) x (6k, 6k, 5k, 5k)
Total: 23 Throws