

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Track and Field Throwing Training Program

Program Overview:

- Frequency: 5 days per week (3 weight training, 2 skill-specific)
- Focus: Develops power, strength, technique, and explosiveness for both shot put and discus.
- Warm-up and cool-down: Essential before and after each session, including dynamic stretches, mobility drills, and light cardio.

Weight Training (3 days):

Day 1: Lower Body Power & Strength

- Squats: 3 sets of 5-8 reps (80-85% 1RM)
- Deadlifts: 3 sets of 3-5 reps (90-95% 1RM)
- Box Jumps: 3 sets of 5 reps
- Hang Cleans: 3 sets of 5 reps
- Lunges: 3 sets of 10 reps per leg
- Calf Raises: 3 sets of 15 reps

Day 2: Upper Body Power & Strength

- Push Press: 3 sets of 5 reps (80-85% 1RM)
- Bench Press (Incline or Decline): 3 sets of 5-8 reps (75-80% 1RM)
- Rows (Seated or Bent Over): 3 sets of 8-12 reps
- Overhead Press: 3 sets of 5 reps
- Dips: 3 sets of as many reps as possible
- Face Pulls: 3 sets of 12-15 reps

Day 3: Plyometrics & Rotational Power

- Medicine Ball Throws (Rotational & Straight): 3 sets of 5 reps
- Jump Squats: 3 sets of 3 reps
- Depth Jumps: 3 sets of 3 reps
- Lateral Box Jumps: 3 sets of 3 reps per leg
- Medicine Ball Slams: 3 sets of 10 reps
- Anti-Rotational Cable Press: 3 sets of 10 reps per side

Skill-Specific Training (2 days):

Day 4: Shot Put Technique & Drills

- Rotational Throws (Standing & One-Foot): Focus on proper technique and explosiveness.
- Glide Technique Drills: Practice footwork, body rotation, and release.
- Shot Put Puts (Light & Heavy): Work on different aspects of the throw based on weight.
- Strength Drills: Implement drills specific to shot put weaknesses (e.g., leg drive, hip extension).

Day 5: Discus Technique & Drills

- Rotational Throws (Standing & One-Foot): Focus on proper technique and explosiveness.
- Footwork Drills: Practice footwork patterns for the discus throw.
- Discus Turns: Practice the spinning technique with proper body position.

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- Throws with Different Grip Positions: Experiment to find the optimal grip.
- Strength Drills: Implement drills specific to discus weaknesses (e.g., core stability, shoulder rotation).