

# AW

## Full power!

IT'S THAT time of year again and this 'strength and power' issue is full of articles relevant to those two categories. Of course, all events need these assets but in varying degrees.

There is no doubt sprinters and throwers in particular need power in abundance, but so does the humble marathoner, albeit in a much different guise.

The ability to propel oneself over 26.2 miles with minimal energy wastage is something most distance geeks don't give much thought to, but on page 56 the subject is discussed at length.

Elsewhere, we have a look at plyometrics, strength endurance and our products section looks at supplements along with some nifty devices. Kicking off the 'Performance' pages though is our 'how they train' feature with Channel Islander Zane Duquemin.

David Lowes, Coaching editor

# Zane Duquemin



Zane Duquemin: aiming to go over 20 metres soon

### FACTFILE:

#### ZANE DUQUEMIN

<b>Born</b>	September 23, 1991
<b>Coach</b>	John Hillier
<b>Club</b>	Shaftesbury Barnet
<b>PBs</b>	Shot put (SP): 19.42m (2013); Discus throw (DT): 63.46m (2012)
<b>Achievements</b>	
2013	European U23 SP 4th, DT 11th; European Team SP 9th; England U23 SP gold, DT gold; BUCS SP gold, DT gold; UK Indoor SP silver
2012	Olympic Trials SP bronze, DT 4th; England U23 SP gold, DT silver; BUCS SP gold, DT gold; UK Indoor SP silver; BUCS Indoor SP silver
2011	World Trials DT 6th; England SP silver, DT bronze; England U23 SP gold, DT bronze; BUCS SP gold, DT gold; Inter-Counties SP silver, DT silver; UK Indoor SP 5th
2010	Commonwealth SP 12th, DT 10th; World Junior DT 9th q; England U20 DT silver; English Schools' DT silver; Inter-Counties SP 8th, DT 8th; England U20 Indoor SP silver
2009	England U20 DT silver; English Schools' DT silver; England U20 Indoor SP silver
2008	England U17 SP silver, DT gold; England U20 DT 6th; English Schools' DT gold; Schools' International DT gold; UK School Games DT gold
2007	England U17 DT 5th
2006	English Schools' DT silver; AAA U15 DT silver

## BRITAIN'S TOP SHOT PUTTER THIS YEAR, ZANE DUQUEMIN, SPOKE TO DAVID LOWES ABOUT HIS DEVELOPMENT, TRAINING AND AMBITIONS

ZANE DUQUEMIN started in athletics when he was aged nine. He says: "At the time I was involved in quite a few sports and was pretty quick. I started out as a sprinter, but luckily I was useful at all events – except for anything that involved running further than 200m!"

"I injured my adductor when I was 11, which stopped me from running for a few months and so I tried the discus as my older sister was doing a bit of throwing. I took to it fairly quickly and realised then

### TYPICAL TRAINING WEEK (Hypertrophy cycle)

Each training cycle lasts four weeks. During strength and power phases the structure and exercises change slightly but stay fairly similar and the reps in the weight room come down.

Monday	(am) Rest. (pm) Lifting session 1.
Tuesday	(am) Shot session. (pm) Discus session and plyometric circuit.
Wednesday	(am) Rest. (pm) Lifting session 2.
Thursday	(am) Shot session. (pm) Discus session and plyometric circuit.
Friday	(am) Rest. (pm) Lifting session 3.
Saturday	(am) Rest. (pm) Rest.
Sunday	(am) Shot session. (pm) Discus session and plyometric circuit.

#### Lifting session 1

Clean grip high pulls 3x10; Back squat 3x10; Bench press 3x10; Inverted row 4x

Max Rep; Weighted push-up 3x5; Roll-outs 3x10.

#### Lifting session 2

Snatch grip high pulls 3x10; Front squat 3x10; Push press 3x10; Pull-ups 4x Max Rep; Weighted dips 3x5; Roll-outs 3x10.

#### Lifting session 3

Deadlift 3x10; Step-ups 2x5 each leg; Incline bench 3x10; Inverted row 4x Max Rep; Weighted push-up 3x5; Roll-outs 3x10.

#### Shot session

9.5kg stand throw x6; 7.26kg stand throw x10; 7.26kg full turn x10; 8kg med ball chest push throw 2x6; 6kg full turn x8.

#### Discus and plyo session

2kg discus stand throws x10; 2kg full turns x20; 2.5kg \*Denfi full turn x6; Underarm throw 8kg shot x5; Underarm throw 6kg shot x5; Loaded box jump 3x5; Single leg hops 3x5 each leg; 25kg Disc twists 3x20; Skipping 300 contacts.

\*Denfi full turns are simply full turns but throwing a denfi tool rather than a discus – it's basically a 2.5kg ball on a small chain with a hammer handle.

• The above sessions are specific to the individual athlete and may not be suitable for other athletes

that throwing was for me." Coming from Jersey, the largest of the Channel Islands, Duquemin adds: "We only had one or two competitions a year and so we had to travel over to England for all of my other events. My club, Jersey Spartan AC, helped fund some of the trips, but it was still very expensive and I'm very lucky my parents were able to pay for me to compete regularly on the mainland. To keep costs down we'd often fly out on the red eye on the day of the competition, which I used to hate as I'm not a morning person!"

Duquemin feels that his breakthrough competition was when winning a silver medal in the discus at his first English Schools championships as a second-year under-15. The No.1 ranked British shot putter in 2013 says: "I had never been



Zane Duquemin: technique is an important factor

to an event of that size before and, even though we were out in the back field, I loved the atmosphere and thus gained my first taste of the buzz that big competitions can give you."

Although this was a breakthrough competition,

Duquemin is keen to emphasise: "I would say that the most important competition for me was a year later and failing to qualify for the final at English Schools. This was a real eye opener for me in terms of realising that I could not continue to play rugby and throw at the level that I wanted to and so I made the decision to focus fully on throwing and I then went unbeaten the following year."

The Shaftesbury Harrier, who is also the second-ranked British discus thrower this year, says that his training has evolved massively over the years and explains: "My London-based coach, John Hillier, drilled it into me from an early age that throwing technique was the most important factor to develop first. The volume of drills and throws was huge and I would head down to the track whenever I was free to throw a discus." He continues: "Gradually, the training became more structured and we started to

## Coaching courses

### ENGLAND

#### • Officials Health & Safety

**November 30:** Eastlands (Sportcity), Manchester. **Cost:** £10.

#### • Coaching Assistant

**November 30-December 1:** Westminster Sports Centre, Oxford. **Cost:** £225 (EA affiliated £165).

**December 7-8:** Brunel Sports Centre, Uxbridge. **Cost:** £225 (EA affiliated £165).

#### • Leadership in Running Fitness

**November 30:** Leeds Castle, Maidstone. **Cost:** £150 (EA affiliated £130).

**December 1:** Yate Outdoor Sports Complex, Yate. **Cost:** £150 (EA affiliated £130).

**December 7:** Lightfoot Centre, Walker. **Cost:** £150 (EA affiliated £130).

**December 7:** Sportspark, University of East Anglia, Norwich. **Cost:** £150 (EA affiliated £130).

#### • Road Traffic Management

**December 7:** Keepmoat Stadium, Doncaster. **Cost:** £140 (EA affiliated £70).

**Contact:** [englandathletics.org](http://englandathletics.org)

### NORTHERN IRELAND

#### • Coaching in Running & Fitness (Part 2)

**December 14:** University of Ulster, Jordanstown. **Contact:** [info@athleticsni.org](mailto:info@athleticsni.org)

### SCOTLAND

#### • Athletics Coach

**November 30-December 1:** Grangemouth Stadium. **Cost:** £350 (SA 50% subsidiary available).

#### • Athletics Leader

**December 7:** Aberdeen Sports Village. **Cost:** £90. **Contact:** [Jim.Goldie@coaching.scottishathletics.org.uk](mailto:Jim.Goldie@coaching.scottishathletics.org.uk)

### WALES

#### • Leadership in Running Fitness

**November 30:** Bridgend Athletics Club. **Cost:** £90. **Contact:** [dave.goodger@welshathletics.org](mailto:dave.goodger@welshathletics.org)

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