

**Know Your Program:**

**TF:** Strength & Strength Endurance (primarily frosh)

**AC:** Strength & Power Base (primarily sophs)

**NQ:** Power Development, Double Peak (primarily jrs/srs)

**AA:** Power Development, National Focus (primarily jrs/srs)

# TRACK & FIELD POWER TRAINING

## S-H-J-M Summer Testing I

Lift	Plan			
<b>Monday</b>	<b>TF</b>	<b>AC</b>	<b>NQ</b>	<b>AA</b>
<b>Hang Cleans</b>	5-Rep Test			
<b>Tuesday</b>	<b>TF</b>	<b>AC</b>	<b>NQ</b>	<b>AA</b>
<b>Front Squats</b>	5-Rep Test			
<b>Wednesday</b>	<b>TF</b>	<b>AC</b>	<b>NQ</b>	<b>AA</b>
<b>Bench Press</b>	5-Rep Test			
<b>Thursday</b>	<b>TF</b>	<b>AC</b>	<b>NQ</b>	<b>AA</b>
<b>Full Cleans</b>	5-Rep Test			
<b>Friday</b>	<b>TF</b>	<b>AC</b>	<b>NQ</b>	<b>AA</b>
<b>Back Squats</b>	5-Rep Test			

*Summer Training Baseline Rep Equivalent Max Testing*