

Throws Winter Workouts - Salisbury University Track and Field

<p>Week 1 Finals Week</p> <p>Use Winter 1 Lifting</p>	<ul style="list-style-type: none"> • Warm Up (10 minute jog, plyo drills) • Speed (6x40m sprint) • Agility (Line Jumps {Front-to-Back} 4x30 seconds with 30 seconds rest) • Throw and/or Drill • Stretch • See Lifting Workout 	<p>See lifting workout</p>	<ul style="list-style-type: none"> • Warm Up • Plyometrics (3x10 box jumps 12-18" box) • Speed - 10x20m (walk back recovery) • Agility Shuttle 1x5 • *Stretch 	<p>See lifting workout</p>	<ul style="list-style-type: none"> • Warm Up • Throw and/or Drill • Stretch 	<p>See Lifting Workout</p>
<p>Week 2 Holiday Week</p> <p>Use Winter 1 Lifting</p>	<ul style="list-style-type: none"> • Warm Up • Speed (5x60m sprint) • Plyometrics (Split Jumps 2x20, Standing Long Jump) • Throw and/or Drill • Stretch • See Lifting Workout 	<p>See lifting workout</p>	<ul style="list-style-type: none"> • Warm Up • Plyometrics (Star Jumps 3x10; Standing Long Jump 1x5; Lateral Box Touches 2x20) • Speed - 5x20m (walk back recovery) • Throw and/or Drill • Stretch 	<p>See lifting workout</p>	<p style="text-align: center;">OFF</p>	<p>(See lifting workout</p>
<p>Week 3 New Years Week</p> <p>Use Winter 2 Lifting</p>	<ul style="list-style-type: none"> • Warm Up • Speed (5x60m sprint) • Plyometrics (Lateral Jumps 3x15, Depth Jumps 3x5) • Throw and/or Drill • Stretch • See Lifting Workout 	<p>See Lifting Workout</p>	<ul style="list-style-type: none"> • Warm Up • Plyometrics (Split Jumps 3x10, Box Jumps (12-18") 3x15) • Speed – 5x40m (walk back recovery) • Throw and/or Drill • Stretch 	<p>See Lifting Workout</p>	<ul style="list-style-type: none"> • Warm Up • Throw and/or Drill 	<p>See Lifting Workout</p>
<p>Week 4</p> <p>Use Winter 2 Lifting</p>	<ul style="list-style-type: none"> • Warm Up • Speed (10x20m sprint) • Throw and/or Drill • Stretch • See Lifting 	<p>See Lifting Workout</p>	<ul style="list-style-type: none"> • Warm Up • Plyometrics (Line Jumps 3x30 sec; Star Jumps 3x10; Squat Jumps 3x10) • Speed- 5x50m Buildups (jog 10m, accelerate 10m, full 	<p>See Lifting Workout</p>	<ul style="list-style-type: none"> • Warm Up • Throw and/or Drill 	<p>See Lifting Workout</p>

	Workout		<ul style="list-style-type: none"> speed 30m) • Throw and/or Drill • Stretch 			
Week 5 Use Winter 2 Lifting	<ul style="list-style-type: none"> • Warm Up • Speed (10x20m sprint) • Throw and/or Drill • See Lifting Workout 	See Lifting Workout	<ul style="list-style-type: none"> • Warm Up • Plyometrics (Line Jumps 3x30 sec; Star Jumps 3x10; Squat Jumps 3x10) • Speed- 10:10:10 – Walk, Jog, Sprint: Walk for 10 seconds, Jog for 10 seconds, Sprint for 10 seconds. Walking portion is your recovery • Throw and/or Drill • Stretch 	See Lifting Workout	<ul style="list-style-type: none"> • Warm Up • Throw and/or Drill 	See Lifting Workout
Week 6 (Lifting changes to Mon, Tue, Wed. for Competition Phase) Use Winter 3 Lifting	<ul style="list-style-type: none"> • Warm Up • Speed (10x20m sprint) • Throw and/or Drill • See Lifting Workout 	See Lifting Workout	<ul style="list-style-type: none"> • Warm Up • Plyometrics (Box Jumps 12-18" 3x10, Lateral Box Jumps 3x10) • Speed- Ladder 10, 20, 30, 40, 50 • Throw and/or Drill • Stretch 	<ul style="list-style-type: none"> • Warm Up • Throw and/or Drill (5 warm ups, 15-20 fulls and 30-40 drills) 	Pre-Meet <ul style="list-style-type: none"> • Warm Up (plyo drills included) • Five standing throws, five competition throws @ 100% 	OFF
	SUNDAY, JANUARY 24th First Day of practice. 3:30 PM SHARP @ Maggs	Hard work now pays off later. YOU MUST WORKOUT AS MUCH AS YOU CAN! Come back in good shape.	I believe in all of you, and trust you will honor your responsibility.	Have a strong and determined mind to succeed and you will soar beyond your beliefs.	You may take <u>one day off</u> each week, if needed.	

Targeted throws per week (TPW) is 40-60. If you do not have a place to throw, add this total to your drills. Number of drills per week is 100-120. Individual Drills are as follows Brandon (2-steps), Jay (2-steps), Zach (Glide and Stop), Shawn (2-step), Dimitri (Glide and Stop), Matt (Glide and Stop) Brett (Glide and Stop) Jen (Reverse 7), Chelsea (Towel Drill {ground}), Rachel (Glide and Stop), and Holly (Double Glides)