

Throwers workouts

Nothing below strictly involves throwing. Everything provided is to help you build explosiveness, fast twitch muscle, and general conditioning. If you want to throw, everythingtrackandfield.com is currently running some specials on throwing equipment (\$20-\$30 per single shot or discus). I would also recommend google searching implement alternatives, people that don't have gear have gotten creative over the years with finding cheaper or more readily available things to throw.

I would also recommends using some of this time (school work comes first!!!) to become a student of our sport. Read up on world records, Olympic champions, how are sport evolved over the years (not just throwing, but track and field as a whole. Basketball, Football, Baseball and the like are very VERY young compared to track and field). Some of my favorite people to learn about are Al Oerter, Brian Oldfield, and Micheline Ostermeyer.

If you are throwing and want to shoot me a video for some tips, I'll give my email. Let me know how things are going for you, how you're passing the time, and, if you come up with something, how you're finding creative ways to throw. Nick.b.demars@gmail.com

Day 1

- 2 Laps, warm up (given below)
- Sprints: 40 yards, 10 times. Rest time is walking back to start
- Jump circuit: 10 Vertical jumps (reach as high as you can go), 10 broad jumps (standing still, jumping straight forward as far as you can), 12 bounds on each leg (jumping on one leg), as far as you can go, repeat circuit 3 times
- Core: 60 second front plank, 30 seconds each side plank, 60 second pushup plank (hold the position where you start a push up, arms extended), repeat 3 times
- 2 Laps
- Stretch

Day 2

- 2 Laps, warm up
- Hills (similar to height at CHS), 20 times up, rest time is walk to bottom of hill
- Pushup circuit: do each exercise as many times as you can without taking a break. Some of you can do a lot of pushups. Get to at least 15 each exercise: regular pushups, diamond pushups (make a diamond with your hands below your chest, this works your triceps), clapping pushups (Push yourself hard enough so you come off the ground and can clap, pros can do 2 or 3 claps and catch themselves!) repeat 3 times
- 3 laps
- Stretch

Day 3

- 2 Laps, warm up
- Jumps circuit: ONE LEG vertical jumps 10 each leg, 10 broad jumps, repeat 4 times
- Core: 25 of each, 3 times through: flutter kicks, crunches, V ups
- 4 laps (yes, FOUR, that's a mile.)
- Stretch

Day 4

- 2 Laps, warm up
- Sprints: 40 yards, 10 times. Rest time is walking back to start
- Agility drills: 50 two leg line jumps, 50 right leg line jumps, 50 left leg. Repeat three times
- Core: 25 seated twists, 60 second plank, 20 leg raises, 3 times through
- 3 Laps
- Stretch

Day 5

- 2 Laps, warm up
- Same pushup workout as day 2
- Core: 25 flutter kicks per leg, 25 bicycle kicks per leg, 15 v ups, 3 times through
- 4 laps (yes, ANOTHER mile.)
- Stretch

Warmup, 25 yards of each:

- Did you run your two laps?
- Forward lunges
- Are you sure you ran your two laps?
- Backwards lunges
- Grass pickers
- Knee huggers
- High knees
- Back peddle
- Skips for height
- Skips for distance
- 2 legged broad jumps
- Right leg bounds
- Left leg bounds