

St. Paul Track & Field

- 1.) Be part of coach Joe's home workout routine. You can access and record your workouts on the TeamBuildr app. (email coach Joe if you would like to get set up - <https://www.youtube.com/watch?v=kP75fO33xKg>).
- 2.) Develop a daily running routine, vary your distances and time your efforts, the goal is to improve your times.
- 3.) Explosive Speed exercises you can do anywhere (work these into your running routine – complete this workout every other day). See Link - https://www.youtube.com/watch?v=FYJJbwG_i8U
- 4.) Javelin Throwers – Train doing long distance throwing in your yard (softball & football are good items to use) in an effort to work on your shoulder rotation & strength.
- 5.) All Throwers – See Link - <https://www.youtube.com/watch?v=kP75fO33xKg>
- 6.) Hurdlers – See Links - <https://www.youtube.com/watch?v=GpNRmouvgol> / <https://www.youtube.com/watch?v=hFmwg31Kiw0>

I hope everyone and their families are well. I hope to see you soon.

- Coach Husbands