

Dear Jumpers and Throwers,

Happy Easter to everyone. Another week of training is before you. I am sure at times it is hard to stay motivated with the it being unknown how our season will proceed from here, but a true test of your commitment is being able to NOT let that get in the way of your motivation to make sure you are as ready as possible when we return.

Below, you will find this week's training. There are a few new elements to your training this week. While getting your training in please continue to make smart decisions (like keeping social distance), and just overall do the right thing.

As you have noticed, at times your training has been more focused on speed training, mostly due to the lack of equipment/monitoring these field events require. I hope though that you are making the best of it as you can with what you are working with right now (which is not much obviously since access to equipment is non existent).

Besides your physical training, for your own mental well-being, please make the effort to continue practicing our mindset skills and activities. As it has always been preached, this not only benefits your training, but your overall mental health. Which for all of us I am sure, is being tested right now. I am also here to chat with any time it is needed.

This is a good time to remind yourself that you can only control so much right now. You cannot control or change that we have been away for several weeks. However, you are in control of your training and how fit, prepared, and in shape you are for when we return. Please keep checking remind and Twitter.

Happy Training.

-Coach Brouillard

Jumpers/Throwers Training

April 13th-April 18th

Jumpers = Monday/Wednesday/Friday follow Sprint Training Schedule

Throwers = Monday/Wednesday/Friday Follow Sprint Training Schedule

- Jumpers -

Tuesday/Thursday/Saturday

2 Lap warm up @ sub 4:00 pace, 1 Lap 50m stride/50m jog

Rope Stretches

Leg Swings

Jumping Drills (2 sets of each drill)

- *High Knees

- *Skipping High Knees

- *Super Marios

- *Super Marios w/ Arms Reaching Over

- *SUPER SUPER MARIOS (jump as high as you can, then run a few steps before the next jump)

- *Bounds (Both Types)

5xRunway Approaches – Work on our 3 step bound into building up speed. All you need to do is count your steps as you are running down. Runway not needed.

Triple Jump Practice – Practice running the 3 phases. When you reach the jump phase, please take caution if you are not jumping into sand. I want you to start by walking into each phase, execute the phase, walk a few steps, execute the next phase, etc.

2 Lap Cool Down @ sub 4:00 pace

- Throwers -

Tuesday- -Thursday

2 Lap warm up @ sub 4:00 pace, 1 Lap 50m stride/50m jog

Rope Stretches

Leg Swings

Arm Stretches

Shot Put Throwing Drills

Try and find something of similar weight (10lbs) that you can throw to do these drills

- 1) 10xArm raised straight up, drop shot while flexing your wrists forward
- 2) 10xArm raised straight up, shot in palm of your hand, jump up and release shot
- 3) 10xWing Mill Throws, non-throwing arm arched straight away from your body, swing 3 times back and forth and then push shot as hard as you can, keep feet locked on the ground. This is all upper body.
- 4) 10xShuffle Power Throws. Regular throwing form, take as many steps as you want as you step into the throw and throw as far as you can.
- 5) 10xSquat Throws. Hold Shot with both hands, do a squat and as you come back up release Shot away from your body.

Then do...

- 4x15 Push Ups into 10 arm raises (with weights if you have)
- 4x60m Frog Squats
- 4x60m Lunges
- 4x15 Diamond Push Ups
- 3x15 Wing Span Push Up (Arms Stretched Out Wide)
- 2x2:00 Minute Planks (Forward facing – right arm-left arm-forward facing)

4 Minute Jog Cool Down.

Saturday

2 Lap warm up @ sub 4:00 pace, 1 Lap 50m stride/50m jog

Rope Stretches

Leg Swings

Arm Stretches

*Try and find either a Frisbee or circular disc that is light

*Practice your griping

*Light tosses (please do not cause damage!)

*Leg work without releasing