

Track & Field Shot Put Training Guide

Level Two - Pre Season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Dry Throws	20 reps X 3 days per week							
Sprint 8 cardio	20 minutes 2 x week							
Plyometrics	15 minutes 1 x week							
Throws	10 warm up drills / 30 hard throws X 3							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Bench press 3/10 Incline press 3/10 Chest Flys 3/10							
Back	Pull downs 3/10 DB rows 3/10 DB Pullovers 3/10							
Shoulders	B / neck press 3/10 Shoulder press 3/10 Rear delt flys 3/10 shrugs 3/20 Split-leg snatch DB 3/10							
Biceps	Machine curls 3/10 DB 21s 3/21							
Triceps	Rope Triceps 3/20							
Forearms	Wrist curl superset 3/ea							
Leg superset:	Leg press 3/10 (or Squats)							
1. Quads	(or Overhead BB Squats)							
2. Calves	3 way calf raises 3/10							
3. X-Jumps	pause jumps 3/10							
Hamstrings Superset	Leg curls 3/10 each single leg Lunge jumps							
Bosu Ball Balance	10 seconds each leg x3							
Sports Specific	Single-leg box jump 3/8 Overspeed jumps 1/10							
Tibialis	Reverse calf raises 1/40							
Abs	Abs superset 3/failure Leg raises 3/failure							
Low back Obliques	Hyperextensions 2/15 with Russian twist							