

Strength Progression

Below are tables I developed for when throwers ask me "how strong do I need to be to be World Class". This is a difficult question because many athletes strength is restricted by technique either in the gym or on the throwing field. Athletes also mature at various rates - Girls sometimes faster than boys but not always, so there are a number of factors that can effect the progression as an athlete. A big indicator of your athletic future is check out your parents and family genetics. Another big contributory factor towards speed of development comes from involvement in other activities from an early age such as football, rugby for the boys and dancing and other semi contact sports such as hockey, and basketball for the girls (as well as football and rugby).

There are no hard and fast rules with regard to distance thrown only hard work

The tables on the next two pages give an indication of your strengths and weaknesses and highlight areas that may require more focus for your winter training. The tables have been produced from my own personal experience and from from talking to various athletes, coaches.

Boys Development table

	U15 Yr 1	U15 Yr 2	U17 Yr 1	U17 Yr 2	U20 Yr 1	U20 Yr 2	U23 Yr 1	U23 Yr 2
Hammer 3K	50 / 60	55 / 70	60 / 75	70 / 85	X	X	X	X
Hammer 4K	40/50	50/58	58/64	67 / 78	70 / 82	78 / 88	X	X
Hammer 5K	30/40	40/50	50/65	65 / 75	72 / 78	76 / 84	76 / 84	80 / 90
Hammer 6K	X	25/35	35/58	58 / 64	64 / 70	68 / 74	72 / 78	76/ 80
Hammer 7K	X	X	40/48	48 / 56	56 / 62	59 / 68	65 / 70	69 / 74
Hammer 8 K	X	X	X	38 / 46	46 / 54	56 / 60	60 / 64	64 / 67
Hammer 9 K	X	X	X	X	38 / 50	48 / 54	54 / 58	58 / 60
10K Plate	X	X	X	X	X	Short	Short	Short
Power Clean	Learning	40/50	50/80	80/100	100/120	120/140	140/160	150 / 180
Power Snatch	Learning	30/40	40/60	60/70	70/90	90/110	110/120	115 / 150
Front Squat	Learning	40/60	60/80	80/120	120/150	150/170	170/190	180 / 220
Back Squat	Learning	60/80	80/130	130/170	170/190	190/220	220/240	220 / 240
Dead Lift	X	X	X	100 / 150	160 / 220	180 / 250	230 / 270	230 / 270
	4K	4K	5K	5K	6K	6K	7.26K	7.26K
Standing LJ	1.8 / 2.0	1.9 / 2.3	2.1 / 2.5	2.4 / 2.7	2.4 / 2.7	2.6 / 3	2.6 / 3.1	2.8 / 3.1
30m Sprint	5.0 / 4.2	4.8 / 4.1	4.4 / 4.0	4.4 / 3.9	4.3 / 3.7	4.0 / 3.7	3.9 / 3.7	3.9 / 3.6
Overhead Shot	9 / 10	9 / 13	13 / 18	15.5 / 19	15 / 18.5	16 / 19	15.5 / 18	16 / 19

Girls Development Table

	U15 Yr 1	U15 Yr 2	U17 Yr 1	U17 Yr 2	U20 Yr 1	U20 Yr 2	U23 Yr 1	U23 Yr 2
Hammer 3K	30 / 45	40 / 52.5	45 / 57.5	47. 5 / 60	52.5 / 65	57.5 / 70	62.5 / 72.5	65/ 75
Hammer 4K	25 / 35	30 / 47.5	35 / 52.5	40 / 55	45 / 60	50 / 65	55 / 67.5	62.5 / 70
Hammer 5K	X	27.5 / 40	32.5 /45	40 / 50	42.5 / 54	47.5 / 60	55 / 62.5	57.5 / 65
Hammer 6K	X	short	short	sho rt	short	35 / 50	40 / 55	57.5
Hammer 7K	X	X	X	X	X	short	short	short
Hammer 8 K	X	X	X	X	X	X	X	short
Hammer 9 K	X	X	X	X	X	X	X	X
Power Clean	Learn ing	20/40	20 / 50	3 0 / 60	40 / 70	50 / 80	60 / 90	70 / 100
Power Snatch	Learn ing	15 / 20	15 / 30	20 / 40	30 / 50	35 / 57.5	45 / 65	50 / 75
Front Squat	Learn ing	15 / 30	20 / 50	3 0 / 60	40 / 70	55 / 85	80 / 105	95 / 120
Back Squat	Learn ing	30 / 60	40 / 70	50 / 90	85 / 110	90/13 0	110 / 150	140 / 180
	3K	3K	4K	4K	4K	4K	4K	4K
Standing LJ	1.6 / 1.8	1.6 / 2.0	1.6 / 2.2	1.7 / 2.4	2.0 / 2.5	2.1 / 2.6	2.3 / 2.7	2.4 / 2.8
30m Sprint	5.4 / 4.2	5.0 / 3.9	4.6 / 3.9	4.4 / 3.8	4.2 / 3.7	4.0 / 3.7	3.9 / 3.7	3.9 / 3.7
Overhead Shot	9 / 10	9 / 13	10 / 13	12 / 14	13 / 15	14 / 16	14 / 17	15 /18