

Dear Jumpers and Throwers,

I feel it is necessary to start off this letter by stating the obvious. It is a HUGE disappointment that we will not have a spring season this year. It is an even greater disappointment that we will be unable to see our seniors go around the track for their final campaign. This sad fact however, does not take away or change all that they have accomplished and brought to the program. Most importantly, it doesn't change all the great memories. As things calm down in the world, we will properly celebrate our seniors when the time is right.

We will be continuing our training for this week, and then concluding next week before you start your break. You will continue to practice the skills listed below, and incorporate the sprinting schedule in to continue working on your fitness. This is extremely important. Please reach out to me to let me know how the training has been going if I have not heard from you yet.

Keep up the good work. Your hard work will pay off in the future. The road to the future becoming today is a long one, but it is worth it.

Stay safe out there,

-Coach Brouillard

Jumpers/Throwers Training

April 27th-May 2nd

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