

## ACE - Week 08 Seniors - 22 October 2014

Week 08
22 <sup>nd</sup> October 2014
Warm up
<b>Unit 1: Shot</b> Overheads - key emphasis on use of legs triple ext and coordination Ditto forwards 6 x standing forward with triple ext, max height on release 6 x from one step forward 6 x J shape flick 1Kg Power Pos to release wit out shot, hip drive and block Full throws
<b>Unit 2: Endurance</b> 2 rep each run up the hill, walk recovery 2 x 40m 2 x 50m 2 x 60m 2 x 70m 3 - 4 mins recovery 2 x 70m 2 x 60m 2 x 50m 2 x 40m
<b>Unit 3: Conditioning</b> Med ball exercises to develop throws
Cool Down & Stretching