Session 1:  Technique

Warm up

- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

Technique

- 10 x practicing rotation with 80% effort and work/rest ratio 1:2
- 25 x throwing hula-hoop without rotation with 80% effort and work/rest ratio 1:2
- 25 x throwing discus without rotation with 80% effort and work/rest ratio 1:2
- 25 x throwing hula-hoop with rotation with 80% effort and work/rest ratio 1:2
- 25 x throwing discus with rotation with 80% effort and work/rest ratio 1:2

Cool Down

- 400 metres slow jog
- Static stretching – flexibility

Session 2:  Resistance

Warm up

- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

Resistance Training

- Circuit x 2
  1. 15 arm curls
  2. 15 bench press
  3. 10 alternate press
  4. 20 dumbbell rowing
  5. 20 sit ups
  6. 20 push ups

Cool Down

- 400 metres slow jog
- Static stretching – flexibility
**DISCUS**

**Session 3: Technique**

**Warm up**
- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

**Technique**
- 20 x release drill
- 20 x line-turn drill
- 20 x stationary throws heavier discus
- 20 x rotating throws heavier discus
- 20 x stationary throws lighter discus
- 20 x rotating throws lighter discus

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility

**Session 4: Technique**

**Warm up**
- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

**Technique Training**
- 10 x practicing rotation
- 30 x throwing hula-hoop without rotation
- 30 x throwing discus without rotation
- 30 x throwing hula-hoop with rotation
- 30 x throwing discus with rotation

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility
**Session 5: Resistance**

**Warm up**
- Skipping for 5 minutes

**Resistance Training**
- Circuit x 3
  1. 15 arm curls
  2. 15 bench press
  3. 10 alternate press
  4. 20 dumbbell rowing
  5. 20 sit ups
  6. 20 push ups

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility

**Session 6: Technique**

**Warm up**
- Jog 800 metres
- Rotations – neck, arms, trunk
  - Swinging arms in large circles and across body
  - Legs in big swinging movements across the body, towards front and back

**Technique**
- 25 x release drill
- 25 x line-turn drill
- 25 x stationary throws heavier discus
- 25 x rotating throws heavier discus
- 25 x stationary throws lighter discus
- 25 x rotating throws lighter discus

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility
Session 7: Technique

Warm up
- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

Technique
- 15 x practicing rotation with 80% effort and work/rest ratio 1:2
- 30 x throwing hula-hoop without rotation with 80% effort and work/rest ratio 1:2
- 30 x throwing discus without rotation with 80% effort and work/rest ratio 1:2
- 30 x throwing hula-hoop with rotation with 80% effort and work/rest ratio 1:2
- 30 x throwing discus with rotation with 80% effort and work/rest ratio 1:2

Cool Down
- 400 metres slow jog
- Static stretching – flexibility

Session 8: Resistance

Warm up
- Jog 800 metres
- Rotations – neck, arms, trunk
  Swinging arms in large circles and across body
  Legs in big swinging movements across the body, towards front and back

Resistance Training
- Circuit x 3
  1. 15 arm curls
  2. 15 bench press
  3. 10 alternate press
  4. 20 dumbbell rowing
  5. 20 sit ups
  6. 20 push ups

Cool Down
- 400 metres slow jog
- Static stretching – flexibility
**Session 9: Technique**

**Warm up**
- Jog 800 metres
- Rotations – neck, arms, trunk
  - Swinging arms in large circles and across body
  - Legs in big swinging movements across the body, towards front and back

**Technique**
- 25 x release drill
- 25 x line-turn drill
- 25 x stationary throws heavier discus
- 25 x rotating throws heavier discus
- 25 x stationary throws lighter discus
- 25 x rotating throws lighter discus

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility

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**Session 10: Technique**

**Warm up**
- Jog 800 metres
- Rotations – neck, arms, trunk
  - Swinging arms in large circles and across body
  - Legs in big swinging movements across the body, towards front and back

**Technique Training**
- 15 x practicing rotation
- 30 x throwing hula-hoop without rotation
- 30 x throwing discus without rotation
- 30 x throwing hula-hoop with rotation
- 30 x throwing discus with rotation

**Cool Down**
- 400 metres slow jog
- Static stretching – flexibility
Session 11: Resistance

Warm up
- Skipping for 5 minutes

Resistance Training
- Circuit x 3
  1. 20 arm curls
  2. 20 bench press
  3. 20 alternate press
  4. 20 dumbbell rowing
  5. 20 sit ups
  6. 20 push ups

Cool Down
- 400 metres slow jog
- Static stretching – flexibility

Session 12: Technique

Warm up
- Jog 800 metres
- Rotations – neck, arms, trunk
  - Swinging arms in large circles and across body
  - Legs in big swinging movements across the body, towards front and back

Technique
- 30 x release drill
- 30 x line-turn drill
- 30 x stationary throws heavier discus
- 30 x rotating throws heavier discus
- 30 x stationary throws lighter discus
- 30 x rotating throws lighter discus

Cool Down
- 400 metres slow jog
- Static stretching – flexibility