

# TRACK & FIELD POWER TRAINING

2018 Newcomers Group - Summer Block I - July 2-22

Lift	Plan		
Monday	Week 1	Week 2	Week 3
Double Leg Squat	<b>Back:</b> 1x10, Warm-Up <b>Front:</b> 3x10, Medium hold 2sec at bottom	<b>Back:</b> 1x10, Warm-Up <b>Front:</b> 3x10, Medium hold 2sec at bottom	<b>Front:</b> 1x10, Warm-Up <b>Back:</b> 3x10, Medium hold 2sec at bottom
Single Leg Squat	<b>Back:</b> 2x8e, Light	<b>Back:</b> 2x8e, Medium	<b>Front:</b> 2x8e, Medium
Cleans	<b>Full:</b> 1x8, Warm-Up <b>Hang:</b> 2x8, Light	<b>Full:</b> 1x8, Warm-Up <b>Hang:</b> 2x8, Technique	<b>Full:</b> 1x8, Warm-Up <b>Hang:</b> 2x8, Technique
Back Ext.	3x15, Medium		
Hamstrings	Arabesque: 2x15e, Light		
Ankle Ext.	In/Out/Str x15e		
Core	Balance Stands (Single Leg, Changing Alignments), 2x3min Each		
Tuesday	Week 1	Week 2	Week 3
Bench Press	1x10, Warm-Up 3x10, Medium hold 2sec at bottom	1x10, Warm-Up 3x10, Medium hold 2sec at bottom	1x10, Warm-Up 3x10, Medium hold 2sec at bottom
Incline Press	2x12, Medium (hold 2sec at bottom)		
Shoulder Press	2x12, Medium (hold 2sec at bottom)		
NRG Pulls	2x12, Medium (hold 2sec at bottom)		
Low Rows	2x12, Medium (hold 2sec at bottom)		
Lat Pulls	2x12, Medium (hold 2sec at bottom)		
Core	5min Continuous Small Movement Series		
Thursday	Week 1	Week 2	Week 3
Bench Press	1x10, Warm-Up 3x10, Medium 3sec Eccentric	1x10, Warm-Up 3x10, Medium 3sec Eccentric	1x10, Warm-Up 3x10, Medium 3sec Eccentric
Incline Press	2x12, Medium (3sec Eccentric)		
Shoulder Press	2x12, Medium (3sec Eccentric)		
NRG Pulls	2x12, Medium (3sec Eccentric)		
Low Rows	2x12, Medium (3sec Eccentric)		
Lat Pulls	2x12, Medium (3sec Eccentric)		
Core	5min Continuous Small Movement Series		
Friday	Week 1	Week 2	Week 3
Double Leg Squat	<b>Back:</b> 1x10, Warm-Up <b>Front:</b> 3x10, Medium 3sec Eccentric	<b>Back:</b> 1x10, Warm-Up <b>Front:</b> 3x10, Medium 3sec Eccentric	<b>Front:</b> 1x10, Warm-Up <b>Back:</b> 3x10, Medium 3sec Eccentric
Step-Ups	<b>Saggital:</b> 1x8e, Light <b>Lateral:</b> 2x8e, Light	<b>Saggital:</b> 1x8e, Medium <b>Lateral:</b> 2x8e, Medium	<b>Saggital:</b> 1x8e, Medium <b>Lateral:</b> 2x8e, Medium
Overhead Squat	2x10, Light	2x10, Light	2x10, Light
Back Ext.	3x15, Light		
Hamstrings	Nordic: 3x10		
Ankle Ext.	In/Out/Str x15e		
Core	Balance Stands (Single Leg, Changing Alignments), 2x3min Each		

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## Workout Notes:

**Warm-Up** should be a typical practice day routine, adapted as necessary. All elements of our routine should be included, however:

- \*Foot/Ankle Activation (balance stands, sock walks, etc.) - your foundation is always important!
- \*Core Temperature Elevation (5-10min of steady activity to elevate your heartrate and body temperature) - get a good sweat on!
- \*Activate Joint Mobility
- \*Prepare Muscles for Dynamic Activity

**Medium+** = you could do 2 more reps at that weight

**Medium** = you could do 3 more reps at that weight

**Light** = you could do 4-5 more reps at that weight

**Technique** = progress your weights gradually, but remain focused on acquiring proper technique

**Preventive/Rehab Measures** need to be included as prescribed by Brittany and/or your event coach.

In some cases, this work will have a specific spot in your training session (before the weight room, immediately after, etc.). Otherwise, make sure to schedule it at a point in the session where you will do the most thorough job with the exercises.

**Cool-Down** should include elements of the Warm-Up, but progressing in the opposite direction. Leg swings, windmills, cariokas, and barefoot jogging to the point where you feel like you could start into another training session are ideal.

**Extended Static Stretching** should be your final training unit. Your routine needs to be comprehensive (stretch everything at least a little - this will give you a good diagnostic for your body), extensive (long holds to get the muscles to fully relax and switch into recovery mode), and purposeful (check everything and give particular attention to trouble areas).

***If you have persistent tightness - and are consistently working to relieve it, make sure to reach out to Brittany and/or your event coach!***

**Wednesdays** should be athletic days with some explosive element to them (basketball, volleyball, soccer, ultimate frisbee, etc.).

You can make a comparable workout circuit to include Rudiment Hops, Jump-Rope, Agility Drills, Dot Drills, etc. Such a circuit should last at least 30min. Warm-Up, Preventative/Rehab Measures, Cool-Down, and Extended Stretching should still be part of the session.

**Weekends** should consist of Active Rest. Make sure you are having fun and are ready to start another great week of training on Monday!

**Modifications** to the training schedule should be rare - make the commitment to your training as if your season depends on it (it does!).

Starting your week on Sunday or Tuesday is of little consequence as long as it is consistent (let your natural weekend find its place).

**Rhythm is important in training** - daily, weekly, monthly, and annual cycles are recognized by your body and are used to time hormonal releases to prepare for the expected needs. Be consistent with your rhythm!

If you need to do your weight room sessions on four consecutive days, reverse the order of Thursday & Friday workouts so that you are alternating Lower Body & Upper Body.

***For any other modifications, consult with your event coach BEFORE implementing the change!***

***The key to achieving your goals lies in the summer.***

***A well-executed summer of training will lead to a healthier competitive season, greater accumulation of fitness, and easier assimilation of technical adaptations.***

***You have an important role to play in the team goals for 2018-19.***

***BE READY!***