

CNU TRACK & FIELD

THROWS SPECIFIC STRENGTH

MULTI-THROWS CIRCUITS

These Specific Strength Routines for each throw are designed for pre-season and early-season preparations for the demands of each event. The movements are designed to be similar in nature to each throw, but are definitely not “drills” for the throws (in the same way that weight room movements have similarities to event movements but are not substitutes for training specific movement patterns with appropriate drills).

Each Routine progresses from simple movements to more complex and more dynamic exercises. Jump-Throw movements should be done in a controlled, coordinated, and explosive manner – progressing in that order when learning the exercises.

SS SHOT PUT	SS DISCUS
<p>10 x Standing Twists (each direction) 10 x Standing Figure-8s (each direction)</p> <p>10 x Kneeling Twists (each direction) 10 x Kneeling Figure-8s (each direction) 10 x Kneeling 2-arm Horizontal Chest Pass 5 x Kneeling 1-arm Horizontal Chest Pass (each arm)</p> <p>10 x Standing Plyo Horizontal Chest Pass [catch-throw] 5 x Standing 1-arm Horizontal Chest Pass (each arm) <i>[maximize torso range of motion (twist)]</i></p> <p>10 x Drop Steps (6-18”, land on 2 feet)</p> <p>10 x Squat Jumps 5 x Single-Leg 90° Turn Jumps (each leg, each dir) 10 x Double-Leg 90° Turn Jumps w/ 2-arm Vertical Chest Pass (each direction)</p>	<p>10 x Standing Twists (each direction) 10 x Standing Figure-8s (each direction)</p> <p>10 x Kneeling Twists (each direction) 10 x Kneeling Figure-8s (each direction) 5 x Kneeling Forward Release Hammers (each side) 5 x Kneeling Plyometric Twists (each side) [catch-throw] 5 x Kneeling Discus Slings (each arm)</p> <p>5 x Standing 1-arm Horizontal Chest Pass (each arm) <i>[maximize torso range of motion (twist)]</i> 5 x Standing Forward Release Hammers (each side) 5 x Standing Discus Slings (each arm)</p> <p>10 x Drop Steps (6-18”, land on 2 feet)</p> <p>10 x Squat Jumps 5 x Single-Leg 90° Turn Jumps (each leg, each dir) 10 x Drop Step w/ BLF (6-18”, land on 2 feet)</p>
SS JAVELIN	SS HAMMER
<p>10 x Standing Twists (each direction) 10 x Standing Figure-8s (each direction)</p> <p>10 x Kneeling Twists (each direction) 10 x Kneeling Figure-8s (each direction) 5 x Kneeling OHF (each 1 knee down) 5 x Kneeling 1-arm Horizontal Chest Pass (each arm)</p> <p>5 x Standing 2-arm OHF (each of legs together w/ no step, step w/ left leg, step w/ right leg) 5 x Standing 1-arm OHF (each arm) 5 x 2-Arm Slams (from Torso) 5 x 1-Arm Slams (from Torso)</p> <p>10 x Drop Steps (6-18”, land on 2 feet)</p> <p>5 x Frog Jumps - Lateral 10 x Stop-Action Bounds – Straight 10 x Stop-Action Bounds – Zig-Zag</p>	<p>10 x Standing Twists (each direction) 10 x Standing Figure-8s (each direction)</p> <p>10 x String Ball Winds (each direction) 10 x Multi-Plane String Ball Winds (each direction) 10 x Walking String Ball Winds (each direction) 10 x In-Place String Ball Fast Turns (each direction)</p> <p>10 x Standing Backward Release Hammers (each dir) 10 x BLFs for Height 10 x OHBs for Height</p> <p>10 x Drop Steps (6-18”, land on 2 feet)</p> <p>10 x Squat Jumps 5 x Single-Leg 90° Turn Jumps (each leg, each dir) 10 x Drop Step w/ OHB (6-18”, backwards, land on 2 feet)</p>