

TRACK & FIELD POWER TRAINING

2018 Conference Group - Summer Block II - July 2-29

Lift

Plan

Monday	Week 1	Week 2	Week 3	Week 4
Double Leg Squat	Front: 1x10, Warm-Up Back: 3x8, 80% ~2min recovery	Front: 1x10, Warm-Up Back: 3x8, 85% ~2min recovery	Back: 1x10, Warm-Up Front: 3x8, 85% ~2min recovery	Back: 1x10, Warm-Up Front: 3x8, 80% ~2min recovery
Single Leg Squat	Front: 2x8e, Medium	Front: 2x8e, Medium+	Back: 2x8e, Medium+	Back: 2x8e, Medium
Cleans	Hang: 1x8, Warm-Up Full: 2x8, 75%	Hang: 1x8, Warm-Up Full: 2x8, 80%	Full: 1x8, Warm-Up Hang: 2x8, 80%	Full: 1x8, Warm-Up Hang: 2x8, 75%
Back Ext.	3x15, Medium+			
Hamstrings	Arabesque: 2x15e, Medium			
Ankle Ext.	In/Out/Str x15e			
Core	Balance Stands on Soft Surface (Single Leg, Changing Alignments), 2x3min Each			
Tuesday	Week 1	Week 2	Week 3	Week 4
Bench Press	1x10, Warm-Up 3x8, 80% ~2min recovery	1x10, Warm-Up 3x8, 85% ~2min recovery	1x10, Warm-Up 3x8, 85% ~2min recovery	1x10, Warm-Up 3x8, 80% ~2min recovery
Incline Press	2x8, Medium+ (~2min recovery)			
Shoulder Press	2x8, Medium+ (~2min recovery)			
NRG Pulls	2x8, Medium+ (~2min recovery)			
Low Rows	2x8, Medium+ (~2min recovery)			
Lat Pulls	2x8, Medium+ (~2min recovery)			
Core	5min Continuous Small Movement Series, including Med Ball/Kettle/Plate			
Thursday	Week 1	Week 2	Week 3	Week 4
Bench Press	1x10, Warm-Up 3x10, 70% ~1min recovery	1x10, Warm-Up 3x12, 70% ~1min recovery	1x10, Warm-Up 3x12, 70% ~1min recovery	1x10, Warm-Up 3x10, 70% ~1min recovery
Incline Press	2x12, Medium (~1min recovery)			
Shoulder Press	2x12, Medium (~1min recovery)			
NRG Pulls	2x12, Medium (~1min recovery)			
Low Rows	2x12, Medium (~1min recovery)			
Lat Pulls	2x12, Medium (~1min recovery)			
Core	5min Continuous Small Movement Series, including Med Ball/Kettle/Plate			
Friday	Week 1	Week 2	Week 3	Week 4
Double Leg Squat	Front: 1x10, Warm-Up Back: 3x10, 70% ~1min recovery	Front: 1x10, Warm-Up Back: 3x12, 70% ~1min recovery	Back: 1x10, Warm-Up Front: 3x12, 70% ~1min recovery	Back: 1x10, Warm-Up Front: 3x10, 70% ~1min recovery
Step-Ups	Saggital: 1x8e, Med Lateral: 2x8e, Med	Saggital: 1x8e, Med+ Lateral: 2x8e, Med+	Saggital: 1x8e, Med+ Lateral: 2x8e, Med+	Saggital: 1x8e, Med Lateral: 2x8e, Med
Overhead Squat	2x10, Medium	2x12, Medium	2x12, Medium	2x10, Medium
Back Ext.	3x15, Light			
Hamstrings	Nordic: 3x12			
Ankle Ext.	In/Out/Str x15e			
Core	Balance Stands on Soft Surface (Single Leg, Changing Alignments), 2x3min Each			

Muscular Strength & Muscular Endurance Focus

TRACK & FIELD POWER TRAINING

2018 Conference Group - Summer Block II - July 2-29

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 Brittaney 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 Brittaney 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!