

Dear Jumpers and Throwers,

I hope this letter and the training finds you well. I hope you are continuing to do the right things such as keeping social distance, and making sure that you are making healthy choices for yourselves and your families, and hopefully keeping up with your training. This gives you an opportunity however to prove how much you want this. It is very true, that champions are made when no one is watching.

Keeping up with the field events during times like this can be difficult, but what you found in your training last week, and again this week, is important to your success. These drills and activates can be done at home. On designated days, please follow the sprint schedule like last week as well.

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.

Keep up the good work and hopefully, it will pay off when we return.

Happy Training.

-Coach Brouillard

Jumpers/Throwers Training

March 30th-April 4th

Jumpers = Tuesday/Thursday follow Sprint Training Schedule

Throwers = Tuesday/Thursday Follow Sprint Training Schedule

- Jumpers -

Monday/Wednesday/Friday/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)

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.