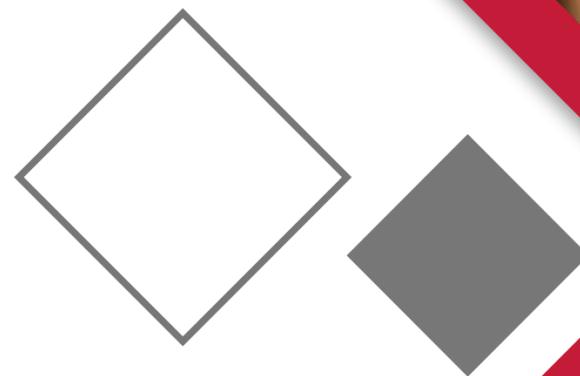


# ENGLAND ATHLETICS

**YTP EVENTS S&C PROGRAM**

**THROWERS**



# WARM-UP



Focus aspect	Exercise	Sets	Reps	Notes
Raise				Action as appropriate based on the environment
Activate (as a circuit)	Glute bridge	2	6	Hold for 3 seconds
	Long lever iso glute bridge	2		20 second hold 20 rest*3
	Lateral plank leg raise	2	6	
Mobilise	90/90 Thoracic rotation	1	6	
	Worlds greatest stretch	1	6	
	Downward dogs	1	6	
	Lunge and rotate	1	6	
	Single leg squat knee hug	1	6	
	Single leg RDL	1	6	
	Acceleration position (back leg calf raise) or figure of 4 (stance leg calf raise)	1	6	
Potentiate	Snap down	2	5	Emphasis on the stick and hold progress over time to 2 to 1 then 1 to 1
	CMJ	2	5	
	Stiff leg pogos	2	10	

# SESSION 1



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
<b>Lower body push (Squat)</b>	<b>Goblet Squats</b>	<b>4</b>	<b>5</b>	<b>Front squat</b>	
<b>Lower body pull (Hinge)</b>	<b>KB RDL</b>	<b>4</b>	<b>5</b>	<b>DB RDL</b>	<b>Dowel RDL</b>
<b>Lower body push (Lunge)</b>	<b>Goblet Split Squat</b>	<b>3</b>	<b>5 each</b>	<b>Barbell split squat</b>	<b>Bodyweight Split Squat</b>
<b>Upper body horizontal pull</b>	<b>Single Arm Row</b>	<b>3</b>	<b>5</b>	<b>DB bent over row</b>	
<b>Upper body horizontal push</b>	<b>Press up</b>	<b>3</b>	<b>5</b>	<b>DB Bench Press</b>	<b>Incline Press-up</b>
<b>Rotary Stability</b>	<b>Side plank left and right</b>	<b>3</b>	<b>30s 30s rest btn each</b>	<b>Increase time to 60s</b>	<b>Half side plank</b>

# SESSION 2



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
<b>Lower body push (Squat)</b>	<b>Goblet Squats</b>	<b>4</b>	<b>5</b>	<b>Front squat</b>	
<b>Lower body pull (Hinge)</b>	<b>DB RDL</b>	<b>4</b>	<b>5</b>	<b>BB RDL</b>	<b>KB RDL</b>
<b>Lower body push (Lunge)</b>	<b>Barbell Split Squat</b>	<b>3</b>	<b>5 each</b>	<b>Increase weight</b>	<b>Goblet Split Squat</b>
<b>Upper body horizontal pull</b>	<b>Single Arm Row</b>	<b>3</b>	<b>5</b>	<b>DB bent over row</b>	
<b>Upper body horizontal push</b>	<b>Press up</b>	<b>3</b>	<b>5</b>	<b>DB Bench Press</b>	<b>Incline Press-up</b>
<b>Rotary Stability</b>	<b>Side Plank</b>	<b>3</b>	<b>30s 30s rest btn each</b>	<b>Increase time to 60s</b>	<b>Half side plank</b>

# SESSION 3



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
<b>Lower body push (Squat)</b>	<b>Front Squat</b>	<b>4</b>	<b>5</b>	<b>Back Squat</b>	<b>Goblet Squat</b>
<b>Lower body pull (Hinge)</b>	<b>DB RDL</b>	<b>4</b>	<b>5</b>	<b>BB RDL</b>	<b>KB RDL</b>
<b>Lower body push (Lunge)</b>	<b>Barbell Split Squat</b>	<b>3</b>	<b>5 each</b>	<b>Increase weight</b>	<b>Goblet Split Squat</b>
<b>Upper body horizontal pull</b>	<b>DB Bent over row</b>	<b>3</b>	<b>5</b>	<b>Barbell bent over row</b>	<b>Single Arm DB Row</b>
<b>Upper body horizontal push</b>	<b>DB Bench Press</b>	<b>3</b>	<b>5</b>	<b>Barbell Bench Press</b>	<b>Press-up</b>
<b>Rotary Stability</b>	<b>Lateral Trunk Hold</b>	<b>3</b>	<b>30s 30s rest btn each</b>	<b>Increase time to 60s</b>	<b>Side plank</b>

# SESSION 4



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
Lower body push (Squat)	Front Squat	4	5	Back Squat	Goblet Squat
Lower body pull (Hinge)	BB RDL	4	5	SL RDL	DB RDL
Lower body push (Lunge)	Reverse Lunge	3	5 each	Step up	Barbell Split Squat
Upper body horizontal pull	Barbell bent over row	3	5	Chin-ups	DB Bent over row
Upper body horizontal push	BB bench press	3	5	Incline Bench Press	DB Bench Press
Rotary Stability	Lateral Trunk Hold	3	30s 30s rest btn each	Increase time to 60s	Side plank

# SESSION 5



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
Lower body push (Squat)	Back Squat	4	5	Increase weight, decrease reps	Front/Goblet Squat
Lower body pull (Hinge)	SL RDL	4	5	Trap bar deadlift	BB RDL
Lower body push (Lunge)	Reverse Lunge	3	5 each	Step up	Barbell Split Squat
Upper body horizontal pull	Barbell bent over row	3	5	Chin-ups	DB Bent over row
Upper body horizontal push	BB bench press	3	5	Incline Bench Press	DB Bench Press
Rotary Stability	Lateral Trunk Hold	3	30s 30s rest btn each	Increase time to 60s	Side plank

# SESSION 6



<b>Movement classification</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes/progression</b>	<b>Notes/regression</b>
Lower body push (Squat)	Back Squat	4	5	Increase weight, decrease reps	Front/Goblet Squat
Lower body pull (Hinge)	Trap bar deadlift	4	5	Increase weight, decrease reps	BB RDL
Lower body push (Lunge)	Step-up	3	5 each	Increase weight	Reverse Lunge
Upper body horizontal pull	Chin-ups	3	5	Weighted Chin-ups	Eccentric Chin-ups
Upper body horizontal push	Incline bench press	3	5	Increase weight	BB bench press
Rotary Stability	Lateral Trunk Hold	3	30s 30s rest btn each	Add weight	Side plank

# END GOALS/OBJECTIVES



## Movement classification

## Exercise

**Squat**  
(Goblet 50% BW → Front 100%BW → Back)

**Back Squat (>1.5xBW) for 1 rep**

**Hinge**  
(RDL, SL, Trap bar deadlift)

**RDL >1xBW for 5 reps**  
**Trap Bar Deadlift (>1.5xBW) for 1 rep**

**Lunge**  
(Goblet Split Squat, BB Split Squat, Reverse Lunge, Step Up)

**Vertical upper body pull**  
(SA row, Bent over DB/BB row, chin-ups)

**Chin-ups > 5 reps of bodyweight**

**Horizontal upper body push**  
(Press-ups, DB Bench, BB Bench, Incline DB/BB Bench)

**Incline Bench Press 0.5xBW for 5 reps**

**Rotary Stability**  
(Side planks, lateral trunk holds)

**Lateral trunk holds >60s**