

UW-L Men's Cross Country

Impact								
Training Week of	7/6/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medicine Balls/Kettlebells		Underhand--20 Overhead--20		Underhand--20 Overhead--20		Underhand--20 Overhead--20	Off	OFF
Hurdle Mobility			2x		2x			
Flexibility				stretch before bed		stretch before bed		
Plyo's								
			5 Single legged Bounds (ea. Leg) X 5					
Weight Lifting								
	TEMPO							
Deadlift <i>3 min</i>	<i>Rest</i>	warm-up X 5 5 reps X 3 sets <i>go low to high, add 5-10k each set</i>		warm-up X 5 5 reps X 1 sets <i>use a medium weight</i>		warm-up X 5 5 reps X 3 sets <i>go low to high, add 5-10k each set</i>		
	2:0:1:0							
DB Bench Press <i>ATTENTION</i>	<i>Pay tempo</i>	5 reps X 4 sets		5 reps X 1 sets		5 reps X 4 sets		
<i>Rest 90s</i>	5:0:1:0							
Low cable Row	2:0:1:0	8 reps X 4 sets		8 reps X 1 sets		8 reps X 4 sets		
Db Lateral raise	2:0:1:0	8 reps X 2 sets		8 reps X 1 sets		8 reps X 2 sets		
Biceps your choice	2:0:2:0	8 reps X 2 sets		8 reps X 1 sets		8 reps X 2 sets		
Triceps your choice	2:0:2:0	8 reps X 2 sets		8 reps X 1 sets		8 reps X 2 sets		