

Here is the rotational progression and some conditioning workouts to do. Try and get out there and throw when you can. Let Nick or Tim know if you need some implements if you didn't take any.

	Example Week
Monday	Rotation Drills & Throwing
Tuesday	Explosive Leg Day & Weights
Wednesday	Rotation Drills & Throwing
Thursday	Core Training Day & Weights
Friday	Rotation Drills & Throwing

Weights

If you have weights at home continue doing the follow 4 exercises:

- Bench Press 3 sets x 10 reps
- Inclined Bench Press 3 sets x 10 reps
- Back Squat 3 sets x 10 reps
- Deadlift 3 sets x 10 reps

Warm Up

- 1 Lap Jog
- Dynamic Stretches:
 - A Skips (15 meters)
 - B Skips (15 meters)
 - C Skips (15 meters)
 - High Knees (15 meters)
 - Butt Kickers (15 meters)
 - Open the Door Skips (15 meters)
 - Close the Door Skips (15 meters)
 - Straight Leg Strides (stay on your forefoot. 15 meters)
 - 10x each leg: Fire Hydrants (slow up, pause at the top, slow down)
 - 10x each leg: Donkey Kicks (slow up, pause at the top, slow down)
 - 10x each leg: Leg Swings Front (supported on fence)
 - 10x each leg: Leg Swings Side (supported on fence)

Discus/Shotput Rotational Progression Drills

- 90° Rotation on left foot
- 180° Rotation on left foot
- 270° Rotation on left foot
- 270° Rotation on left foot with 360° hip rotation. (Feet should be pointed in same direction as when you started but right foot should be in center of ring)
- 450° Rotation with a small hop into the ring (Remember to lead with your right hip when in the air. You should be landing in the power position. Try to keep your hip and shoulder separation after you land.)
- Full Rotation (Remember you should be on the balls of your feet for the entirety of the throw and your feet should never stop turning. They should continue to move until after you have released the discus)

Core Training Day

- Warm Up
- 30 Seconds: Regular Planks
- 30 Seconds each side: Side planks (30 seconds of rest between sides)
- 20 crunches
- 10 each side: Russian Twists (Slow down. Both hands/fingers must touch the ground! If the shed is open use a med ball.)
- 20 each leg: Bicycle (Slow down)
- 10 each leg: Lateral Heel Touches
- Repeat exercise above (excluding warm up) 2 more time.

Explosive Leg Day

- Warm Up
- 2x Strides (Gradual build up to 80%. 60 meters)
- 5x 40 meter Sprints from 3 point start. (90% speed)
- 3x Explosive Jumps (walk back to start between each of the exercises)
 - Broad Jumps 10 meters
 - Bounding Jumps 20 meters
 - High Skips 20 meters