

TRACK & FIELD POWER TRAINING

Nov. 13-Dec. 10

Lift	Plan	
Lower I	Newcomers	Returners
Back Squat	1x10, Warm-Up	1x10, Warm-Up
Front Squat	3x8, Max10	3x6, Max8
Hang Cleans	1x8, Warm-Up	1x8, Warm-Up
Full Cleans	3x8, Max8 - 5%	3x6, Max8
Dead Lift		
Step-Ups	2x10e	2x10e
Back Ext.	3x10, Medium+	
Ham Curls	3x10, Medium+	
Ankle Ext.	In/Out/Str x15e	
Core/Flexibility	2xSwitch-Lift Plank Holds (x15s Holds each)	
Upper I	Newcomers	Returners
Bench Press	3x6, Max8	
Incline Press	2x10, Medium+	
Shoulder Press	2x10, Medium+	
Lat Pulls	2x10, Medium+	
NRG Pulls	2x10, Medium+	
Low Rows	2x10, Medium+	
Core/Flexibility	1xStandard Planks (60s Holds each), 6min Continuous Crunch Series	
Lower II	Newcomers	Returners
Back Squat	1x10, Warm-Up	1x10, Warm-Up
Front Squat	3x8 Pause, Medium	3x8 Pause, Medium
Hang Cleans	1x8, Warm-Up	1x8, Warm-Up
Full Cleans	2x8, Medium	2x8, Medium
Dead Lift		
Step-Ups	2x10e	2x10e
Back Ext.	3x12, Medium	
Ham Curls	3x12, Medium	
Ankle Ext.	In/Out/Str x15e	
Core/Flexibility	2xSwitch-Lift Plank Holds (x15s Holds each)	
Upper II	Newcomers	Returners
Bench Press	3x10 (Slow, Pause, Slow), Medium	
Incline Press	2x12, Medium	
Shoulder Press	2x12, Medium	
Lat Pulls	2x12, Medium	
NRG Pulls	2x12, Medium	
Low Rows	2x12, Medium	
Core/Flexibility	1xStandard Planks (60s Holds each), 6min Continuous Crunch Series	