

Pre-Season Training Throwing Events

1 – **Lift weights** at least three times per week, including all major muscle groups. Keep in mind that this is the *minimum* you should be doing to maintain!

If you want to build strength, you will want to lift 5-6 days per week. If you lift more than three days, be sure to alternate which muscle groups you are emphasizing so you get enough rest. Make sure you do get at least one rest day per week. If you don't already have a lifting routine, ask for help in the East weight room.

2 – Do 30 minutes of **cardio activity** at least three times per week. Again, this is the *minimum*. You can easily incorporate cardio into your weight lifting workout by skipping rope / running a few laps between sets to keep your heart rate up.

3 – Do speed and quickness drills (**plyometrics**) regularly (3 – 7 days per week). These drills help you focus your strength into an explosive movement across the circle, which translates into a further throw. Use plyo's into the cardio portion of your weight workout to keep your heart rate up and give your lifting muscles a rest between sets.

4 – **Sleep** at least 8 hours per night, and **eat healthy foods**. Drink 8 + glasses of water daily, especially during workouts. It seems basic, but it's necessary. Your body can't get stronger if you don't give it plenty of rest and good nutrition.

Arm Plyometrics (look up more online)

Pop up pushups: 3 sets x 20 seconds. Begin in pushup position. Push off with one hard explosive movement and try to “pop” your hands off the ground. Do as many as possible in 20 sec. Keep your hands on the ground as short a time as possible. *Challenge:* add a hand-clap while you're off the ground. Elevate your feet on a mat or box.

Partner chest-pass: 3 sets of 10 - 20 passes. With a partner, pass a medicine ball back and forth at chest height. Do 10 – 20 passes as quickly and forcefully as possible while remaining controlled.

Leg Plyometrics (look up more online)

Box jumps: 3 sets of 30 seconds

Stand in front of the box. Jump up with both feet. Jump back down, and repeat quickly for 30 seconds. Stay on the balls of the feet for the entire exercise.

Jump downs: 3 sets of 8 jumps

Stand on the box with your toes close to the front edge. Step from the box and drop to land on the balls of both feet, knees bent. Spring up as quickly and as high as you can.