

Milton Academy Track and Field



Pre-Season Training Program

Preseason Shot Put Workout Program

Shot Put

This program is designed for shot put athletes training in the off season. For best results, start this program 3-4 weeks before the spring season begins. These workouts will improve your strength, speed, explosiveness, and of course your distances. Each week the workouts will vary to avoid plateauing and boredom. Changing the workout will challenge the body and trigger more muscles to be used. The training guide is divided into three sections; lifting, stretching and warm-up, and speed training and conditioning.

The Warm-Up

The warm-up will be consistent throughout the four weeks heading into the season. The warm-up is designed to loosen your muscles for a great workout. Start each workout with a light jog around the track or school. After the jog, follow the Mustang Power Flexibility Page for stretching and complete the medicine ball workouts. For in-game practice ask Mr. Darling for an indoor or outdoor shot putt depending on the weather. Practice holding the shot putt with your fingertips then progress to placing it on your neck. Proceed to three overhead throws and two front-facing and side-facing (power position) throws. For more experienced throwers practice the “glide” about ten times with and without the shot putt. The glide technique adds more speed to the power position throw to generate more power. A great display of the glide can be seen at <http://lucanac.com/wp-content/uploads/2013/05/Shot-Put-Lev-2.pdf>.

Muscular Strength

To increase your distances you will need more power and technique. Power is a combination of strength and speed and to increase these aspects athletes must get stronger by weight lifting. The three core lifts bench, squat, and clean will be used each week to strengthen your upper body, lower body, and core. To incorporate game experiences lifts will have shorter repetitions and heavier weight. Make sure to stretch before each workout and always consult Coach Darling or Coach Holmes for help on any particular lifts.

Speed and Conditioning

Conditioning workouts will be the last part of your workout and like the lifts it will vary daily. The body works for less than 10 seconds while throwing a shot putt so the sprints are designed for more explosiveness than endurance. Make sure not to perform any heavy conditioning exercises on leg days.

Workout:

Monday: Legs, Back, and core	Warmup: Stretch and Med-Ball Drills	Conditioning: 4 suicides, 1min rest: ___sec, ___sec, ___sec, ___sec			
Squat	_1__x8	_1__x6	_1__x6	_2 x4	_2x3
Kettleball Leg Lifts	__3_x 8 each leg				
Pull-ups	__x12	__x10	__x10	__x8	
Dumbbell Rows	__3_x 8				
Stir the Soup	Back and Forth_x8	__Clockwise_x8	Counter-Clockwise_x8		
Wednesday: Chest, Shoulders, and Triceps		Conditioning: Sprint Circuit			
Bench Press	_1_x 10	_2_x8	_2__x4	2 x3	
Incline Dumbbell Press	_2_x8	__2_x6			
Dips with weight	_3_x8				
Diamond Push-ups	3 x10				
Dumbbell Lateral Raise	__3_x 8				
Thursday: Power lifts, Core, and Balance	Warmup: Stretch and Med-ball drills	Conditioning: Hill Sprints			
Power Clean	Front squat, Catch, and Shrugs Progression x 5	__1_x6	_2_x4	2_x 3	1_x2
Bicycle abs	__20_x 3				
Planks	__Regular_x20 sec	Left Side_x20	Right Side_x20		
Saturday: Legs, Back, and Core	Warmup: Stretch and Med-ball drills				
One Arm Row	_3_x8				
Single leg Squats	__2_x 8 each leg	__2_x6 each leg			
Romanian Deadlifts	_2_x 6	_2_x5	_2_x 4	_1_x3	
Decline Sit-ups with wt.	__4_x10				
RB Landmine Press	__2_x8 each arm	_2__x6 zig-zag	__2_x4 p.p		
T's, Y's, and L's	_3__x10				
	Warmup: Stretch and Med-ball drills				
Sunday: Light Workout and Rest					
Pushups	__5_x20 w/ 1 min. breaks				
Body Squats and Lunges	3_x 10 Body Squats	_2_x5 Lunges	2_x 5 Side Lunge	2x5 Scr.	