

**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

Feb. 5 - Mar. 4

Lift	Plan			
Monday	TF	AC	NQ	AA
<i>Front Squats</i>	Warm-Up/Narrow			
<b>Back Squats</b>	3x6, Max8			
<i>Full Cleans</i>	Warm-Up			
<b>Hang Cleans</b>	3x6, Max8			
<b>DB Snatches</b>	2x8e, Medium			
<b>Bench Press</b>	4x6, Max8			
<b>Low Rows</b>	3x8, Medium+			
<b>Core/Flexibility</b>	Dynamic Circuit			
Auxiliary	TF	AC	NQ	AA
<b>Step-Ups</b>	2x8e, Medium+			
<b>Overhead Squat</b>	2x8, Medium+			
<b>Back Ext.</b>	2x12, Medium+			
<b>Hamstring Curls</b>	2x12, Medium+			
<b>Ankle Ext.</b>	2x15e, Medium+			
<b>Shoulder Press</b>	2x8, Medium+			
<b>Triceps Press</b>	2x8, Medium+			
<b>DB Flies</b>	2x8, Medium+			
<b>Lat Pulls</b>	2x8, Medium+			
<b>NRG Pulls</b>	2x8, Medium+			
<b>Core/Flexibility</b>	Static Circuit			
Primary II	TF	AC	NQ	AA
<i>Front Squats</i>	Warm-Up/Narrow			
<b>Back Squats</b>	3x6, Monday -5% (-10% if failed)			
<i>Full Cleans</i>	Warm-Up			
<b>Hang Cleans</b>	3x6, Monday -5% (-10% if failed)			
<b>DB Snatches</b>	2x8e, Medium			
<b>Bench Press</b>	2x6, Monday - 5% Paused + 2x6, Monday - 5% Slow Eccentric			
<b>Low Rows</b>	3x8, Medium			
<b>Core/Flexibility</b>	Dynamic Circuit			