

Dear Jumpers and Throwers,

I hope this letter and the training finds you well. We find ourselves living in quite the crazy times right now. What we do on the track is extremely important, but there are more important things in life right now as well. I hope that you are doing the right thing, keeping social distance, and making sure that you are making healthy choices for yourselves and your families.

While we as a society are basically put on hold, we are lucky that we can still continue our training to make sure we are ready for when we return from our “vacation”. Below, you will find this week’s training schedule. On certain days, you will follow the sprint training schedule. On the days that you will not, it is listed what you should be doing. While I understand not all of what we usually do can be done at home, we will modify as best as we can until we return. The field events while sometimes not given the credit it deserves, is extremely important and is vital to our teams success, probably more so than the actual running events. You have a perfect opportunity to stay sharp during our “vacation”.

Besides continuing your training, like Coach Fiore asked the sprinters, I would like you to make every effort to check in with friends, family, and people who need it while we are away through texting, phone calls, or FaceTime.

Hopefully, we will be returning sooner rather than later. Keep up the good work and hopefully, it will pay off when we return.

Happy Training.

-Coach Brouillard

# Jumpers/Throwers Training

## March 23<sup>rd</sup>-March 28<sup>th</sup>

***Jumpers = Monday/Wednesday/Friday/Saturday follow Sprint Training Schedule***

***Throwers = Monday/Friday Follow Sprint Training Schedule***

**- Jumpers -**

Tuesday/Thursday –

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)

5xCreate a barrier like we do with the cones or hurdle, and do midair jump extenders

*(Run and jump, with arms stretched out)*

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.

2 Lap Cool Down @ sub 4:00 pace

**- Throwers -**

**Tuesday-Wednesday-Thursday-Saturday**

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...

- 3x10 Push Ups into 10 arm raises (with weights if you have)
- 4x50m Frog Squats
- 4x50m Lunges
- 3x15 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.

Tuesday