

Beginners FALL TRAINING

MEDICINE BALL	MON	TUE	WED	THU	FRI	SAT
WARM UP, JOGGING, STRETCHING	10 MINUTES		10 MINUTES		10 MINUTES	
Rubber band	100		100		100	
Hammer drills	100		100		100	
Medball throw, 2 kilos						
2 handed forward 2kg x 20 reps	40		40		40	
2 hand over head 2kg x 20 reps	40		40		40	
2 hand under hand 2kg x 20 reps	40		40		40	
1 hand strong-side stand						
1 hand weak-side stand						
2 hand one step 2kg x 20 reps	40		40		40	
2 hand three step 2kg x 20 reps	40		40		40	
JAVELIN THROW/TURBOJAV THROW	MON	TUE	WED	THU	FRI	SAT
Weak side 25%, two arm 25%, strong side 50%						
two arm overhead	15		15		15	
standing (25% weak side)	15		15		15	
three step (25% weak side)	15		15		15	
five step (25% weak side)	15		15		15	
JUMPS	MON	TUE	WED	THU	FRI	SAT
standing long jump	10		10		10	
standing triple jump	10		10		10	
standing three hop	10		10		10	
2-leg bounding X 10 jumps	10		10		10	
Vertical jump	20		20		20	
RUNNING / SPEED TRAINING	MON	TUE	WED	THU	FRI	SAT
30m Sprint	3		5		5	
30m Sprint back	3		5		5	
Different running drills (high knees, etc.) x 20 meters	10		10		10	
javelin run 30 meters	5		5		5	
CORE FITNESS	MON	TUE	WED	THU	FRI	SAT
Pushups	50		50		50	
Bars	20		20		20	
Body squats	50		50		50	
Lounges	50		50		50	
Abs drills (extended situp; russian twist; side crunch, etc.)	100		100		100	
hand stands	10		10		10	