

Fitness routine

Monday (1.5 to 2 hours)	Tuesday	Wednesday (1.5 to 2 hours)	Thursday (1.5 to 2 hours)	Friday	Saturday (1.5 to 2 hours)	Sunday
<ul style="list-style-type: none"> • 30 to 40 throws of a 1kg discus, focusing on the throwing technique. • Gym work - weight training, including squats, dead-lifts, bench press and shoulder press. • Power workout, including sprints and jumps. • Core workout to strengthen abdominal muscles, including crunches and planks. 	Rest day	<ul style="list-style-type: none"> • 30 to 40 throws of a 1kg discus. • Gym work - weight training, including squats, bench press and shoulder press. • Core workout to strengthen abdominal muscles, including crunches and planks. 	<ul style="list-style-type: none"> • 30 to 40 throws of a 1kg discus. • Power workout, including sprints and jumps. • Power throws with a 4kg medicine ball. 	Rest day	<ul style="list-style-type: none"> • 30 to 40 throws of a 1kg discus, focusing on the throwing technique. • Gym work - weight training, including squats, dead-lifts, bench press and shoulder press. • Power workout, including sprints and jumps. • Core workout to strengthen abdominal muscles, including crunches and planks. 	Rest day