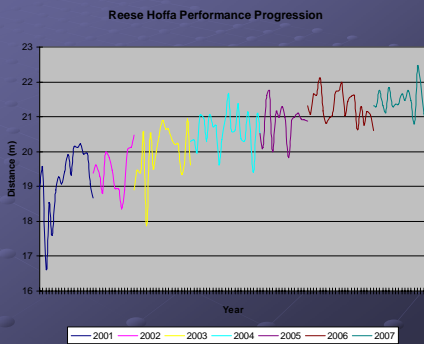


The Development of Reese Hoffa & Training Scheme for 2007 Season

Reese Hoffa Development Table

● 1998	19.07m
● 1999	19.36m
● 2000	19.79m
● 2001	20.22m
● 2002	20.47m
● 2003	20.95m
● 2004	21.67m
● 2005	21.74m
● 2006	22.11m
● 2007	22.43m

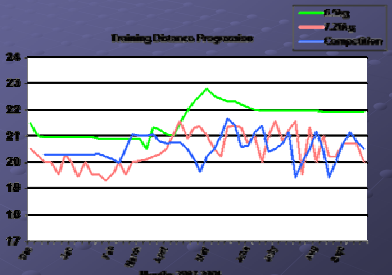
Hoffa Performance Progression



Reese Hoffa Physical & Lifting Parameters

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Age	20	21	22	23	24	25	26	27	28	29
Body Weight	122kg	128kg	128kg	138kg	130kg	133kg	133kg	136kg	137kg	140kg
7.20kg	19.07m	19.36m	19.79m	20.22m	20.47m	20.95m	21.67m	21.74m	22.11m	22.43m
6kg	---	---	21.70m	22.30m	23.28m	---	---	23.53m	---	---
140 (6.25kg)	19.64m	---	20.56m	20.60m	21.29m	22.25m	---	---	---	---
6.5kg	---	---	---	---	22.62m	22.81m	23.08m	22.76m	---	---
7kg	---	---	---	---	---	---	---	---	22.41m	---
Standthrow	16.45m	16.60m	17.00m	17.35m	17.15m	16.70m	16.80m	16.40m	16.40m	17.00m
Bench Press	189kg	208kg	210kg	213kg	215kg	3x150kg	2x200kg	220kg	3x200kg	3x210kg
Back Squat	227kg	227kg	---	253kg	3x227kg	3x227kg	2x237kg	250kg	3x237kg	3x240kg
Power Clean	143kg	150kg	160kg	168kg	160kg	3x150kg	2x160kg	4x160kg	3x160kg	---
Snatch	110kg	113kg	130kg	130kg	3x125kg	3x120kg	5x100kg	---	---	---
Push Press	158kg	2x150kg	2x160kg	180kg	180kg	2x180kg	4x160kg	---	3x160kg	---
40 yards	4.92	4.89	4.78	4.89	---	---	4.81	---	---	---
Overhead	15.55m	17.10m	16.58m	17.76m	18.19m	17.55m	---	---	18.31m	---
Stamling LJ	2.60m	2.62m	2.75m	2.72m	2.80m	---	---	---	---	---
Vertical	69cm	63cm	63cm	69cm	71cm	71cm	---	---	75cm	71cm
IAAF Rank	---	---	41	28	32	9	5	3	1	1
US Rank	---	---	5	6	7	5	3	3	1	1

Hoffa Training Chart for 2004



Hoffa Throwing Technique: 21.84m

- Stay on balls of feet to avoid sitting back during wind-up
- Keep left arm straight out away from chest to serve as guide for level shoulders



Hoffa Throwing Technique: 21.84m

- Shift weight to right foot
- Continue to keep weight on balls of feet during wind up
- Maintain level shoulders



Hoffa Throwing Technique: 21.84m

- Shift weight back to left leg while staying on the balls of the feet
- Try to minimize the straightening of the left leg during turn out of back so there is minimal heel turn
- Keep shoulders level



Hoffa Throwing Technique: 21.84m

- Pick up right foot off the ground by the time the left toe, knee, and arm are facing 90-degrees
- Load up left leg
- Keep shoulders level



Hoffa Throwing Technique: 21.84m

- Keep shoulders level while on single support
- Begin to sweep right leg out wide and low
- Begin to sprint off left leg down right sector line



Hoffa Throwing Technique: 21.84m

- Sprint off left leg into middle of the ring
- Drive right leg into the middle of the ring and across the body
- Keep head up looking out toward center of the sector
- Keep chest up



Hoffa Throwing Technique: 21.84m

- Tuck and turn in the middle of the ring
- Let the ground come to you
- Hold left arm across the body and down to hold the shoulders back during turn in the middle of the ring
- Right foot touches down facing between 300-320 degrees



Hoffa Throwing Technique: 21.84m

- Minimize right to left touchdown time
- Keep right foot pivoting
- Land with heel-toe alignment
- Hold shoulders back as long as possible while lower body keeps moving through the throw
- Keep weight back on right leg until left foot has touched down
- Stay on balls off feet



Hoffa Throwing Technique: 21.84m

- Extend both legs upward through double support delivery
- The throw pretty much takes care of itself at this point if everything is set up properly



Hoffa Throwing technique: 21.84m

- Keep right side turning through the finish into the reverse



Hoffa Throwing Technique: 21.84m

- Keep moving after reverse to save throw



Hoffa Throwing Technique: 21.84m

- Keep moving on the ball of the right foot to hold throw in the ring
- 180 degree hurdle walk-through** exercise is good for teaching body awareness during this part of the throw



Hoffa Fall Preparation

October 10th-November 3rd, 2006

- | | |
|--|---|
| <ul style="list-style-type: none"> Monday Behind the neck Military Press Lat Pulls 2x5 Rear Delt Flys 2x10 Prone Dumbbell Flys 2x10 Seated Rows 2x10 Back Hypers 2x10 Standing Bar Twists 2x10 each way Running Drills (2x20m each dir.) High knees Burr kicks Walking Lunges Side shuffle (both ways) A-skip 3x20m sprints after all running drills completed | <ul style="list-style-type: none"> Tuesday Combo LH 3x8 Swiss Grip Dead-Lift (447 on a small box, w/good ROM) Bench Press (5x6)x6x6x6x5x5 Bent-over Rows 3x8 6x100m build-ups |
| <ul style="list-style-type: none"> Friday Bank Squat (5x6)x6x6x6x5x5 (5x5) good depth and ROM Incline Bench Press (5x6)x6x6x6x5x5 (5x5) Ball throws for height 2x10 w/7kg med ball Hammer Release w/8kg med ball 2x10 each way Running Drills (same as Monday) | <ul style="list-style-type: none"> Thursday Lifts behind the neck Push Press (3x6)(3x6) Rhythmic Step-ups 2x8 each leg Hip Raises on box 2x10 each leg Overhead Shot Throws (48) w/7.26kg 3x150m in 25 seconds |

Indoor Results for Reese Hoffa

- Nordhausen, Germany 21.31m Jan. 19th
- Boston, USA 21.29m Jan 27th
- Millrose Games, USA 21.75m Feb 2nd
- Valencia, Spain 21.32m Feb 10th
- Birmingham, UK 21.12m Feb 17th
- USA Indoor Champs 21.21m Feb 25th

Hoffa Indoor Training Schedule

January 2nd-January 26th, 2007

- | Week | Power Lifts |
|------|-------------|
| 1 | x5x5x4x4x4 |
| 2 | 5x4 |
| 3 | x4x4x4x3x3 |
| 4 | 5x3 |
- **Monday:**
 - Bench Press (goal of 3x200kg by week #4)
 - Rhythmic Step-ups (3x8)(3x8)(3x6)(3x6)
 - Military Press 2x8
 - Lat Pulls 2x8
 - Rear-Delt Flys 2x8
 - Dynamic Bar Twists (low-high-low) 2x8 each way
 - Stair Circuit (x5, x3) for time
 - **Wednesday:**
 - Overheads x6, Underhands x5 w/7.26kg shot
 - **Friday:**
 - Agility Circuit on ProTurf 2x30 yards each exercise
 - **high knees, **butt kicks, **A-skip, **straight leg run, **carrioca, **3x50 yard sprints
 - **Vertical jump of 28" recorded on 1-12-07
 - **Tuesday:**
 - Jump Squats (goal of 3x220kg by week #4)
 - Push Press (see above reps, goal of 165kg by week #4)
 - Hip-Raises on box 6x10 each leg
 - Lateral Arm Raises 2x8
 - Back Hypers 2x10, add weight if needed
 - 6x100m build-ups after lifting
 - **Thursday:**
 - Incline Bench Press (see above)
 - Slow Rhythmic Step-ups on 18" box (3x8)(3x6)(3x6)(3x5)
 - Walking Twists 4x24 steps total w/20-25kg plate
 - Standing Bar Twists 2x10 each direction (keep at starting height)

Hoffa Indoor Training Cycle II

- Jan 29th Bench Press 5x3, up to 405lbs, Rhythmic Step-ups 3x6, Stair circuit (x5)
- Jan 30th Back Squat 5x3 up to 405lbs, walking twists 4x2m, 5x100m build-ups after lifting, throwing workout
- Jan 31st loosen up, agility circuit (same as previous cycle)
- Feb 1st Travel to New York
- Feb 2nd Millrose Games
- Feb 3rd Travel to Athens
- Feb 4th REST
- Feb 5th Bench Press 5x3 up to 405lbs, Rhythmic step-ups 3x5 (good intensity), 5x20m sprints
- Feb 6th Explosive Back Squat x3x3x2x2, up to 500lbs if feeling okay, Push Jerk (light & fast), 4x3 up to 110kg, Throwing workout
- Feb 7th Travel to Valencia
- Feb 8th loosen up & agility circuit
- Feb 9th do something explosive this day, either lifting, throwing, or sprinting
- Feb 10th Travel to Valencia
- Feb 11th Competition in Valencia, Spain
- Feb 12th Travel to Birmingham
- Feb 13th Bench Press x4x3x2 up to 450lbs, Jump Squat 5x3, work up to 200kg, agility circuit afterward
- Feb 14th Throwing workout
- Feb 15th something light & explosive, either dumbbell jump squats, some type of overheads, and/or 5x20m sprints
- Feb 16th REST
- Feb 17th Competition at Birmingham
- Feb 18th Travel to Athens
- Feb 19th Bench Press 4x4 up to 375lbs, Rhythmic step-ups 2x6, stair sprints x4
- Feb 20th Jump Squats 4x4 up to 360lbs, Push Jerk 3x3 @ 100kg, 4x100m build-ups after lifting, throwing workout
- Feb 21st Rest & loosen up
- Feb 22nd Throwing workout, dumbbell jump squats 4x7 after throwing & 6x20m sprints
- Feb 23rd REST
- Feb 24th Travel to Boston
- Feb 25th USAIF Indoor Championships

Early Spring Results for Reese Hoffa

- Alabama Relays, USA 21.84m Mar 25th
- Dakar, Senegal 21.30m Apr 28th

Hoffa Outdoor Prep II

● April 9th-April 27th, 2007

Week	Power Lifts
1	200
2	5x4
3	TBD (once travel arrangements are set for Dakar, Senegal)

Monday
Sprint sprints (x4, x4 double legged jumps 1/4 way to top)

Tuesday
Bench Press (see above)
Squat (2x7) each leg
DB Military Press 2x8
DB Front Arm Press 2x8
Manheaves 2x15 each direction
Agility Circuit (x2 each dir)
-High knees (20m + 20m sprint after)
-Butt Kicks (25m + 20m sprint after)
-A skip (25m + 20m sprint after)
-Carocia (25m + 20m sprint after)
-Walking Lunges (20m only)

Thursday
Incline DB Press (see above)
Front Squat to Push Press (x3)
DB Fly 2x4
Walking Twists 4x20m w/20kg plate
Sprint Plate 1 rep 2x15 each way
6x20m sprint starts, x5 standing long jump

Wednesday
Rest & tossen up

Friday
Back Squat (DB) (x4)
Hip Raises on Box 3x8 each leg
Vertmax 4x8
Standing Bar Twists 2x10 each direction
Rear Deck Flys 2x8
Back Hypers 2x10
5x100m build ups after lifting

Spring Results to USA Champs

- Doha, Qatar 21.37m May 11th
- Carson, USA 21.36m May 20th
- Eugene, USA 21.65m June 10th
- USA Champs 21.47m June 23rd

Hoffa Competition Cycle Training

Meets (or groups of meets) are spaced out 2 to 3 weeks apart. If only two weeks in between meets then Reese performs on week 2 & week 3 workouts.

Week	Power Lifts
1	5x5 up to 75-80%
2	5x4 up to 85%
3	5x3 up to 70%

Monday
Shoulder circuit, followed by short sprints

Tuesday
Bench Press (see above)
Mastheaders 2x10
Standing bar twists 2x10 each way

Wednesday
Agility Circuit

Friday
Bench Squats (see above)
Hip Raises on box 2x10 each leg
4x100m build-ups after lifting

Thursday
Shrap-ups 2x8
Back Hypers 2x10
Walking twists 4x25m

Summer Results between USA's and World Championships

● Ostrava, Czech Rep.	21.77m	June 27th
● Cork, Ireland	21.47m	June 30th
● Madrid, Spain	20.81m	July 21st
● London, UK	22.43m	Aug 3rd
● Osaka, Japan	21.12m	Aug 23rd
● World Champs (Q)	20.89m	Aug 25th
● World Champs (F)	22.04m	Aug 25th

Summer Results after World Championships

● Dubnica, Slovakia	21.08m	Sep 16th
● Warsaw, Poland	20.64m	Sep 19th
● World Athletic Final	20.98m	Sep 22nd
