



Throwers Winter Workout

Day 1 (upper body weight room) 30-45 seconds rest in between sets

Warm up + stretch

Bench press 4x10

Lat pull down 4x10

Chest fly 4x8

Reverse fly 4x8

Triceps extensions 4x8

Woodchop 4x8

Abs circuit

Sit ups 2x50

Flutter kicks 2x50

Single leg flute bridge 2x10 each leg

Bicycle 2x50

Russian twist 2x50

Work on shot and discus technique throw session

Day 2 (speed and agility)

Warm up + stretch

Stair sprints x6

Sprints 4x 50 meters

Hurdle hops x 5 over 6 hurdles

Fartlek x 3 (sprint the curves and jog the straight away)

Abs circuit 3x50 of your choice (5 variations)

Shot put and discus drills and throw session

Day 3 (full body power)

Warm up + stretch

Squat 3x10

Dead lift 3x10

Snatch 3x10

Cleans 3x10

Clean and jerk 3x10

Med ball twist 3x10

Side throws with med ball 3x10
Power slams with med ball 3x10

Shot put and discus technique throw session

Day 4 (full session technique for shot put and discus)

Warm up + stretch

Shot put
Backward toss
Forward toss
Power throws with legs parallel towards front
Standing power throws
Fall back break down glide
Full throw

Discus
Toss/spin off finger in air
Power throws
Half turns
Full turns

Day 5 (three rep Burn out this is to max out increase by 10lbs each time or whatever you're comfortable with)

Warm up + stretch

Bench press
Squat
Dead lift

Throwing session