

Waza TC Conditioning Table

Off - Day Training

Off -Day A day with no meet, game, or scheduled practice

Field Events

Easy Day

Warm-up

Stretches Head - to - feet

Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels

1 Alternate Push-ups - Sit-ups - 10,9,8,...1

4x - jog, stride, sprint, walk (100m each) Vary so that some days sprint is on the straight-away, some days on the curve

1 lap cool down, cool down stretch

or

2 1 - 2 miles easy to moderate pace

1 lap cool down, cool down stretch

Hard Day

Warm-up

Stretches Head - to - feet

Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels

1 Alternate Push-ups - Sit-ups - 10,9,8,...1

Throwers - 5 - 10 lb dumb bells - 10 military press, 10 curls, 10 bench press, 10 angle press (rapid, 3 sets)

Jumpers - one foot hops - each foot - 30 seconds - 3 sets, 2 footed vertical jumps with arms - 30 seconds - 3 sets

1 lap cool down, cool down stretch

or

2 Throwers - Throwing drills - 10 each - Throw actual shot, disc, 10 dry, 5 with weight hard

Jumpers - Jumping drills - 10 each, jump practice, form focus 10 times, then with bar 2" short of PR 5 times, PR 2 in a row

Warm-up

Stretches Head - to - feet

Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels