

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 25

M 5/24

Practice @ Icahn @ 3:30

T 5/25

Practice @ school @ 2:20

W 5/26

Practice @ Icahn @ 3:30

Or Email Mr. Heaney

R 5/27

Bolt, 5x40m@100%, 4'

F 5/28

OFF

S 5/29

Meet

Sn 5/30

OFF

Wk 25

M 5/24

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 5/25

Bolt, 5x40m@100%, 4'

W 5/26

Practice @ Icahn @ 3:30

R 5/27

Practice @ school @ 2:20

F 5/28

OFF

S 5/29

Meet

Sn 5/30

OFF

Wk 24

M 5/17

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 5/18

Bolt, 6x40m@100%, 4'

W 5/19

Practice @ Icahn @ 3:30

R 5/20

Bolt, 8x20m@100%, 2'

F 5/21

OFF

S 5/22

Meet

Sn 5/23

OFF

Wk 24

M 5/17

Practice @ Icahn @ 3:30

T 5/18

Practice @ school @ 2:20

Or

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on
the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 5/19

Practice @ Icahn @ 3:30

Or Email Mr. Heaney

R 5/20

Bolt, 10x20m@100%, 2'

F 5/21

OFF

S 5/22

Meet

Sn 5/23

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 23

M 5/10

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 5/11

Bolt, 7x30m@100%, 3'

W 5/12

Practice @ Icahn @ 3:30

R 5/13

Bolt, 10x10m@100%, 2'

F 5/14

OFF

S 5/15

MEET DAY!

Sn 5/16

OFF

Wk 23

M 5/10

Practice @ Icahn @ 3:30

T 5/11

Practice @ school @ 2:20

Or

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on
the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 5/12

Practice @ Icahn @ 3:30

Or Email Mr. Heaney

R 5/13

Bolt, 10x10m@100%, 2'

F 5/14

OFF

S 5/15

MEET DAY!

Sn 5/16

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 22

M 5/3

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 5/4

Bolt, 5x40m@100%, 4'

W 5/5

Practice @ Icahn @ 3:30

R 5/6

Practice @ school @ 2:20

F 5/7

OFF

S 5/8

MEET at Icahn

Or 20x10m@100%, 20" between each

Sn 5/9

OFF

Wk 22

M 5/3

Practice @ Icahn @ 3:30

T 5/4

Practice @ school @ 2:20

W 5/5

Practice @ Icahn @ 3:30

Or Email Mr. Heaney

R 5/6

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on
the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

F 5/7

OFF

S 5/8

20x10m@100%, 20" between each

Sn 5/9

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 21

M 4/26

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 4/27

Bolt, 10x20m@100%, 2'

W 4/28

Practice @ Icahn @ 3:30
Or Email Mr. Heaney

R 4/29

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on
the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

F 4/30

OFF

S 5/1

MEET at Icahn

Or Bolt, 8x40m@100%, 4'

Sn 5/2

OFF

Wk 21

M 4/26

Practice @ Icahn @ 3:30

T 4/27

Bolt, 10x20m@100%, 2'

W 4/28

Practice @ Icahn @ 3:30

R 4/29

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (no weight)

DB bench press 4x5 (this can be done on
the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

F 4/30

OFF

S 5/1

MEET at Icahn

Or Bolt, 8x40m@100%, 4'

Sn 5/2

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 20

M 4/19

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 4/20

Practice @ East River @ 3:00

W 4/21

Practice @ Icahn @ 3:30

R 4/22

OFF

F 4/23

MEET @ Night @ Icahn

S 4/24

OFF

Sn 4/25

3x Bulls Circuit 15", 10" off, 3'

Wk 20

M 4/19

Practice @ Icahn @ 3:30
or Email Mr. Heaney

T 4/20

Practice @ East River @ 3:00

W 4/21

Practice @ Icahn @ 3:30

R 4/22

OFF

F 4/23

MEET @ Night @ Icahn

S 4/24

OFF

Sn 4/25

3x Bulls Circuit 15", 10" off, 3'

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 19

M 4/12

Practice @ Icahn @ 3:30

T 4/13

Practice @ East River @ 3:00

W 4/14

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

R 4/15

Practice @ Icahn @ 3:30

Or Email Mr. Heaney

F 4/16

OFF

S 4/17

Meet @ Icahn

Sn 4/18

OFF

Wk 19

M 4/12

Practice @ Icahn @ 3:30

or Email Mr. Heaney

T 4/13

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 4/14

Practice @ East River @ 3:00

R 4/15

Practice @ Icahn @ 3:30

F 4/16

OFF

S 4/17

Meet @ Icahn

Sn 4/18

OFF

Wk 18

M 4/5

Practice @ Icahn @ 11:00am

T 4/6

OFF

W 4/7

Bolt, 8x30m @ 100%, 4'

R 4/8

Practice @ Icahn @ 11:00am

F 4/9

OFF

S 4/10

Meet OR

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminderDB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Wk 18

M 4/5

Practice @ Icahn @ 11:00am

T 4/6

OFF

W 4/7

Bolt, 8x30m @ 100%, 4'

R 4/8

Practice @ Icahn @ 11:00am

F 4/9

OFF

S 4/10

Meet OR

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminderDB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 4/11

OFF

Sn 4/11

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 17

M 3/29

Practice @ Icahn @ 3:30

T 3/30

Bolt, 10x20m @ 100%, 2'

W 3/31

Practice @ Icahn @ 3:30

Or: Email Mr. Heaney

R 4/1

Meet

F 4/2

OFF

S 4/3

Bolt, 6x40m@100%, 4'

Sn 4/4

OFF

Wk 17

M 3/29

Practice @ Icahn @ 3:30 or Bolt, 5x(10, 20m@100%), 2'

T 3/30

Practice in commons @ 2:25

W 3/31

Practice @ Icahn @ 3:30

R 4/1

Meet

F 4/2

OFF

S 4/3

Bolt, 6x40m@100%, 4'

Sn 4/4

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

Wk 16

M 3/22

Practice @ Icahn @ 3:30

T 3/23

Practice in commons @ 2:25

W 3/24

OFF

R 3/25

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)Towel Pull Ups 3x12 ([@:40](#))

Side Lunges w/ Dumbbells 3x8

F 3/26

Practice in commons @ 2:25

S 3/27

Bolt, 8x30m@100%, 3'

Sn 3/28

OFF

Wk 16

M 3/22

Bolt, 10x20m@100%, 2'

T 3/23

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 ([@:40](#))

Side Lunges w/ Dumbbells 3x8

W 3/24

Practice @ Icahn @ 3:30

R 3/25

Practice in commons @ 2:25

F 3/26

OFF

S 3/27

Bolt, 8x30m@100%, 3'

Sn 3/28

OFF

Wk 15

M 3/15

Practice in commons @ 2:25

T 3/16

Practice in commons @ 2:25

MAROON**Throwers Workouts 2020-2021****BLUE**

W 3/17
OFF

R 3/18
Wall Slides 1x10
SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a [reminder](#)
DB Squat Jumps 5x4 (moderate weight)
DB bench press 4x5 (this can be done on
the floor with knees bent)
Towel Pull Ups 3x12 ([@:40](#))
Side Lunges w/ Dumbbells 3x8

F 3/19
OFF

S 3/20
Bolt, 20x10m@100%, 1'

Sn 3/21
TBA

DB bench press 4x5 (this can be done on
the floor with knees bent)
Towel Pull Ups 3x12 ([@:40](#))
Side Lunges w/ Dumbbells 3x8

T 3/16
3x Bulls Circuit 15", 10" off, 3'

W 3/17
OFF

R 3/18
Practice in commons @ 2:25

F 3/19
Practice in commons @ 2:25

S 3/20
Bolt, 20x10m@100%, 1'

Sn 3/21
TBA

Wk 15

M 3/15
Wall Slides 1x10
SLSLDL 3x8 each leg (Single Leg Straight
Leg Dead Lift, no weight) We've done these
before but in case you need a reminder
DB Squat Jumps 5x4 (moderate weight)

Wk 14

M 3/8
OFF

T 3/9
Start Bolt Warm Up @ 2:25 in commons

MAROON**Throwers Workouts 2020-2021****BLUE**

W 3/10

Start Throwers Warm Up @ 2:25 in commons

R 3/11

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

F 3/12

OFF

S 3/13

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 3/14

OFF

Wk 14

M 3/8

OFF

T 3/9

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 3/10

OFF

R 3/11

Start Throwers Warm Up @ 2:25 in commons

F 3/12

Start Bolt Warm Up @ 2:25 in commons

S 3/13

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a reminder

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 3/14

OFF

Wk 13

M 3/1

Wall Slides 1x10

MAROON**Throwers Workouts 2020-2021****BLUE**

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)
[DB Squat Jumps](#) 5x4 (moderate weight)
[DB bench press](#) 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 ([@:40](#))
Side Lunges w/ Dumbbells 3x8

T 3/2
Start Bolt Warm Up @ [2:25](#) in commons

W 3/3
Start Throwers Warm Up @ [2:25](#) in commons

R 3/4
3x [Bulls Circuit](#) 15", 10" off, 3'

F 3/5
OFF

S 3/6
MEET OR
[Wall Slides](#) 1x10
SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)
[DB Squat Jumps](#) 5x4 (moderate weight)
[DB bench press](#) 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 ([@:40](#))
Side Lunges w/ Dumbbells 3x8

Sn 3/7
OFF

Wk 13

M 3/1

Start Throwers warm up at [2:25](#) in commons

T 3/2
[Wall Slides](#) 1x10
SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)
[DB Squat Jumps](#) 5x4 (moderate weight)
[DB bench press](#) 4x5 (this can be done on the floor with knees bent)
Towel Pull Ups 3x12 ([@:40](#))
Side Lunges w/ Dumbbells 3x8

W 3/3
Bolt, 10x30m@100%, 2'

R 3/4
Start Throwers Warm Up @ [2:25](#) in commons

F 3/5
OFF

S 3/6
MEET OR
[Niekerk](#), 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat	10 Reps
Lunge	5 Reps Each Leg
Step-up	5 Reps Each Leg
Jump Squat	5 Reps

Sn 3/7
OFF

Wk 12

M 2/22

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/23

OFF

W 2/24

Start Throwers Warm Up @ 2:25 in commons

R 2/25

Start Bolt Warm Up @ 2:25 in commons

F 2/26

OFF

S 2/27

MEET OR

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 2/28

OFF

Wk 12

M 2/22

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/23

Start Throwers warm up at 2:25 in commons

W 2/24

Bolt, 12x20m@100%, 2'

R 2/25

Same as Monday

F 2/26

OFF

S 2/27

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/28

OFF

Wk 11

M 2/15

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/16

20x10m@100%, 1'

W 2/17

3x Bulls Circuit 15", 10" off, 3'

R 2/18

Same as Monday

F 2/19

OFF

S 2/20

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/21

OFF

M 2/15

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/16

20x10m@100%, 1'

W 2/17

3x Bulls Circuit 15", 10" off, 3'

R 2/18

Same as Monday

F 2/19

OFF

S 2/20

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/21

OFF

Wk 10

M 2/8

Practice after school in commons (2:20)

T 2/9

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 2/10

OFF

R 2/11

Practice after school in commons (2:20)

F 2/12

OFF

S 2/13

MEET OR

Same as Tuesday

Sn 2/14

OFF

Wk 10

M 2/8

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/9

Practice after school in commons (2:20)

W 2/10

Practice after school in commons (2:20)

R 2/11

Same as Monday

F 2/12

OFF

S 2/13

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/14

OFF

Wk 9

M 2/1

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/2

3x Mets Circuit 15", 10" off, 3'

W 2/3

Same as Monday

R 2/4

Practice after school in commons (2:20)

F 2/5

OFF

S 2/6

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/7

OFF

Wk 9

M 2/1

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

T 2/2

3x Mets Circuit 15", 10" off, 3'

W 2/3

5x(5 squat jumps, 5 step ups, 5 push ups, 10 jumping jacks) No rest between exercises, 2 min rest between sets. DO THE EXERCISES FAST

R 2/4

Same as Monday

F 2/5

OFF

S 2/6

MEET OR

Niekerk, 5 circuits with 15" rest between exercises and 2 min rest between circuits. MUST DO THESE VERY FAST

DEEP Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 2/7

OFF

Wk 8

M 1/25

Bolt, 16x10m@100%, 1'

T 1/26

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/27

OFF

R 1/28

3x [Bulls Circuit](#) 15", 10" off, 3'

F 1/29

OFF

S 1/30

MEET

Sn 1/31

OFF

Wk 8

M 1/25

Practice after school in commons (2:20)

T 1/26

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/27

OFF

R 1/28

Practice after school in commons (2:20)

F 1/29

OFF

S 1/30

MEET

Sn 1/31

OFF

Wk 7

M 1/18

Bolt, 10x20m@100%, 1'

T 1/19

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/20

OFF

R 1/21

Practice after school

F 1/22

3x Bulls Circuit 15", 10" off, 3'

S 1/23

Same as Tuesday

Sn 1/24

Off

Wk 7

M 1/18

Bolt, 10x20m@100%, 1'

T 1/19

3x Mets Circuit, 15" on, 15" off, 3'

W 1/20

Practice after school

R 1/21

OFF

F 1/22

3x Bulls Circuit 15" on, 10" off, 3'

S 1/23

Wall Slides 1x10

SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x4 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

Sn 1/24

OFF

Wk 6

M 1/11

3xMets Circuit, 20" on, 10" off, 3'

T 1/12

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/13

OFF

R 1/14

Bolt, 10x10m@100%, 1'

F 1/15

Bolt, 6x40m@95%, 4'

S 1/16

Same as Tuesday

Sn 1/17

OFF

Wk 6

M 1/11

3xMets Circuit, 20" on, 10" off, 3'

T 1/12

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 5x4 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x12 (@:40)

Side Lunges w/ Dumbbells 3x8

W 1/13

OFF

R 1/14

Bolt, 10x10m@100%, 1'

F 1/15

Bolt, 6x40m@95%, 4'

S 1/16

Same as Tuesday

Sn 1/17

OFF

Wk 5

M 1/4

Bolt, 20x10m@100%, 1'

T 1/5

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 4x6 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x10 (@:40)

Side Lunges w/ Dumbbells 2x10

W 1/6

OFF

R 1/7

Bolt, 2x (10x10m sprints @ 70%, back and forth) 10" rest

F 1/8

OFF

S 1/9

Same as Tuesday

Sn 1/10

OFF

Wk 5

M 1/4

Bolt, 20x10m@100%, 1'

T 1/5

Wall Slides 1x10SLSLDL 3x8 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)DB Squat Jumps 4x6 (moderate weight)DB bench press 4x5 (this can be done on the floor with knees bent)

Towel Pull Ups 3x10 (@:40)

Side Lunges w/ Dumbbells 2x 10

W 1/6

OFF

R 1/7

Bolt, 2x (10x10m sprints @ 70%, back and forth) 10" rest

F 1/8

OFF

S 1/9

Same as Tuesday

Sn 1/10

OFF

Sn 1/3
OFF

Wk 4

M 12/28

Bolt, 6x40m@90%, 4'

T 12/29

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x5 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Towel Pull Ups 4x6 (@:40)

W 12/30

OFF

R 12/31

Bolt, 20x10m sprints, 1'

F 1/1

OFF

S 1/2

Same as Tuesday

Wk 4

M 12/28

Bolt, 6x40m@90%, 4'

T 12/29

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x5 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Towel Pull Ups 4x6 (@:40)

W 12/30

OFF

R 12/31

Bolt, 20x10m sprints, 1'

F 1/1

OFF

S 1/2

Same as Tuesday

Sn 1/3
OFF

Same as Monday

Sn 12/27
OFF

Wk3

Wk3

M 12/21

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x5 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Towel Pull Ups 4x6 ([@:40](#))

M 12/21

Wall Slides 1x10

SLSLDL 3x5 each leg (Single Leg Straight Leg Dead Lift, no weight) We've done these before but in case you need a [reminder](#)

DB Squat Jumps 5x5 (moderate weight)

DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Towel Pull Ups 4x6 ([@:40](#))

T 12/22

Bolt, 16x10m sprints, 1'

T 12/22

Bolt, 16x10m sprints, 1'

W 12/23

3x [Bulls Circuit](#), 20" on, 15" off, 3' between sets

W 12/23

3x [Bulls Circuit](#), 20" on, 15" off, 3' between sets

R 12/24

Bolt, 10x20m sprints, 1' (yes 1 min, not 2)

R 12/24

Bolt, 10x20m sprints, 1' (yes 1 min, not 2)

F 12/25

OFF

F 12/25

OFF

S 12/26

S 12/26

Same as Monday

Sn 12/27

OFF

Lunge

Step-up

Jump Squat

5 Reps Each Leg

5 Reps Each Leg

5 Reps

S 12/19

Bolt, 12x10m@100%, 30"

Sn 12/20

OFF

Wk2

M 12/14

Practice starts at **2:25** in the commons
(throws) then lifting:

Cleans: 4x5

Squats: 4x5

Bench: 3x5

Reverse DB Flys: 3x6

T 12/15

3x Mets Circuit, 15" on, 10" off, 3' between
sets

W 12/16

Wall Slides 1x10DB Squat Jumps 6x5 (low weight)DB bench press 4x5 (this can be done on
the floor with knees bent)DB step ups (knee height) 4x5 (you can use
actual steps, a chair, or a bench)Bent-Over DB Row 4x8

R 12/17

OFF

F 12/18

Niekerk, 5 circuits with 30" rest between
exercises and 2 min rest between circuits

Bodyweight Squat 10 Reps

Wk2

M 12/14

Wall Slides 1x10DB Squat Jumps 6x5 (low weight)DB bench press 4x5 (this can be done on
the floor with knees bent)DB step ups (knee height) 4x5 (you can use
actual steps, a chair, or a bench)Bent-Over DB Row 4x8

T 12/15

Bolt 12x10m@100%, 30"

W 12/16

Wall Slides 1x10Squat Jumps 6x5 (no weight)DB bench press 4x5 (this can be done on
the floor with knees bent)DB step ups (knee height) 4x5 (you can use
actual steps, a chair, or a bench)Bent-Over DB Row 4x8

R 12/17

3x Mets Circuit, 15" on, 10" off, 3' between
sets

F 12/18

OFF

MAROON**Throwers Workouts 2020-2021****BLUE**

S 12/19

Niekerk, 5 circuits with 30" rest between exercises and 2 min rest between circuits

Bodyweight Squat 10 Reps

Lunge 5 Reps Each Leg

Step-up 5 Reps Each Leg

Jump Squat 5 Reps

Sn 12/20

OFF

Lunge

Step-up

Jump Squat

5 Reps Each Leg

5 Reps Each Leg

5 Reps

S 12/19

Bolt, 12x10m@100%, 30"

Sn 12/20

OFF

Wk2

M 12/14

Practice starts at **2:25** in the commons (throws) then lifting:

Cleans: 4x5

Squats: 4x5

Bench: 3x5

Reverse DB Flys: 3x6

T 12/15

3x Mets Circuit, 15" on, 10" off, 3' between sets

W 12/16

Wall Slides 1x10DB Squat Jumps 6x5 (low weight)DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

R 12/17

OFF

F 12/18

Niekerk, 5 circuits with 30" rest between exercises and 2 min rest between circuits

Bodyweight Squat 10 Reps

Wk2

M 12/14

Wall Slides 1x10DB Squat Jumps 6x5 (low weight)DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

T 12/15

Bolt 12x10m@100%, 30"

W 12/16

Wall Slides 1x10Squat Jumps 6x5 (no weight)DB bench press 4x5 (this can be done on the floor with knees bent)

DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)

Bent-Over DB Row 4x8

R 12/17

3x Mets Circuit, 15" on, 10" off, 3' between sets

F 12/18

OFF

S 12/19

Niekerk, 5 circuits with 30" rest between exercises and 2 min rest between circuits

Bodyweight Squat	10 Reps
Lunge	5 Reps Each Leg
Step-up	5 Reps Each Leg
Jump Squat	5 Reps

Sn 12/20

OFF

Wk1

M 12/7

(OYO) Wall Slides 1x10
DB Squat Jumps 6x5 (low weight)
DB bench press 4x5 (this can be done on the floor with knees bent)
DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)
Bent-Over DB Row 4x8

T 12/8

(OYO) 3x Bulls Circuit, 15" on, 10" off, 3' between sets

W 12/9

OFF

R 12/10 **RECORD ON STRAVA**

Bolt, 16x10m sprints@ 100%, 1'

F 12/11

Practice after school, (probably short sprints then lifting)

S 12/12 or Sn 12/13

RECORD ON STRAVA

2x(8x20m@70%, 30") 5'
(Take the other day off)

Wk1

M 12/7

Wall Slides 1x10
DB Squat Jumps 6x5 (low weight)
DB bench press 4x5 (this can be done on the floor with knees bent)
DB step ups (knee height) 4x5 (you can use actual steps, a chair, or a bench)
Bent-Over DB Row 4x8

T 12/8

(OYO) 3x Bulls Circuit, 15" on 10" off, 3' between sets

W 12/9

Practice after school (probably throwing)

R 12/10

Practice after school, (probably short sprints then lifting)

F 12/11

OFF

S 12/12 or Sn 12/13

RECORD ON STRAVA

2x(8x20m@70%, 30") 5'
(Take the other day off)