**SHOT PUT**

**Session 1: Speed and Strength**

**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

**Speed**
- 50 throws uphill lighter shot

**Strength**
- 50 throws uphill heavier shot

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

**Session 2: Plyometrics**

**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

**Plyometrics**
- Circuit x 2 using medicine ball
  1. 20 chest passes
  2. 20 sit ups
  3. 20 overhead passes
  4. 20 push-up passes
  5. 20 push-throws
  6. 20 puts for height

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

Session 3: Resistance

Warm up

• Skipping for 5 minutes

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

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 standing puts without shot
• 20 standing puts with shot
• 10 gliding puts without shot
• 20 gliding puts with shot

Cool Down

• 400 metres slow jog
• Static stretching – flexibility
SHOT PUT

Session 5: Speed and Strength

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

Speed
- 55 throws uphill lighter shot

Strength
- 55 throws uphill heavier shot

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

Session 6: Plyometrics

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

Plyometrics
- Circuit x 2 using medicine ball
  1. 25 chest passes        4. 25 push-up passes
  2. 25 sit ups            5. 25 push-throws
  3. 25 overhead passes    6. 25 puts for height

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

Warm up

- Skipping for 5 minutes

Resistance Training

- Circuit x 2
  1. 20 arm curls
  2. 20 bench press
  3. 15 alternate press
  4. 25 dumbbell rowing
  5. 25 sit ups
  6. 25 push ups

Cool Down

- 400 metres slow jog
- Static stretching – flexibility

Session 8: 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 standing puts without shot
- 25 standing puts with shot
- 15 gliding puts without shot
- 20 gliding puts with shot

Cool Down

- 400 metres slow jog
- Static stretching – flexibility
SHOT PUT

Session 9:  Speed and Strength

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

Speed

- 60 throws uphill lighter shot

Strength

- 60 throws uphill heavier shot

Cool Down

- 400 metres slow jog
- Static stretching – flexibility

Session 10:  Plyometrics

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

Plyometrics

- Circuit x 3 using medicine ball
  1.  20 chest passes       4.   20 push-up passes
  2.  20 sit ups            5.   20 push-throws
  3.  20 overhead passes    6.   20 puts for height

Cool Down

- 400 metres slow jog
- Static stretching – flexibility
SHOT PUT

Session 11: 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 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 Training

- 15 standing puts without shot
- 30 standing puts with shot
- 15 gliding puts without shot
- 30 gliding puts with shot

Cool Down

- 400 metres slow jog
- Static stretching – flexibility