

LHS Thrower Workouts - Week 1 (March 5-9)

- Objectives: 1. Patriot Power Test
2. Introduce throwing events, developing a technical model
3. Stress safety
4. Learn Lifts and How to Work in Weight Room
5. Establish baseline test data for Quadrathlon

Monday

- Patriot Power Test

Tuesday

- Patriot Power Test

Wednesday

- Thrower Warm-up
- Discus School (Release & Power Pos.)
- Shot Put School
- Quadrathlon Baseline Test
- Weight Program Intro.

Thursday

- Thrower Warm-up
- Discus School (Middle of Ring)
- Shot Put School
- Lifting: First two lifts 3x8-10; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Lower

- Dead Lift
- Front Squat
- Dumbell Lunges
- Partner Plate Turns
- Power Clean Tech.

*9 minutes per lift

Upper

- Bench Press
 - Superset (SS) w/ Raised Leg Circles
- One Arm Row
- Dumbell Military
 - Superset (SS) w/ med. Ball crunches
- Dumbell Flies
- Seated Med ball catch & crossbody sling

*9 minutes per lift

Friday

- Thrower Warm-up
- Discus School (Entry)
- Shot Put School
- Pagel Circuit x 2
- Lifting (See Above)

Pagel Circuit

10 reps each exercise no rest between

Burpees
V-up
Squat Jump
Push Up
Split Squat Jump
Lateral Jump
Walk 200 meters (Cool Down)

LHS Thrower Workouts - Week 2 (March 12-16)

Objectives: 1. Developing a technical model

2. Stress safety

3. Weight Room: Proper Technique and Build Strength

Monday

- Warm Up
- Circle Checklist
- 10 x 20 yd sprints
- Lifting: First two lifts 3x8-10; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Front Squat
- Hamstring pushups
- Russian Twists (x3)
- Seated Med ball catch & crossbody sling

*9 minutes per lift

Upper

- Bench Press
 - SS V ups
- One Arm Row
- Dumbbell Military
 - SS leg lifts over box
- Dumbbell Flies-chest
- Tricep Ext.

Tuesday

- Warm Up
- Circle Checklist
- Lifting (See Above)

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Thursday

- Thrower Warm-up
- Quick-foot Ladder
- Circle checklist
- Lifting (See Above)

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Friday

- Thrower Warm-up
- Circle Checklist
- Pagel Circuit x 3

Pagel Circuit

10 reps each exercise no rest between

Burpees
V-up
Squat Jump
Push Up
Split Squat Jump
Lateral Jump
Walk 200 meters (Cool Down)

LHS Thrower Workouts - Week 3 (March 19-23)

Objectives: 1. Developing a technical model

2. Stress safety

3. Weight Room: Increase Intensity to Build Strength

Monday

- Warm Up
- Circle Checklist
- 15 x 10 yd sprints
- Lifting: First two lifts listed 4x5-7; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Front Squat
- One Arm DB Snatch
- Straight Leg Dead lift
- Jack Knife & Roll

*10 minutes per lift

Upper

- Bench Press
 - SS V ups
- One Arm Row
- Dumbbell Military
 - SS leg lifts over box
- Speed Incline (1/2 Range of Motion)
- Flip Curls
 - SS Forward Roll
- Med Ball throw 2x10-15

Tuesday: Indoor Meet @ Vermillion

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Thursday

- Thrower Warm-up
- Quick-foot Ladder
- Circle checklist
- Lifting (See Above)

Friday

- Thrower Warm-up
- Circle Checklist
- Dodgeball

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

LHS Thrower Workouts - Week 4 (March 26-30)

Objectives: 1. Developing a technical model

2. Stress safety

3. Weight Room: Maximize Strength thru Low rep High Weight

4. Quadrathlon Test

Monday: Varsity Indoor Meet @ Vermillion

Tuesday

- Warm Up
- Circle Checklist
- 15 x 10 yd sprints
- Lifting: First two lifts listed 3x3-5; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Front Squat
- Hamstring Curls 3x10
- ½ Squat Jumps
- Seated Bar Twists

*9 Minutes per lift

Upper

- Bench Press
 - SS V ups
- One Arm Row
- Speed Incline (Full range of Motion)
 - SS raised leg fig. 8's
- Tricep Press
- Progressive Med Ball catch & twist

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Thursday

- Thrower Warm-up
- Quick-foot Ladder
- Circle checklist
- Lifting (See Above)

Friday

- Thrower Warm-up
- Circle Checklist
- Quadrathlon Test

Quadrathlon Test

- Overhead Shot Put
- 30 meter sprint
- Standing Broad Jump
- Standing Triple Jump

LHS Thrower Workouts - Week 5 (April 2-7)

- Objectives: 1. Focus on Speed and Rythm
2. Stress safety
3. Weight Room: Increase Intensity to Build Strength

Monday: JV Meet @OG

Tuesday

- Warm Up
- Circle Checklist
- 8 x 40 yd sprints
- Lifting: First two lifts 4x5-7; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Back Squat
- Jump Lunge w/ DB @ shoulders
- Reverse Sit-up w/ wt.
- Crunches w/ wt.

*10 minutes per lift

Upper

- Incline Bench
 - SS
 - Hanging Leg Lifts
- Push Press
- Pullups max w/ asst.
 - SS raised leg fig. 8's
- Plate Pullovers
- Seated Med ball catch & crossbody sling

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Thursday

- Thrower Warm-up
- Quick-foot Ladder
- Circle checklist
- Lifting (See Above)

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Friday

- Thrower Warm-up
- Circle Checklist
- Pagel Circuit x3

Saturday: Brandon Invite @ Brandon

Pagel Circuit

10 reps each exercise no rest between

Burpees
V-up
Squat Jump
Push Up
Split Squat Jump
Lateral Jump
Walk 200 meters (Cool Down)

LHS Thrower Workouts - Week 6 (April 9-14)

Objectives: 1. Focus on Speed and Rythm

2. Stress safety

3. Weight Room: Maximize Strength thru Low Rep High Weight

Monday: No School- Practice TBD

Tuesday

- Warm Up
- Circle Checklist
- 15 x 10 yd sprints
- Lifting: First two lifts 3x3-5; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Back Squat
- Straight Leg Dead lift
- One arm DB snatch
- Plank Rotations

*9 minutes per lift

Upper

- Incline Bench
 - SS leg lifts over block
- Push Press
- Pullups max w/ asst.
 - SS V ups
- Flip Curls
- Progressive Med ball catch & twist

Wednesday

- Warm Up
- Circle Checklist
- Lifting (See Above)

Thursday: Rich Greeno Meet @ O'G

Friday

- Thrower Warm-up
- Quick-foot Ladder
- Circle checklist
- Lifting (See Above)

Saturday: Corn Palace Relays @ Mitchell

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

LHS Thrower Workouts - Week 7 (April 16-20)

Objectives: 1. Focus on Speed and Rythm

2. Stress safety

3. Weight Room: Increase Strength thru High Intensity

Monday

- Warm Up
- 10 x 20 yd Sprint
- Circle Checklist
- Lifting: First two lifts 4x5-8; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Over Head Squat
- Hamstring Curls
- ½ Squat Jumps w/ DB @ shoulders
- Partner Med Ball Twist

*10 minutes per lift

Upper

- Flat Bench
- Push Press
- Bent Rows (Barbell)
 - Raised Leg Fig 8's
- Plate Pullovers
- Seated Med Ball Forward Roll & Throw

Tuesday: V/JV Meet @ Brookings

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Thursday: V/JV Meet @ Lennox

Friday

- Thrower Warm-up
- Circle checklist
- Lifting (See Above)

Thrower Warm-up

100m jog

20 arm circles each direction

30 m high knees

30 m inch worm

30 m butt kicks

30 knee pulls

30 m cats

30 m karioka

2x30 m acceleration

LHS Thrower Workouts - Week 8 (April 23-28)

Objectives: 1. Focus on Speed and Rhythm

2. Stress safety

3. Weight Room: Maximize Strength thru Low Reps High Weight

Monday: V/JV Meet @ Yankton

Tuesday

- Warm Up
- 8 x 40 yd Sprint
- Circle Checklist
- Lifting: First two lifts 3x3-5; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Front Squat
- Reverse Situps w/ wt.
- Single Leg rotational jumps w/ DB @ shoulder
- Plank Rotations

*9 minutes per lift

Upper

- Flat Bench
- Push Press
- Pullups (max w/ asst.)
 - Raised Leg Fig 8's
- DB Flies (Chest)
- Seated Med Ball Catch & Crossbody Sling

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Pagel Circuit x2

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Thursday: V/JV Meet @ Lennox

Friday

- Thrower Warm-up
- Circle checklist
- Lifting (See Above if NOT throwing Saturday)
 - If Throwing Sat.
 - 4x3 Clean-Press-Squat (Light wt.-Fast Reps)

Saturday: Brookings Inv. @ Brookings

Pagel Circuit

10 reps each exercise no rest between

Burpees

V-up

Squat Jump

Push Up

Split Squat Jump

Lateral Jump

Walk 200 meters (Cool Down)

LHS Throwing Workouts - Week 9 (April 30-May 5)

- Objectives: 1. Focus on Maximum Distance
2. Stress safety
3. Weight Room: Peak Strength thru Pyramid

Monday

- Warm Up
- 15 x 10 yd Sprint
- Circle Checklist
- Lifting: First two lifts 6-4-2 Pyramid; Auxillary Lifts 3x8-10; Abs/Core 3x to "Failure"

Lower

- Power Clean
- Back Squat
- Jump Lunge w/ DB @ shoulders
- Hamstring Push up
- Seated Bar Twist

*9 minutes per lift

Upper

- Incline Bench
- Push Press
- Bent Barbell Rows
- Med Ball Press
- Jack Knife & Roll

Tuesday: V/JV Meet @ Brookings

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting: (See Above)

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

Thursday

- Warm Up
- Circle Checklist
- Quadrathlon Test

Friday: V/JV Meet @ O'G

Saturday: BV Inv. or USF Inv. TBD

Quadrathlon Test

- Overhead Shot Put
- 30 meter sprint
- Standing Broad Jump
- Standing Triple Jump

LHS Throwing Workouts - Week 10 (May 7-May 12)

Objectives: 1. Focus on Maximum Distance

2. Stress safety

3. Weight Room: Explosive Lifts & Taper to Maximize performance

Monday

- Warm Up
- 5 x 20 yd Sprint
- Circle Checklist
- Lifting: All Lifts 6x3 Light Wt., Fast Reps

Lower

- Power Clean
- Box Squat
- Med Ball Crunches

*9 minutes per lift

Upper

- DB Flat Bench
- DB Military Press
- One Arm Rows

Tuesday: JV Meet @ LHS Varsity Help with Meet

Wednesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting: (See Above)

Thursday

- Warm Up
- Circle Checklist
- Lifting
 - 4x3 Clean-Press-1/2 Squat Light Wt., Fast Reps

Friday

- Warm Up
- Circle Checklist
- 4 x 20 yd sprint

Saturday: Conference Meet @ Sturgis

Thrower Warm-up

100m jog
20 arm circles each direction
30 m high knees
30 m inch worm
30 m butt kicks
30 knee pulls
30 m cats
30 m karioka
2x30 m acceleration

LHS Thrower Workouts - Week 11 (May 14-May 18)

Objectives: 1. Focus on Maximum Distance

2. Stress safety

3. Weight Room: Explosive Lifts & Taper to Maximize performance

Monday

- Warm Up
- 5 x 20 yd Sprint
- Circle Checklist
- Lifting: All Lifts 6x3 Light Wt., Fast Reps

Lower

- One Arm DB Snatch
- Front ½ Squat
- Partner Med Ball Twists

*9 minutes per lift

Upper

- Speed Incline ½ range of motion
- Push Press
- Med Ball Press

Tuesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting: (See Above)

Wednesday

- Warm Up
- Circle Checklist

Thursday: Last Chance Meet @ RHS

Friday: No Practice

Thrower Warm-up

100m jog

20 arm circles each direction

30 m high knees

30 m inch worm

30 m butt kicks

30 knee pulls

30 m cats

30 m karioka

2x30 m acceleration

LHS Throwing Workouts - Week 12 (May 21-May 26)

Objectives: 1. Focus on Maximum Distance

2. Stress safety

3. Weight Room: Explosive Lifts & Taper to Maximize performance

Monday

- Warm Up
- 10 x 10 yd Sprint
- Circle Checklist
- Lifting: All Lifts 4x3 Light Wt., Fast Reps

Lower

- One Arm DB Snatch
- Front ½ Squat
- Partner Med Ball Twists

*9 minutes per lift

Upper

- Speed Incline ½ Range of Motion
- Push Press
- Med Ball Press

Tuesday

- Warm Up
- Hurdle Flexibility
- Circle Checklist
- Lifting (See Above)

Wednesday

- Warm Up
- Circle Checklist

Thursday: Leave for State Meet Practice @ Sturgis

- Warm up
- Circle Checklist

Friday: State Meet @ Sturgis

Thrower Warm-up

100m jog

20 arm circles each direction

30 m high knees

30 m inch worm

30 m butt kicks

30 knee pulls

30 m cats

30 m karioka

2x30 m acceleration

Circle Checklist 1

Point of emphasis: 1. Focus on Power Position

Disc: -Proper Grip/Positioning

- Upper Body Mechanics
- Heel-toe relationship
- Posture
- Lean-back position (Backward "C")
- Orbit of disc is High-low-high

Shot:

Group	Group	Group	Group

Shot Put A	Shot Put B	Discus A	Discus B
		6 Kneel Throws Each Hand	6 Feet Parallel Throws Each Hand
		6 Feet Parallel Throws Each Hand	10 Heel Smacks Each Hand
		10 Heel Smacks (Hip Pops) Each Hand	10 1-2 Power Throw
		20 Hip Pops w/ Stick	10 Power Throw
		10 Step Back Power Throws	10 Wheel-Stop Throw
		10 Wheels	10 Wheels

Group	Group	Group	Group

Circle Checklist 2

Point of emphasis: 1. Focus on Power Position

Disc:

- Arms Stay Perpendicular to Body
- Turn Power foot & hip to throwing direction
- Posture
- Front Foot Lands Open
- Orbit of disc is High-low-high

Shot:

Group	Group	Group	Group

Shot Put A	Shot Put B	Discus A	Discus B
		10 Each- ¼ turn, ½ turn, full turn (pirouettes)	Shuffle-Shuffle Stop 10x Full Court
		20 Hip Pops w/ Stick	10 Heel Smacks Each Hand
		Shuffle-Shuffle Stop 10x Full Court	10 Standing Power Throws
		10 1-2 Throws	10 Step Back Power Throws
		10 Step Back Power Throws	10 Wheel Throws
		10 Wheel Throws	10 Step Ins

Group	Group	Group	Group

Circle Checklist 3

Point of emphasis: 1. Focus on Block

Disc:

- Keep Non-Throwing Arm Long
- Block Foot Down, toe pointing in direction of throw
- Posture
- Strong Left Side (no knee flexion, shorten non-throwing arm)

Shot:

Group	Group	Group	Group

Shot Put A	Shot Put B	Discus A	Discus B
		20 Hip Pops w/ Stick	10 Each- ¼ turn, ½ turn, full turn (pirouettes)
		10 Each- ¼ turn, ½ turn, full turn (pirouettes)	10 Heel Smacks Each Hand
		10 Step Back Power Throws	10 1-2 Throws
		10 Wheel Throws	10 Step Back Power Throws
		10 Step Ins	10 Wheel Throws
		10 ¼ turn South African	10 ¼ turn South African

Group	Group	Group	Group

Circle Checklist 4

Point of emphasis: 1. Focus on Entry

Disc:

- Balanced Start, Rhythmic Wind-up
- Rotate on inside of block foot
- Left shoulder over block foot
- Head stays neutral
- Low point of disc orbit at back of ring

Shot:

Group	Group	Group	Group

Shot Put A	Shot Put B	Discus A	Discus B
		20 Hip Pops w/ Stick	10 Full Turns w/ stick
		10 Each- ¼ turn, ½ turn, full turn (pirouettes)	10 Heel Smacks Each Hand
		10 Wheels	10 1-2 Throws
		10 Step Ins	10 Wheel Throws
		10 Walking Throws	10 ¼ Turn South African
		10 Full Throws	10 Full Throws

Group	Group	Group	Group

