Keys to a Successful Training Program

Mac Wilkins Jan. 2014

Safety
Be Creative – Have Fun
Keys to a Successful Training Program
Rhythmic – Throwing Rhythm
Throwing Muscle Sequence
Total System – Full Body Movements
Bulgarian Method

Throwing Strength - Technique - Testing

Overhead Shot
2k or 4k stand throw
Mini Hammers
Schleuder Balls
Over weight Implements
Bars

Technique Training

Technique
Drills
Video review
Drills
Under/Over weight implements
Drills
Full Throws
Drills

Visualization

See & Feel the movement, the positions, & rhythm
Work in front of mirrors
Preview the competition routine & adrenaline
Practice WITHOUT FOULING
Practice with adverse conditions & distractions

Lifting total body lifts

Squat, Pull, Bench
Straight Arm & Reverse Flys
Step Ups
Reverse Back Hypers
Push Press & Jerks

Athletic Strength & Balance & Test

Stand Long Jump
Tire Flip - timed
Farmers Carries
One Leg Squat
Walking Twists
Hanging Leg Swing
Sleds
Axe Swings
Weak Side Throws

Flexibility Training

Flexibility & Balance
Overhead Squat
Step Ups - Hi
Strides
Hurdles
One Leg Squat
Hanging Leg Swing
Backward running
Stretching

Speed Training

Sprints
Box squat/bench
Light weight throws
Plio Sled

Contact

mac@macwilkins.com
www.macwilkins.com
www.thewilkinsreview.com
408 357-3922

Training Exercises

Lifting Strength	Throw Strength & Tech	Athletic Strength & Balance	Flexibility	Speed	Technique
Basic-Squat, Pull Bench	OH Shot	Stand LJ	OH Squat	Sprint	Drills
SA & Rev Flys	2k, 3k, 4k stands	Tire Flip	Step Up Hi	Box Squat/ bench	Throw
Step ups 1 Leg Squats	Mini Hammers	Framer Carries	Strides	Light weight Implements	Video Study
Rev. Back Hypers	Schleuder Balls	1 Leg Squat	Hurdles Step Overs	Plio Sled	
	Overweight Implements	Walking Twists	1 Leg Squats		
	Bars	Hanging Leg Swings	Hanging Leg Swings		
		Pull Sleds	Backward Running		