

COUGAR TRACK & FIELD

2012 SPRING SEASON THROW SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE PROCEDURES BELOW:

THROW WARM-UP

2 x 10 forward hurdle walk-overs

• 800m EASY run

1 x 15m Toe Walks

1 x 15m High Knees

1 x 15m Coin Picks

2 x 15m Karaoke

2 x 15m Flap Jacks

1 x 15 per side Toe to Hand (separate)

1 x 15m Step & Separate

10 x Inclined Push Up (wide hands)

EVENT SPECIFIC DRILLS

2 X 25m Alternating Leg Line Hops

2 x 50m Float, Float, Sting (rotational)

2 x 50m A-Drill (glide)

2 x 50m Unseat & Kick (glide)

2 x 50m Knee Drop & Sprint (rotational)

5 x 20 second Puppet Hang (rotational)

5 x 10 Heel Turn/Hip Drive (riedle)

5 x Ladder Hurdle Course

2 x 10 Med Ball Overhead/Backwards

2 x 10 Med Ball Chop

2 x 10 Med Ball Shot Put

2 x 10 Med Ball One Arm Toss

THROW COOL DOWN

600m BAREFOOT EASY run on turf (two turf laps)

2 x 20 second Bridge

2 x 20 second Sit & Reach

2 x 20 second Quad Stretch

2 x 20 second Calf Stretch

2 x 20 second Butterfly Stretch

2 x 20 second Separation Stretch

CORE CIRCUIT

3 x 8 Seated Med Ball Twist & Throw

3 x max reps Leg Raise

3 x max reps Crunch

STRONG TEAM CONTEST

2 x 10m (out & back) One Legged Relay

2 x 20m Squat Jump Relay

2 x 20m Kettlebell Relay

2 x 20m Tire Throw Relay

2 x 20m Overhead Tire Relay

4 x 30m per leg Sprint Relay

WEIGHT WORKOUT #1

STANDARD

Clean

Bench Press

Overgrip Bent Row

Muscle Out & Hold

VARIATION

Kettlebell Swing

One Arm Kettlebell Bench Press

T-Bar Row

Upright Row

WEIGHT WORKOUT #2

STANDARD

Snatch

Front Squat

Push Press Reverse "C"

Pull Up Reverse "C"

Close Grip Bench Press

VARIATION

One Arm Kettlebell Snatch

One Legged Squat

Alternating Kettlebell Press

Undergrip Bent Row

Bench Dips

DAILY TIME SCHEDULE

3:30-3:45pm

Sign in, Hurdles, 800m Run

3:45-3:55pm

Warm Up Routine

3:55-4:00pm

Equipment Out, Shoes On

4:00-5:15pm

Throwing

5:15-5:20pm

Equipment In

5:20-6:20pm

Weights/Conditioning

6:20-6:30pm

Cool Down Routine

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Activities Subject to Change. Practice is **NEVER** Cancelled!

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Feb 6 Shot Weights #1 Clean Progressions 5x6	7 Discus Core Event Specific Drills	8 Shot Weights #2 Snatch Progressions 5x6	9 Discus Core Event Specific Drills	10 Shot Weights #1 Clean Progressions 5x6	11 Discus Weights #2 Snatch Progressions 5x5
12	13 Shot Weights #1 Clean Progressions 5x5	14 Discus Core Event Specific Drills	15 Shot Weights #2 Snatch Progression 5x5	16 Discus Core <i>Parent Meeting 5:30pm</i>	17 <i>NO SCHOOL</i> Shot Weights #1 Clean Progressions 5x4	18 Discus Weights #2 Snatch Progressions 5x4
19	20 <i>NO SCHOOL</i> Shot Weights #1 Deload Clean Progressions 5x6 Light	21 Discus Core Event Specific Drills	22 Shot Weights #2 Deload Snatch Progression 5x6 Light	23 Discus Core Event Specific Drills	24 Event Testing Core Event Specific Drills	25 Discus Weights #1 Deload Clean Progressions 5x6 Light
26	27 Shot Weights #1 5x6	28 Discus Core Event Specific Drills	29 Shot Weights #2 5x6	March 1 Discus Core Event Specific Drills	2 Red vs. Blue Meet Core Event Specific Drills	3 BATC Clinic 9am-3pm Shot Weights #1 5x5
4	5 Shot Weights #1 5x4	6 Discus Core Event Specific Drills	7 Shot Weights #2 5x4	8 Discus Core Event Specific Drills	9 Shot Weights #1 5x4	10 Discus Core Strongteam Contest
11	12 Shot Weights #1 Deload	13 Discus Core Event Specific Drills	14 Shot Weights #2 Deload 5x6 Light	15 Discus Core Event Specific Drills	16 Shot Weights #1 Deload 5x6 Light	17 Discus Core Strongteam Contest

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18	19 Shot Weights #1 5x6	20 Discus Core Event Specific Drills	21 DFAL Meet	22 Discus Core Event Specific Drills	23 Shot Weights #2 5x6	24 Discus Core Strongteam Contest
25	26 Shot Weights #1 5x5	27 Discus Core Event Specific Drills	28 DFAL Meet	29 Discus Weights #2 5x5	30 Shot Core Event Specific Drills	31 Discus Weights #1 5x5
1	April 2 <i>SPRING BREAK</i> Shot Weights #1 5x4	3 <i>SPRING BREAK</i> Discus Core Event Specific Drills	4 <i>SPRING BREAK</i> Shot Weights #2 5x4	5 <i>SPRING BREAK</i> Discus Core Event Specific Drills	6 <i>SPRING BREAK</i> Shot Weights #1 5x4	7 Discus Core Strongteam Contest
8	9 Shot Weights # Deload 5x6 Light	10 Discus Core Event Specific Drills	11 Shot Weights #2 Deload 5x6 Light	12 Discus Core Event Specific Drills	13 Shot Weights #1 Deload 5x6 Light	14 Discus Core Strongteam Contest
15	16 Shot Weights #1 5x6	17 Discus Core Event Specific Drills	18 DFAL Meet	19 Discus Weights #2 5x6	20 Shot Core Event Specific Drills	21 Discus Weights #1 5x6
22	23 Shot Weights #1 5x5	24 Discus Core Event Specific Drills	25 Shot Weights #2 5x5	26 Discus Core Event Specific Drills	27 Bob Warren Relays	28 Discus Weights #1 5x5

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Shot Weights #1 5x4	May 1 Discus Core Event Specific Drills	2 DFAL Meet	3 Shot Weights #2 5x4	4 Discus Core Event Specific Drills	5 Shot Weights #1 Deload 5x6 Light
6	7 Discus Shot Weights #1 Deload 5x6 Light	8 FS Championships Shot Disc Core Event Specific Drills	9 Var Championships	10 Shot Disc Core Event Specific Drills	11 Var Championships	12 Discus Weights #2 5x5
13	14 Shot Weights #1 Deload 5x6 Light	15 Discus Core Event Specific Drills	16 Shot Weights #2 Deload 5-6 Light	17 Discus Core Event Specific Drills	18 Shot Discus Core Event Specific Drills	19 Tri Valley Championships
20	21 Shot Weights #1 Deloaded 5x6 Light	22 Discus Core Event Specific Drills	23 Shot Weights #2 Deload 5x6 Light	24 Discus Shot Core Event Specific Drills	25 NCS MOC	26 NCS MOC
27	28 Shot Weights #1 Deload 5x6 Light	29 Discus Core Event Specific Drills <i>Awards Night</i>	30 Shot Weights #2 Deload 5x6 Light	31 Discus Shot Core Event Specific Drills	June 1 State Meet	2 State Meet