

CHRISTOPHER NEWPORT UNIVERSITY TRACK & FIELD

PLYOMETRIC CIRCUITS

Acceleration Emphasis	Max V Emphasis
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Low Intensity 1-3 sets of each; semi-full recovery
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Squat Jumps (10 reps) Frog Jumps (20m) Double-Leg Zig-Zag Jumps (20m) Block Skips (20m each leg) Step Jumps (10 each leg) Lunge Jumps (10 each leg)	Tuck Jumps (10 reps) Rabbit Jumps (20m) Double-Leg Dot Drills (30sec) Switch Jumps (10 each leg) Split Jumps (10 each leg)
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Moderate Intensity 1-2 sets of each; semi-full recovery

Rudiment Hops (20m each leg) Block Skips (20m each leg) Bounds for Distance (30m) Single-Leg Hops for Distance (30m each leg) R-R-L-L Hops for Distance (30m) Single-Leg Zig-Zag Jumps (20m each leg)	Rudiment Hops (20m each leg) Bounds for Speed (30m) Single-Leg Hops for Speed (30m each leg) R-R-L-L Hops for Speed (30m) Double-Leg Hurdle Hops (10 hurdles) Single-Leg Lateral Cone Hops (10 each leg)
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High Intensity 1-2 sets of each; semi-full recovery

Double-Leg Jump to BLF Throw (10 reps) Double-Leg Jump to OHB Throw (10 reps) Double-Leg Drop Jumps (10 reps) Weighted Box Jumps (10 reps) Bounds for Height (30m) Single-Leg Hops for Height (30m each leg) R-R-L-L Hops for Height (30m) Single-Leg Box Jumps (10 reps each leg)	Double-Leg Jump to Chest Pass (10 reps) Double-Leg Depth Jumps (10 reps) MB Double-Leg Hurdle Hops (10 hurdles) 1-Step Hurdle Hops (10 each leg) MB Single-Leg Lat. Cone Hops (10 each leg)
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Throws Emphasis

Low-Moderate Intensity 1-3 sets of each; semi-full recovery	Moderate-High Intensity 1-2 sets of each; semi-full recovery
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Between Leg Forward Throw (10 reps) Over-Head Back Throw (10 reps) Hammer Throw (10 each direction) Overhead Pass (10 reps) 1-Arm Discus Slings (10 each arm) Sledge-Hammers (10 each direction)	Double-Leg Jump to BLF Throw (10 reps) Double-Leg Jump to Chest Pass (10 reps) Double-Leg Jump to OHB Throw (10 reps) Overhead Catch-Throw (10 reps) Vertical Chest Catch-Pass (10 reps) Shot Put Presses (10 each arm)
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