

**Week 3 Workouts - 2020**  
*Monday, March 23rd - Friday, March 27th*

Objective:

- 1) Power and Strength (introduce explosive movements)
- 2) Begin Technical Work from Power position

**Generic Workouts OR Daily Workouts - Your choice!**

**Monday** - [Multi-Choice - 100 and 200, 400 runners do sprint workout]

Boys and Girls - Truck Pushes and [Cone Kick Drill](#) and [Pivot Drill](#)

**Tuesday** - [Multi Sport Girls (in place of weight room)]

Boys - <a href="#">Hurdle Drills for Throwers</a>	Girls - Med Ball shot put drills <ol style="list-style-type: none"> <li>1) Kneeling overhead</li> <li>2) <a href="#">Med Ball Hip Push Drill</a></li> <li>3) <a href="#">Med Ball Push Drill (0:06)</a></li> <li>4) <a href="#">Med Ball Wall Drill (2:12)</a></li> </ol>
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**Wednesday** [Multi Sport Boys (in place of AB work)]

Boys - Med Ball shot put drills (See Tuesday)	Girls - <a href="#">Hurdle Drill for Throwers</a>
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**Thursday** [(Multi Boys and Girls after track workout)]

Boys and Girls - Shot Put Power Drills (on the football field) <ol style="list-style-type: none"> <li>1) Overhead release</li> <li>2) <a href="#">Finger Flick Standing Push (8:50)</a></li> <li>3) <a href="#">Initiation Push (0:39)</a></li> <li>4) <a href="#">Forward Walk with Release (0:56)</a></li> </ol>
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**Friday**

Boys and Girls - [Plyos \(1 and ½ set\)](#)

Honor Roll Standards for 2020			State Qualifying Standards	
Shot Put	Girls: 34' 6"	Boys: 49' 0"	Girls: 41' 3"	Boys: 54' 6"
Discus	Girls: 107' 6"	Boys: 142' 6"	Girls: 130' 9"	Boys: 158' 2"