

2012 Zone 8 ASG Team

Training for Throwers

The more you practice, the better you should perform at the Games. Ultimately, it's up to you to decide how much time and energy you have for training, but I'm going to suggest to start with a minimum of 3 training times per week.

If you're doing the minimum, do #1 below. Beyond the minimum, do #1 + as many #2 workouts as you have time and energy for.

1. Practice your events for three times a week for about 30 minutes at time
2. Lift weights and do core training 2 or 3 times a week **OR** practice short sprints and mild plyometrics twice a week

Example Workout – Event Practice

1. **Warm up for 15 minutes** – including 5 minutes of slow jogging, 2 or 3 strides (50m runs, fast and relaxed), 5 minutes of track and field drills (As, Bs, butt kicks, etc.), 5 minutes of easy stretching
2. **Throw your implement** for 30 minutes (or throw 2 different implements for 20 minutes each). In addition to practicing the actual throw, make sure you do a few different things
 - Practice the different phases
 - Practice the motion without the implement,
 - Throw a lighter implement (e.g. Use a softball for a shot put)
 - Throw a heavier implement (e.g. Use the senior mens shot put)
 - Throw with a medicine ball
3. **Cool down for 15 minutes** – jog ez for 5 minutes, and spend 10 minutes stretching. Most of your stretching and flexibility work should be at the end of the workout, not the beginning.

Example Workout – Weights/Core Training

1. **Warm up for 10 minutes** – including 5 minutes of slow jogging and some light stretching
2. **Lift** – Work on back, legs, arms, chest. Lifts such as bench press, push ups, pull ups, curls, leg curls, squats (be careful – half is probably best), seated rows, etc.
3. **Core** – Planks and bridges (see <http://www.smiweb.org/core.pdf>) for some great ideas, sit ups, leg raises, exercise ball work
4. **Cool down for 5 minutes** – more stretching

For weights, emphasize medium weights with medium reps. You can also try a few heavier weights with low reps and fast movements to train explosive power. If you spend 45 to 60 minutes in the weight room per workout, that's probably enough for now.

Example Workout – Sprints/Mild Plyometrics

1. **Warm up for 10 minutes** – including 5 minutes of slow jogging and some light stretching
2. **Sprints** – 6 x 50m full out – walk 3 to 5 minutes between runs
3. **Plyometrics** – 10 burpees, 3 x standing long jump, 10 tuck jumps, 50m of bounding, 8 x clap push ups – do each exercise twice with full recovery between each exercise
4. **Cool down for 5 minutes** – more stretching

Bill Corcoran, Jun 2012