

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

Jan. 8-Feb. 4

Lift	Plan			
Primary I	TF	AC	NQ	AA
<i>Back Squats</i>	Warm-Up/Narrow			
Front Squat	3x8, Max10			
<i>Hang Cleans</i>	Warm-Up			
Full Cleans	3x8, Max8 - 5%			
Dead Lift	2x8, Medium+			
Bench Press	Half-Press/Lockout Progressions			
Low Rows	3x10, Medium+			
Core/Flexibility	Dynamic Circuit			
Auxiliary	TF	AC	NQ	AA
Step-Ups	2x10e, Medium			
Overhead Squat	2x10, Medium			
Back Ext.	2x15, Medium			
Hamstring Curls	2x15, Medium			
Ankle Ext.	2x15, Medium			
Shoulder Press	2x10, Medium			
Triceps Press	2x10, Medium			
DB Flies	2x10, Medium			
Lat Pulls	2x10, Medium			
NRG Pulls	2x10, Medium			
Core/Flexibility	Static Circuit			
Primary II	TF	AC	NQ	AA
<i>Back Squats</i>	Warm-Up/Narrow			
Front Squat	3x8, Monday + 5% or Repeat			
<i>Hang Cleans</i>	Warm-Up			
Full Cleans	3x8, Max8 - 5%			
Dead Lift	2x8, Medium			
Bench Press	4x8, Max10			
Low Rows	3x10, Medium			
Core/Flexibility	Dynamic Circuit			