

WINTER TRAINING - THROWERS

Lifting is an important part of training to throw.

Remember to do lifts for power (Clean, Snatch) first, then lifts for strength (Front-, Back-, Overhead-Squat), then upper-body lifts (bench, incline, decline).

Remember to do one day per week of high rep sets. On these high rep sets, make sure to do a minimum of 10 reps per set. Use a weight that you might likely fail on the 11th or 12th rep.

Reps and Charts : If you do not already know your one rep max, use a weight that you can comfortably do 10 reps. Work up through 3 sets of 10 moving the weight up to a point where you might fail the last rep. On the third set, do as many reps as you can until you need help from your spotter (or until you fail if you are cleaning or snatching). Use the chart in the weight room to see what your equivalent 1-rep max is for your bench and back-squat and use it for calculating the weights to use in this program. The chart is not meant for other lifts, but you can use it to get an approximate value.

Warm up thoroughly before lifting. Warming up should make you sweat and lubricate your joints. Running, jumping rope, and/or light lifting could be part of your warm-ups. Do not count any warm-up sets in your sets below. Remember to cool down and stretch well after exercising at the end of your workouts. Flexibility is paramount to true strength. Also, make sure to eat something healthy within 45 minutes of your workout to refuel the body and get the full benefit of your fitness activity.

Make sure that you have thorough instruction on the lifts you do. If you do not know what the lift is, do not attempt it without instruction.

Weeks	% 1-rep max	Sets (Min)	Lifts
13	70	8-8-8-8	<p>Power: Clean (& Jerk), Snatch Strength: Front-Squat, Back-Squat, Overhead Squat Upper: Bench, Incline Bench</p> <p>If you lift more than 2 days per week (ideally, you should lift 4 or 5 days), make sure to do one day of high reps. Do 3 sets of 10-12 reps that day for each lift. (If you miss a day in the gym, you can still do lifts with your own body weight.)</p> <p>Do not lift the same body part 2 consecutive days. However, while it is not good to clean two days in a row, doing clean one day and then snatch the next is okay. The same is somewhat true with bench and incline.</p> <p>It is good to mix things up too, so you might want to do dumbbell lifts some days instead of using the straight bars as you normally do.</p>
12	70	7-6-7-7-6	
11	75	6-6-7-5	
10	75	6-6-6-6-6	
9	80	5-4-5-4	
8	80	5-4-5-4-5	
7	85	4-4-3-3	
6	85	4-4-4-3-3	
5	90	3-3-3-3-3	
4	90	3-3-3-3-3-3	
3	95	2-2-2-2-2-2	
2	95	3-3-2-2-2-2	
1	100	2-1-2-1-1	
<p>Rest between sets is important. Up through week 7 or 6 when you are doing more reps, you should have little rest between sets. As you get to weeks 3, 2, 1 and you are getting closer to maxing, you need to take more time to rest between sets.</p>			

A typical week might look like the following: M: Clean, F-Squat, Bench; W: Snatch, Overhead Squat, Incline; F: Clean; F-Squat, Incline. You do not need to do all the different types of squats during the week. Front-squats are important for cleans and overhead-squats are important for snatches.

The program is designed to increase your 1-rep max by the end of the 13 weeks. (Notice that at the end of the program, you are doing 100% of your old 1-rep max several times.) But in order to stay healthy and stave off injury, you need to make sure you do core exercises and sprint work.

Core exercises consist of exercises for the abdomen and back muscles. Having a tight core throughout your throws is important, so make sure you have a tight core throughout your lifts as well. You can do planks, sit ups, leg lifts, and/or work with the exercise balls. You can also add weight to those exercises with medicine balls or free weights (depending on the exercise). One legged squats are also great for core and balance. Do high, medium, low, and lateral. Do the same number of repetitions per leg. Be ready to do Ten Minutes of Torture once T&F starts.

Sprint work and cardio work is also important. Make sure that you are ready for 2 days of sprints each week during the season. Sprint ladders (40-50-60-70-70-60-50-40), forties, and such all help your core and explosiveness. When you do sprints, jog back to the starting line to get the most out of your time. You should also jog at least one day per week for a minimum of 15 minutes.

Plyometric exercises are also important for explosion and core strength. You can just mark a plus on the floor and do one footed side to side, front to back, squares, zigzags (horizontal - 8 and vertical - ∞), or other figures. Make sure to do the same amount of repetitions or time for each foot. Box jumps are also good as are standing horizontal jumps.

During the season, we will be in the weight room every day that there is not a meet, so be prepared to work hard and get stronger. If you find yourself starting the above workout later than 13 weeks before the start of the season, still start at week 13. While you will not get through the program, you will increase your strength. (If you count the weeks to the start of the season and work from there, you will need to change the percentage.)

If you are not able to get to the weight room, there are many things you can do to get ready for the season of throwing. Below are some body-weight exercises to get you ready:

Squats (one-legged or two- legged)	If you cannot do one-legged squats, you can still do body weight two-legged squats. Be sure to keep your heels down and get your hips below your knees with either type of squats.
Step ups	We will do short (6-18 inches), high (18-24 inches), forward, and sideward step ups during the season. Working on this movement will increase your strength and agility. We will do them at the stadium each day during the season. Make sure to get full extension on the leg and actually hop at the top of forward step ups.
Sandbag (or sweatshirt) situps	Take a sweatshirt or towel or something somewhat soft but firm and roll it into about a four inch diameter. Place it on the ground. Sit with the roll at the base of your spine then lean backward over the towel until your back is against the floor. Sit up until your torso is in a straight line (usually about 45°). Go back down slowly. Do not add weight to this exercise unless you have a spotter. And start slowly. You do not realize how much these isolate your core muscles until you do a few reps. Work up to more than 25 by the beginning of the season.
Medicine ball	Anything you can do with a medicine ball will help you in throwing. Most medicine ball workouts are geared toward improving core strength and that is what throwers need.
Kettlebell	Kettlebell workouts are also good for throwers. Just pick out the right size(s) for different workouts to strengthen arms, legs, and of course, core.
Jumping	Jumping is good for you. Just do not do too much. Protect your joints.
Sprinting	Do sprints and hopping to work on your hips, legs, and core.

Make sure to warm up well before doing exercises. Cool down by jogging a bit and stretching when you are finished. Remember that flexibility is a big part of strength.