

Thursday, 4/2

<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>
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Friday, 4/3

<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 "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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