



TRACK AND FIELD THROWING TRAINING PROGRAM

SHOT PUT & DISCUS POWER, STRENGTH & TECHNIQUE

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 & Cool-Down:** Essential before and after each session, including dynamic stretches, mobility drills, and light cardio.

1. DAY 1: LOWER BODY POWER & STRENGTH

EXERCISE	SETS, REPS & INTENSITY
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

2. DAY 2: UPPER BODY POWER & STRENGTH

EXERCISE	SETS, REPS & INTENSITY
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

3. DAY 3: PLYOMETRICS & ROTATIONAL POWER

EXERCISE	SETS & REPS
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

4. DAY 4: SHOT PUT TECHNIQUE & DRILLS

DRILL CATEGORY	FOCUS & DESCRIPTION
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.

DRILL CATEGORY	FOCUS & DESCRIPTION
Strength Drills	Implement drills specific to shot put weaknesses (e.g., leg drive, hip extension).

5. DAY 5: DISCUS TECHNIQUE & DRILLS

DRILL CATEGORY	FOCUS & DESCRIPTION
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.
Grip Variations	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).

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.