

Throwers general workout

Everyday

Dynamic warm-up
Correct number of sets for the week
Cool-down

Monday

Lifting- look at our schoology page for ideas or go online for at home lifting ideas. Since we aren't at practice you can lift both lower and upper body. You should do the weight and amount that will fatigue your body. You are all at a different spot in your training so adjust accordingly.

Technique- look at our schoology page for at least three (3) to four (4) technique video skill drills of discus.

Tuesday-

Circuit training and Plyos suggested on the Girls Tonka Website.

10 times = Sprint forward-shuffle sideways left-go backward-shuffle sideways right- Distance forward and shuffling sideways should be about five (5) yards

Three (3) times 20 yards - Lunge walks- Hold some type of weight in extended hands out in front of you. As you lunge down twist weight over support leg.

Wednesday-

Lifting- look at our schoology page for ideas or go online for at home lifting ideas. Since we aren't at practice you can lift both lower and upper body. You should do the weight and amount that will fatigue your body. You are all at a different spot in your training so adjust accordingly.

Technique- look at our schoology page for at least three (3) to four (4) technique video skill drills of shot put.

Thursday-

Circuit training and Plyos suggested on the Girls Tonka Website.

10 times = Sprint forward-shuffle sideways left-go backward-shuffle sideways right- Distance forward and shuffling sideways should be about five (5) yards

Three (3) times 20 yards - Lunge walks- Hold some type of weight in extended hands out in front of you. As you lunge down twist weight over support leg.

Friday-

Lifting- look at our schoology page for ideas or go online for at home lifting ideas. Since we aren't at practice you can lift both lower and upper body. You should do the weight and amount that will fatigue your body. You are all at a different spot in your training so adjust accordingly.

Technique- look at our schoology page for at least three (3) to four (4) technique video skill drills of shot put and discus.

Please check out the throwers schoology page updates every day for possible training updates. If you haven't already been invited to the Throwers schoology page and would like to be included - please text me -Coach Becher at 763-333-6332. Give me your full name so I can send you a schoology invite.