Power Throw Improvement Protocol

Power relies on maximizing your *rate* of force production, not just how strong you are. This protocol relies on "rate coding," the same technique as baseball players using a weighted bat.

1. First, throw a 10lb ball to establish your baseline

2. 5 reps with a 14lb ball, resting **2min** between EACH throw

If form is still good, then…

3. 5 reps with a 20lb ball, resting **2min** between EACH throw

If form is STILL good, then…

4. 5 reps with a 30lb ball, resting **2min** between EACH throw

Rarely appropriate. Beginners should stop at 14lbs.

5. After a final rest, throw the 10lb ball again to measure improvement

Power training is optimized with a 1:12-1:20 work to rest ratio, so these rest periods will likely be longer than you're accustomed to.

How to Use this Protocol

All training should be preceded by a dynamic warmup. The standing power throw is a full body movement, so warm up appropriately.

There is nothing special about 14, 20, and 30lbs. Use the weights you have available. More options under 20 would help Soldiers struggling with this event.

After testing over 100 Soldiers, the AVERAGE improvement was over 1.6 meters in a single session.

These improvements won't persist without further training. Power needs to be trained at least weekly to be retained.

Don't have access to a rack of medicine balls? Shape some sandbags and wrap them in duct tape. Label them with their weights and keep them accessible where you do PT.

AVERAGE IMPROVEMENT = 1.6 METERS