THROWERS Workouts

Name _____

Our season is so short, we would like for athletes to get some training in over the week of spring break. Though many of you will be traveling and we won't meet as a team, here are some workout suggestions: (You can still workout while you are traveling!)

Date	Throwers
Sat. 3/30	*Warm up jog for 3 minutes.
	*Do core work, push-ups, leg lift routine.
	(One set of 10 for each category)
	*Stretch.
Sun. 3/31	Off HAPPY EASTER!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
Monday	*Warm up jog 3 minutes.
4/1	*Dynamic Drills:
	-high knees,
	-nick the shorts
	-high skips
	-side swings
	-karaoke
	-3 lunge steps each leg
	*Stretch.
Tuesday	*Jog for 3 minutes.
4/2	*Dynamic Drills
	*Core work, push-ups, leg lift routine.
	(One set of 10 for each category)
	*Campfire squats, 2 sets of 5
-	*Stretch
Wed. 4/3	Off
Thursday	*Warm up jog 3+ minutes.
4/4	*Dynamic Drills
	*Core work, push-ups, leg lift routine.
	(Two sets of 10 for each category)
	*Stretch.
Friday	*Warm up jog for 3+ minutes.
4/5	*Dynamic Drills
	*Stretch. (or off if you are sore and need a day off)
Saturday	*Warm up- 3 min. jog.
4/6	*Dynamic Drills
	*Core work, push-ups, leg lift routine
	(Two sets of 10 for each category)
	*Campfire squats. 2 or 3 sets of 5
	*Stretch
Sunday 4/7	Off