

# THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS  
ATHLETAU CYMRU

## Acceleration & Power Development:

with WA Sprinter Sam Gordon

The focus of the session is quality of exercises & not to create high levels of fatigue during the session. Take extra recovery if required. Once the quality starts to drop enough work has been undertaken.

### Area & Equipment:

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- 20m Very flat grass area / Astro Turf / Smooth tarmac
- Open clear area for throwing exercises
- 2-4kg throwing implement (Med-ball, Kettlebell, Dumb-bell)

### Accelerations:

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3 x 20m Roll Over Drive out

- Athlete to focus on projecting the body forward off each ground contact
- Gradually allow the body to climb
- Be patient & find your rhythm
- Very slow walk back recovery

### Throw Series:

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2 x Over Head Back Shot

2 x Forward Throw

2 x Bound Forward Throw

- Accelerate and generate force from the legs (the arms are a long lever)
- Put a cone to mark your throw & try to beat your best distance

*\*\*Repeat all the above x 2-4 sets with 8 minutes recovery between sets.*

