



THROWERS 3/16 to 3/20

|  | WARM-UP | MAIN WORK-OUT | Post Workout (do after main work-out) |
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| MONDAY 3/16 | <p><u>SHOT/DISCUS DAY</u> Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes</p> | <p>5 Power Position SHOT PUT throws 5 Shot Walk throws (or the Glide if you know)</p> <p>5 Power Position DISCUS THROWS 5 South African (skip this if you don't know what this is) 5 Full Throws (skip if you don't know how to yet)</p> <p><u>SHOT HOMEWORK</u> - Watch the entire Video below https://www.youtube.com/watch?v=cfwxooD403w Pay attention to the sequence at 10:25 I want you to drill this on Wednesday I'll call this the <u>ASHTON EATONS</u> from now on</p> | <p>10 Normal Push Ups Focus Squats (arms crossed, pinch ears) Daily Stretches 1, 2, 3 10 Normal Push Ups</p> |
| TUESDAY 3/17 | <p><u>JAVELIN DAY</u> Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward 3-step Jav walks 3-step Jav walks with farther 1st step Jav Warm-up with Javelin Hold Jav and stretch from front to back Figure 8s Lunge and Stretch Arms 15 push ups (5 fingers straight ahead, 5 fingers in, 5 fingers out)</p> | <p>“Picks” (Standing, Short 5 yd Throws) across the field and back “Lofted Picks” (Standing, Longer and Higher Throws, aim to the top of the trees) across the field and back 3-Step Throws across the field and back 5 3-Step Throws from the Runway</p> <p><u>JAVELIN HOMEWORK</u> - Watch the Video below https://www.youtube.com/watch?v=Dkyo3eKswrU Pay attention to Drills #1 to #4. I want you to do these drills on Friday</p> | <p>Focus Squats (arms crossed, pinch ears) Daily Stretches 1, 2, 3</p> |


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| <p style="text-align: center;">WEDNESDAY 3/18</p> | <p><u>SHOT/DISCUS DAY</u></p> <p>Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes</p> | <p><u>SHOT/DISCUS DAY</u></p> <p>Do the Video sequence, without a shot, at 10:45 (ASHTON EATONS) 5 Power Position SHOT PUT throws 5 Full ASHTON EATON throws (or the Glide if you know)</p> <p>5 Power Position DISCUS THROWS 5 South African (skip this if you don't know what this is) 5 Full Throws (skip if you don't know how to yet)</p> | <p>10 Windshield Wiper Push Ups 5 Hand Stand Kick Ups Daily Stretches 4, 5, 6 10 Windshield Wiper Push Ups</p> |
| <p style="text-align: center;">THUR 3/19</p> | <p>REST DAY</p> | | |
| <p style="text-align: center;">FRIDAY 3/20</p> | <p><u>EVERYONE</u> Usual Team Warm-Up, then split up</p> <p><u>SHOT/DISCUS</u> Do same as Wednesday</p> <p><u>JAVELIN</u> Additional Warm-Up Jav Warm-up with Javelin Hold Jav and stretch from front to back Figure 8s Lunge and Stretch Arms 15 push ups (5 fingers straight ahead, 5 fingers in, 5 fingers out)</p> | <p><u>SHOT/DISCUS</u> Do the same as Wednesday <u>SHOT HOMEWORK</u> - Watch the entire Video below https://www.youtube.com/watch?v=s772S3usAbE Pay attention to the sequence from 5:38 and the "1-2-3" positions to 5:45. The only thing I would change is to do "1-2-step with the left to power position-3" I want you to do this drill on Monday</p> <p><u>JAVELIN</u> - Do on the track by the javelin runway for about 10 meters. 3-step Jav walks without jav 3-step Jav walks with farther 1st step without jav Do Drills #1 to #4 from the Video without a javelin. Then do again with a javelin. #1 - Slow Crossover #2 - Slow Crossover with 2 hops #3 - Easy run with Jav #4 - Crossover at normal/easy speed</p> <p>"Picks" across the field and back "Lofted Picks" across the field and back 3-Step Throws across the field and back 5 3-Step Throws from the Runway</p> | <p><u>EVERYONE</u> 5 Roller Coasters (Full) Focus Squats (arms crossed, pinch ears) Daily Stretches 7, 8, 9 5 Roller Coasters (Reverse)</p> |

THROWERS Spring Break 3/23 to 3/27

|  | WARM-UP | MAIN WORK-OUT | Post Workout (do after main work-out) |
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| MONDAY 3/23 | <p><u>SHOT DAY</u> Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes</p> | <p><u>SHOT</u> "1-2-3" Sequence from the Video (without a shot) - Do 5 reps of 3 leg swing to the "A Position" - Do 5 reps of the entire "1-2-step with the left to power position-3" sequence (This is the sequence from 5:38 to 5:45) - Do 5 reps of the entire "1-2-step with the left to power position-3" then throw. Do this with a pause between positions. - Do 5 reps of the last sequence but do it quickly without pausing between positions. I'll call this just "1-2-3" from now on. 5 Power Position SHOT PUT throws 5 "1-2-3" Throws. 5 more throws: either the Shot Walk, "1-2-3," Ashton Eatons, or the Full Glide if you know it.</p> | <p>10 Normal Push Ups Focus Squats (arms crossed, pinch ears) Daily Stretches 10, 11, 12 10 Normal Push Ups</p> |
| TUESDAY 3/24 | <p><u>JAVELIN DAY</u> Additional Warm-Up Jav Warm-up with Javelin Hold Jav and stretch from front to back Figure 8s Lunge and Stretch Arms 15 push ups (5 fingers straight ahead, 5 fingers in, 5 fingers out)</p> | <p><u>JAVELIN</u> - Do on the track by the javelin runway for about 10 meters. 3-step Jav walks without jav 3-step Jav walks with farther 1st step without jav Do Drills #1 to #4 from the Video without a javelin. Then do again with a javelin. #1 - Slow Crossover #2 - Slow Crossover with 2 hops #3 - Easy run with Jav #4 - Crossover at normal /easy speed</p> <p>"Picks" across the field and back "Lofted Picks" across the field and back 3-Step Throws across the field and back 5 3-Step Throws from the Runway</p> | <p>Focus Squats (arms crossed, pinch ears) Daily Stretches 10, 11, 12</p> |

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| <p style="text-align: center;">WEDNESDAY 3/25</p> | <p><u>SHOT/DISCUS DAY</u> Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes</p> | <p><u>SHOT/DISCUS</u> 5 Power Position SHOT PUT throws 5 "1-2-3" Throws. 5 more throws: either the Shot Walk, "1-2-3," Ashton Eatons, or the Full Glide if you know it. 5 Power Position DISCUS THROWS 5 South African (skip this if you don't know what this is) 5 Full Throws (skip if you don't know how to yet)</p> | <p>10 Windshield Wiper Push Ups 5 Hand Stand Kick Ups Daily Stretches 13, 14, 15, 16 10 Windshield Wiper Push Ups</p> |
| <p style="text-align: center;">THUR 3/26</p> | <p>REST DAY</p> | <p><u>JAVELIN HOMEWORK</u> - Watch the Video below https://www.youtube.com/watch?v=Dkyo3eKswrU Pay attention to Drills #6. I want you to add this drill tomorrow (Friday)</p> | |
| <p style="text-align: center;">FRIDAY 3/27</p> | <p><u>EVERYONE</u> Usual Team Warm-Up, then split up <u>SHOT/DISCUS</u> Do same as Wednesday Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes <u>JAVELIN</u> Jav Warm-up with Javelin Hold Jav and stretch from front to back Figure 8s Lunge and Stretch Arms 15 push ups (5 fingers straight ahead, 5 fingers in, 5 fingers out)</p> | <p><u>SHOT/DISCUS</u> -Do the same as Wednesday 5 Power Position SHOT PUT throws 5 "1-2-3" Throws. 5 more throws: either the Shot Walk, "1-2-3," Ashton Eatons, or the Full Glide if you know it. 5 Power Position DISCUS THROWS 5 South African (skip this if you don't know what this is) 5 Full Throws (skip if you don't know how to yet) <u>JAVELIN</u> -Do the same as Tuesday, but add Drill #6 and a 5-Step Drill #1 - Slow Crossover #2 - Slow Crossover with 2 hops #3 - Easy run with Jav #4 - Crossover at normal /easy speed #6 - 3-step with an emphasis on HIP STRIKE 5-Step Drill – Start the same a 3-Step Throw. Then take a left step, then right step, then a 3-Step Throw. "Picks" across the field and back "Lofted Picks" across the field and back 3-Step Throws across the field and back 5-Step Throws across the field and back 5 3-Step or 5-Step Throws from the Runway</p> | <p><u>EVERYONE</u> 5 Roller Coasters (Full) Focus Squats (arms crossed, pinch ears) Daily Stretches 1, 2, 3 5 Roller Coasters (Reverse)</p> |

TROWERS 3/30 and 3/31

|  | WARM-UP | MAIN WORK-OUT | Post Workout (do after main work-out) |
|---|--|---|---|
| MONDAY 3/30 | <p><u>SHOT/DISCUS DAY</u> Usual Team Warm-Up Additional Warm-Up Hip Twist – forward/backward Quarter Turn Hip Twist- front/back Shot Walk – slow/quick 10 Quarter Turn Pirouettes 10 Half Turn Pirouettes</p> | <p>5 Power Position SHOT PUT throws 5 "1-2-3" Throws. 5 more throws: either the Shot Walk, "1-2-3," Ashton Eatons, or the Full Glide if you know it.</p> <p>5 Power Position DISCUS THROWS 5 South African (skip this if you don't know what this is) 5 Full Throws (skip if you don't know how to yet)</p> | <p>10 Normal Push Ups Focus Squats (arms crossed, pinch ears) Daily Stretches 4, 5, 6 10 Normal Push Ups</p> |
| TUESDAY 3/31 | <p><u>JAVELIN</u> Usual Team Warm-Up Jav Warm-up with Javelin Hold Jav and stretch from front to back Figure 8s Lunge and Stretch Arms 15 push ups (5 fingers straight ahead, 5 fingers in, 5 fingers out)</p> | <p><u>JAVELIN</u> - Do the same as Friday, but use Javelin the whole time #1 - Slow Crossover #2 - Slow Crossover with 2 hops #3 - Easy run with Jav #4 - Crossover at normal /easy speed #6 - 3-step with an emphasis on HIP STRIKE 5-Step Drill – Start the same a 3-Step Throw. Then take a left step, then right step, then a 3-Step Throw.</p> <p>“Picks” across the field and back “Lofted Picks” across the field and back 3-Step Throws across the field and back 5-Step Throws across the field and back 5 3-Step or 5-Step Throws from the Runway</p> | <p>10 Normal Push Ups Focus Squats (arms crossed, pinch ears) Daily Stretches 4, 5, 6 10 Normal Push Ups</p> |