

EXERCISE	Jan tests	Feb tests	March tests	april tests	may tests
Tom Petranoff test scores from january					
<b>MEDBALL TESTS</b>					
2 hand forward - medball	16m	16			
2 hand overhead - medball	21	21			
2 hand underhand - medball	18	18			
2 hand chest - medball					
<b>JUMP/MISC TESTS</b>					
standing long jump	2.38	2.4			
standing triple jump	na				
standing three hop	7.7	7.9			
vertical jump	24 inches	26 inch			
# cartwheels in a straight line	5	10			
walking on hands for distance	10m	11			
<b>SPRINT TESTS</b>					
100m Sprint optional	na				
30m Sprint	4.75	4.6			
30m Sprint back	8.4	7.94			
<b>WEIGHT LIFTING TESTS</b>					
Snatch	200	200			
Clean	260	270			
Squat	405	425			
front squats	200	200			
Back Jerk	280	290			
Pullover	110	120			
Pullover (straight arm)	100	110			
Bench Press	300	315			
incline	na	na			
front jerks (split)	na	na			
<b>JAVELIN SPECIFIC TESTS</b>					
javelin or turbojav three step	44m				
javelin or turbojav five step	na				
javelin three step - weakside	23				
javelin five step - weakside	27				
2 hand three step - medball 3k	15				
2 hand five step - medball 3k	17				
<b>SHOT/DISC SPECIFIC TESTS</b>					
back overhead shot throw off toe-board					
standing underhand shot throw off toe-board					
standing power position shot throw					
standing power position discus throw					
pushups					

<b>March Week-1 Training.</b>					
	<b>5 days</b>				
<b>MEDICINE BALL / SHOT PUT / BALL THROWS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
2 handed forward		50			
2 hand over head		50			
2 hand under hand		50			
1 hand strong-side stand		50			
1 hand weak-side stand		50			
2 hand side-to-side backward		50			
2-hand chest pass		50			
wood chops right side		30			
wood chops left side		30			
2 hand one step					
2 hand three step	10 x 2k			8 x 3k	
2 hand five step	10 x 2k			8 x 3k	
2 hand seven step	10 x 2k			8 x 3k	
<b>JUMPS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
standing long jump	5				5
standing triple jump	5				4
standing three hop					3
single leg bounding X 30M					2
2-leg bounding X 20M	2 slow 2med 2 fast				
depth jumping	10 x 2meters				10x2m
vertical jump	10 x 1.3m				hurdle jumps
<b>RUNNING / SPEED TRAINING</b>	Monday	Tuesday	Wednesday	Thursday	Friday
30m Sprint	4 with jav				
30m Sprint back	4 with jav				
progressions (50/70, 60/80, 70/90, 60/80, 50/70) X 25 yds					
ladders (60-50-40-50-60)					1 full set with jav
exaggerated skipping		6 x 50 meters			
carrioca		4 x 50meters			
high-knees					
downhill runs		5			
uphill runs		5			
stadium stair drills		5			15 mins mix it
2-4 mile run or 30 min swimming					
mid-range running at track					
<b>WEIGHT LIFTING</b>	Monday	Tuesday	Wednesday	Thursday	Friday
snatches	3 rep50/60/70/80				5 rep 50/60/70/50
cleans			3 rep50/60/70/80		
clean pulls					
squat	3 rep50/60/70/80				
front squats					5 rep 50/60/70/50
Lunges			3 rep50/60/70/80		5 rep 50/60/70/50
back jerks	3 rep50/60/70/80				
front jerks (split)					
curls...triceps					
pull overs	3 rep50/60/70/80				5 rep 50/60/70/50
straight arm pull over			3 rep50/60/70/80		
bench press			3 rep50/60/70/80		
incline					5 rep 50/60/70/50
dumbbell flys flat and incline bench					
split squat explosions	3 x 20				3 x 25
lat pull downs	3 x 20		4 x 20		
cable jav drills					3 x 25
weighted situp					
<b>SPECIFICITY DRILLS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
plate twists			2 x 50 side to side		
walking plate twists	4 x 30 meters				4 x 40 meters
dumbbell/shoulder drills					
hose drags		10 x 50 meters		12 x 50 meters	
cart wheels	10		10		
hand stands					
flexibility drills		with javelin 10 mins			
run throughs		15-Dec			
sledge hammer	200 reps in 10's		300 in 20's		300 in 10's
plyo-medball slams					
walk on hands		5 sets			
weak side throwing		50 throws		60 throws	
pullups/hanging drills					
roman chair drills (extended situp; russian twist; side crunch) wwith weights	5 sets x 15reps		6 x 12 reps		5 x 15 reps

swimming laps				swim 30 mins	
extrem plyo's					
step-ups on plyo-boxes with weight					
<b>SHOT PUT (GLIDE)</b>	Monday	Tuesday	Wednesday	Thursday	Friday
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
glide-backs to power position					
glide-backs to power pos. w/hip drive					
full glide...rhythmn and explosion					
<b>SHOT PUT (SPIN)</b>	Monday	Tuesday	Wednesday	Thursday	Friday
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
karate kid 2-3 drill, block, lift & explode					
south african...rhythmn & explosion					
spin backs to power position					
full spin...rhythmn & explosion					
<b>DISCUS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
pop ups with rubber discus or bowling w/partner					
standing...block and lift w/pb					
standing...block, lift & explode w/pb					
karate kid 2-3 drill, block, lift & explode w/pb					
south african...rhythmn & explosion w/pb					
spin backs to power position...knee to knee					
full spin...rhythmn & explosion w/pb					
<b>JAVELIN THROW</b>	Monday	Tuesday	Wednesday	Thursday	Friday
standing		3		5	
one step		3		5	
three step		5		5	
five step		5		5	
seven step		5		5	
<b>MENTAL TRAINING</b>	Monday	Tuesday	Wednesday	Thursday	Friday
visualization					
relaxation exercises					

<b>March Week-2 Training.</b>					
<b>MEDICINE BALL / SHOT PUT / BALL THROWS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
2 handed forward		25-3k		25-2k	
2 hand over head		25-3k		25-2k	
2 hand under hand		25-3k		25-2k	
1 hand strong-side stand		50-2k		50-2k	
1 hand weak-side stand		50-2k		50-2k	
2 hand side-to-side backward		100		60	
2-hand chest pass					
wood chops right side					
wood chops left side					
2 hand one step					
2 hand three step		12		10	
2 hand five step		12		10	
2 hand seven step		12		10	
<b>JUMPS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
standing long jump					
standing triple jump					
standing three hop					
single leg bounding X 30M		4		4	
2-leg bounding X 20M					
depth jumping		10		10	
verticle jump		10		10	
<b>RUNNING / SPEED TRAINING</b>	Monday	Tuesday	Wednesday	Thursday	Friday
30m Sprint		3 with jav		3 with jav	
30m Sprint back		3 with jav		3 with jav	
progressions (50/70, 60/80, 70/90, 60/80, 50/70) X 25 yds					
ladders (60-50-40-50-60)					
exaggerated skipping					
carrioca					
high-knees					
downhill runs					
uphill runs					
stadium stair drills					
1 mile fartlek or 30 min swimming		swim		swim	
mid-range running at track					
<b>WEIGHT LIFTING</b>	Monday	Tuesday	Wednesday	Thursday	Friday
snatches	3x6x60%				20x bar
cleans			3x 5 x 70%		20x bar
clean pulls					20x bar
squat	3x6x60%				20x bar
front squats			3 x 5 x 70%		20x bar
shoulder shrugs					20x bar
back jerks	3x6x60%				20x bar
front jerks (split)					
Lunges					
pull overs	3x6x60%				20x bar
straight arm pull over			3x6x60%		
bench press	3x6x60%				
incline			3x6x60%		20x bar
dumbbell flys flat and incline bench					
split squat explosions			3x6x60%		20x bar
lat pull downs	3x10		3x6x60%		
cable crunches					
weighted situp	5 x 20		5 x 20		5 x 20
<b>SPECIFICITY DRILLS</b>	Monday	Tuesday	Wednesday	Thursday	Friday
plate twists		5		5	
walking plate twists					
dumbbell/shoulder drills					
hose drags		12		12	
cart wheels		5		5	
hand stands					
flexibility drills					
run throughs		20		20	
sledge hammer	400		500		400
plyo-medball slams	100		100		100
walk on hands		3 reps		5 reps	
weak side throwing					
pullups/hanging drills	hang 60 x2		20 pull ups		hang 60 x2
roman chair drills (extended situp; russian twist; side crunch)	3 x 12 x no weight			3 x 12 x no weight	
swimming laps					
extrem plyo's					
step-ups on plyo-boxes with weight	3 x 10				5 x 10

<b>SHOT PUT (GLIDE)</b>					
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
glide-backs to power position					
glide-backs to power pos. w/hip drive					
full glide...rhythmn and explosion					
<b>SHOT PUT (SPIN)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
karate kid 2-3 drill, block, lift & explode					
south african...rhythmn & explosion					
spin backs to power position					
full spin...rhythmn & expolsion					
<b>DISCUS</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
pop ups with rubber discus or bowling w/partner					
standing...block and lift w/pb					
standing...block, lift & explode w/pb					
karate kid 2-3 drill, block, lift & explode w/pb					
south african...rhythmn & explosion w/pb					
spin backs to power position...knee to knee					
full spin...rhythmn & explosion w/pb					
<b>JAVELIN THROW</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
standing					
one step					
three step		5			
five step		5		5	
seven step		5		5	
full approach				5	
<b>MENTAL TRAINING</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
visualization	all the time	all the time	all the time	all the time	all the time
relaxation exercises	daily	daily	night	morning	in class

### March Week-3 Training.

MEDICINE BALL / SHOT PUT / BALL THROWS	Monday	Tuesday	Wednesday	Thursday	Friday
2 handed forward	10 x 4k shot		10 x 2k shot		
2 hand over head	10 x 4k shot		10 x 2k shot		
2 hand under hand					
1 hand strong-side stand					
1 hand weak-side stand					
2 hand side-to-side backward					
2-hand chest pass					
wood chops right side					
wood chops left side					
2 hand one step (jav drills)					
2 hand three step (jav drills)	10 x 4k shot		10 x 2k shot		
2 hand five step (jav drills)	10 x 4k shot		10 x 2k shot		
2 hand seven step (jav drills)	10 x 4k shot		10 x 2k shot		
JUMPS	Monday	Tuesday	Wednesday	Thursday	Friday
standing long jump		5		5	
standing triple jump					
standing three hop		3		3	
single leg bounding X 30M					
2-leg bounding X 20M					
depth jumping		5		5	
verticle jump					
RUNNING / SPEED TRAINING	Monday	Tuesday	Wednesday	Thursday	Friday
30m Sprint					
30m Sprint back					
progressions (50/70, 60/80, 70/90, 60/80, 50/70) X 25 yds					
ladders (60-50-40-50-60)					
exaggerated skipping					
carloca					
high-knees					
downhill runs					
uphill runs					
stadium stair drills					
2-4 mile run or 30 min swimming					
mid-range running at track					
WEIGHT LIFTING	Monday	Tuesday	Wednesday	Thursday	Friday
snatches		3 x 3 x 70%			
cleans					
clean pulls				3 x 5 x 50% fast	
squat		3 x 3 x 70%			
front squats				3 x 5 x 50% fast	
shoulder shrugs					
back jerks		3 x 3 x 70%		3 x 5 x 50% fast	
front jerks (split)					
curls...triceps					
pull overs		3 x 3 x 70%			
straight arm pull over					
bench press				3 x 5 x 50% fast	
incline		3 x 5 x 50% fast			
dumbbell flies flat and incline bench					
split squat explosions		3 x 5 x 50% fast		3 x 5 x 50% fast	
lat pull downs					
cable crunches					
weighted situp					
SPECIFICITY DRILLS	Monday	Tuesday	Wednesday	Thursday	Friday
plate twists					
walking plate twists		2 x 40m		2 x 40m	
dumbbell/shoulder drills					
hose drags	10-Jan		10		
cart wheels					
hand stands					
flexibility drills					
run throughs	10	200 single hand	10	200 single hand	
sledge hammer					
plyo-medball slams	10		10		
walk on hands	3		3		
weak side throwing	20 mix		20 mix		
pullups/hanging drills					
roman chair drills (extended situp; russian twist; side crunch)	3 x 15 x 70%		3 x 15 x 70%		
swimming laps		12			12
extreem plyo's					
step-ups on plyo-boxes with weight					

SHOT PUT (GLIDE)	Monday	Tuesday	Wednesday	Thursday	Friday
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
glide-backs to power position					
glide-backs to power pos. w/hip drive					
full glide...rhythmn and explosion					
SHOT PUT (SPIN)	Monday	Tuesday	Wednesday	Thursday	Friday
back overhead off toe-board					
front...block and lift					
standing...block and lift					
standing...block, lift & explode					
karate kid 2-3 drill, block, lift & explode					
south african...rhythmn & explosion					
spin backs to power position					
full spin...rhythmn & expolsion					
DISCUS	Monday	Tuesday	Wednesday	Thursday	Friday
pop ups with rubber discus or bowling w/partner					
standing...block and lift w/pb					
standing...block, lift & explode w/pb					
karate kid 2-3 drill, block, lift & explode w/pb					
south african...rhythmn & explosion w/pb					
spin backs to power position...knee to knee					
full spin...rhythmn & explosion w/pb					
JAVELIN THROW	Monday	Tuesday	Wednesday	Thursday	Friday
standing					
one step					
three step	5		6		
five step	5		6		
seven step	5		6		
full approach	5		6		
MENTAL TRAINING	Monday	Tuesday	Wednesday	Thursday	Friday
visualization					
relaxation exercises					

**March TESTING RESULTS.**

MEDICINE BALL / SHOT PUT / BALLS	DATE	RESULT
2 handed forward		
2 hand over head		
2 hand under hand		
1 hand strong-side stand		
1 hand weak-side stand		
2 hand side-to-side backward		
2-hand chest pass		
2 hand one step		
2 hand three step		
2 hand five step		
2 hand seven step		
JUMPS	DATE	RESULT
standing long jump		
standing triple jump		
standing three hop		
verticle jump		
SPRINTS / RUNNING	DATE	RESULT
30M Sprint		
30M Sprint back		
400M run		
800M run		
WEIGHT LIFTING	DATE	RESULT
squat		
pull overs		
cleans		
snatches		
straight arm pull over		
bench press		
back jerks		
front squats		
incline		
front jerks (split)		
SHOT/DISC SPECIFIC TESTS	DATE	RESULT
back overhead shot throw off toe-board		
standing underhand shot throw off toe-board		
standing power position shot throw		
standing power position discus throw		
pushups		
SPECIFICITY DRILLS	DATE	RESULT
hand stands		
# cartwheels in straight line		
walk on hands		
carioca		
JAVELIN / BALL THROW	DATE	RESULT
three step - strongside		
five step - strongside		
three step - weakside		
five step - weakside		