

Tigard Throws
Week 3
March 16 – March 22

Monday, March 16

4:05pm – Team meeting @ Track stadium

Team warmup

review safety for throws

Medium throws

Drills for basics

strength movements

After workout: Uniform Handout

Tuesday, March 17 - Picture day - Meet in Main gym - Bring uniform and black pants

4:00pm – Team Pictures

review safety for throws

Approach drills-Javelin

South African drills

Drills for basics

stretching/yoga

Wednesday, March 18

4:05pm – Meet at track stadium

Team Warmup

Weight room

Wrestling room

film session

Thursday, March 19

Meet Day!

Dismissed from class @ 3pm

Team warm up 3:20pm

Friday, March 20

4:05pm – Meet at track stadium

Team Warmup

review safety for throws

Medium throws

Drills for basics

strength movements

After workout: Uniform Handout

Sunday, March 16

Rest Day