

Dear Jumpers and Throwers,

As we are all aware by now, we at the earliest will be returning on May 15<sup>th</sup>. It is my hope that you have been doing the training tasked to you that will allow you to return in shape with little rust to make the most of the shortened season. Training during the unknown, especially alone, is quite a daunting and at times frustrating task. Embrace it. This will make you physically and mentally tougher in the long run

Below, you will find this week's training. You will continue the new elements to your training from week. Next week, you will find a new layer to the training/maintaining of our base. While getting your training in please continue to make smart decisions (like keeping social distance), and just overall do the right thing.

Mentally, I very much want you to try and focus on enjoyment. Enjoyment of the process (no, not all of it is fun), enjoyment of the ability TO DO this, while others do not have the choice. While this is a struggle, keep in mind how lucky you are. There are people going through much worse right now.

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.

Continue 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.

Stay safe and sane...

-Coach Brouillard

# Jumpers/Throwers Training

## April 20<sup>th</sup>-April 26<sup>th</sup>

***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