

TRACK & FIELD POWER TRAINING

March 12-April 1

Lift	Plan			
Primary I	TF	AC	NQ	AA
<i>Back Squats</i>	Warm-Up/Narrow			
Front Squat	3x6, Max8			
<i>Hang Cleans</i>	Warm-Up			
Full Cleans	3x6, Max8			
Dead Lift	2x6, Medium+			
Bench Press	Half-Press/Lockout Progressions			
Low Rows	3x8, Medium+			
Core/Flexibility	Dynamic Circuit			
Auxiliary	TF	AC	NQ	AA
Step-Ups	2x8e, Medium/Medium+			
Overhead Squat	2x8, Medium/Medium+			
Back Ext.	2x12, Medium/Medium+			
Hamstring Curls	2x12, Medium/Medium+			
Ankle Ext.	2x15e, Medium/Medium+			
Shoulder Press	2x8, Medium/Medium+			
Triceps Press	2x8, Medium/Medium+			
DB Flies	2x8, Medium/Medium+			
Lat Pulls	2x8, Medium/Medium+			
NRG Pulls	2x8, Medium/Medium+			
Core/Flexibility	Static Circuit			
Primary II	TF	AC	NQ	AA
<i>Back Squats</i>	Warm-Up/Narrow			
Front Squat	3x6, Monday+0%,+5%, -5%			
<i>Hang Cleans</i>	Warm-Up			
Full Cleans	3x6, Monday+0%,+5%, -5%			
Dead Lift	2x6, Medium			
Bench Press	4x6, Max8			
Low Rows	3x8, Medium			
Core/Flexibility	Dynamic Circuit			