

TRACK & FIELD POWER TRAINING

Throws Group - Summer Block II

Day	Primary	Secondary	Core
Mon	Hang clean- 4x4 Week 1:82.5% Week 2: 85% Week 3: 87.5% Deload week: 70%	Eccentric RDL- 4x6 Reverse lunge- 4x8 Single leg hip thrust- 4x10	BB rollouts- 3x10
Tues	Power jerk- 4x4 Week 1:82.5% Week 2: 85% Week 3: 87.5% Deload week: 70%	Chin ups- 4x6 SA DB shoulder press- 4x8 Lateral raises- 4x10	Russian twists- 3x10
Thurs	Back squat- 5x5 Week 1:82.5% Week 2: 85% Week 3: 87.5% Deload week: 70%	Eccentric Bulgarian split squat- 4x6 Glute-ham raise- 4x6	Hanging knees to chest- 3x10
Fri	Bench press- 5x5 Week 1:82.5% Week 2: 85% Week 3: 87.5% Deload week: 70%	Pendlay rows- 4x6 SA DB Bench press (neutral grip)- 4x8 SA Tricep overhead extensions- 4x10	Reverse crunches- 3x10

Notes:

- This is a moderate volume training cycle. You'll notice that as the volume dropped the intensity (amount of weight being lifted) increased. Because of this it will take a little more time to recover between sets. Aim to have your rest periods be anywhere between 2min-3:30min. This is important because the amount of weight being lifted is more important than the idea of just "being tired" from training.
- This training cycle is geared more towards strength. You WILL still gain muscle, but the closer we move towards your 1RM the more we are facilitating strength gains.
- Again if you do not know how to do an exercise text or email me, or simply go on YouTube.
- While it is not absolutely necessary, I do recommend training with a teammate or coach so you have someone to spot you if need be.