

TRACK & FIELD POWER TRAINING

Throws Group - Summer Block I

Day	Primary	Secondary	Core
Mon	Hang clean- 4x6 Week 1: 75% Week 2: 77.5% Week 3: 80% Deload week: 70%	RDL- 4x10 Sissy squats- 5x10 Snatch grip high pulls- 4x10	BB rollouts- 3x10 Side planks- 3x :30secs each side
Tues	power jerk- 4x6 Week 1: 75% Week 2: 77.5% Week 3: 80% Deload week: 70%	DB shoulder press- 5x10 Face pulls- 5x10 Lat pulldown- 5x10	Plate twists- 3x10
Thurs	Back squat- 4x8 Week 1: 75% Week 2: 77.5% Week 3: 80% Deload week: 70%	BB hip thrusts- 5x10 Bulgarian split squats- 5x10 Single leg RDL- 5x10	Eccentric sit-ups- 4x8 Suitcase carry- 4x down and back (walk the length of gym)
Fri	Bench press- 4x8 Week 1: 75% Week 2: 77.5% Week 3: 80% Deload week: 70%	DB row- 5x10 DB bench press (neutral grip)- 4x10 Skull crusher/pull over hybrid- 5x10	Dead bugs- 3x10 each side

Notes:

- This is a **HIGH** volume training cycle! It's purpose, besides improving general strength, is increased muscle growth and improving work capacity. If you eat, sleep, and recover properly **ALL** of those goals will be accomplished. This training cycle will set the foundation for the rest of the cycles during the summer, as well as the rest of the year.
- Rest periods for the primary movements should be no longer than 2min between sets
- Use Wednesdays as an active recovery day (some light interval training or sprint work is fine, swimming, hiking, something to get the blood flowing but isn't too stressful)
- If you do not understand how to do an exercise you can find most of them on YouTube. If you need further help feel free to text or email me (taylor.frenia@cnu.edu or 757-955-6920).
- These training cycles are 4 weeks long (4th week is a deload). Primary movements will be done at a given percentage of your 1RM (most weight you can lift for 1 repetition).
- You'll note that each week the percentage increases, and then drops. This drop is the deload week and is designed to help your body recover. **BE SURE TO FOLLOW IT ACCORDINGLY**. For the deload week subtract 2 sets from the primary movements and 1 set from the secondary movements (so if you had 4x8, you would do 2x8 and for secondary 4x10 would become 3x10).
- To help you understand some of the terminology: DB=Dumbell, BB=Barbell, SL= single leg, SA= single arm, NG= neutral grip, RDL= Romanian deadlift
- This first cycle will be hard for some of you, so again I cannot stress enough the importance of eating and hydrating to insure proper recovery from these workouts.
- Remember, what you get out of it is what you put into it!