

UW-L Women's Cross Country

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Weeks of June 8, 15, 22

All Groups											
Note that you're only lifting 2x per week during this period -- make things EASY -- it will get harder!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of June 8	1	1a	Back squat	15	15					60s	Keep it easy on everything this week!
	1	2a	Flat bench press	15	15					60s	
	1	3a	Bent over BB row	15	15					60s	
	1	4a	Leg raise	15	15					60s	
	2	1a	Front squat	15	15					60s	
	2	2a	Incline DB bench press	15	15					60s	
	2	3a	RDL	15	15					60s	
	2	4a	Pull-up assist (or lat pulldown)	15	15					60s	
	2	5a	Standing good morning	15	15					60s	
Week of June 15	1	1a	Bent over BB row	12	12	12				60s	Bump it up a little this week, but still moderate!
	1	2a	Back squat	12	12	12				60s	
	1	3a	Flat bench press	12	12	12				60s	
	1	4a	Leg raise	12	12	12				60s	
	2	1a	Back squat	12	12	12				60s	
	2	2a	Flat bench press	12	12	12				60s	
	2	3a	Pull-up assist (or lat pulldown)	12	12	12				60s	
	2	4a	Body curl	12	12	12				60s	
Week of June 22	1	1a	Front squat	10	10	10	10			60s	A little bit harder, but don't go to failure on any lifts!
	1	2a	Incline DB bench press	10	10	10	10			60s	
	1	3a	RDL	10	10	10	10			60s	
	1	4a	Pull-up assist (or lat pulldown)	10	10	10	10			60s	
	1	5a	Standing good morning	10	10	10	10			60s	
	2	1a	Bent over BB row	10	10	10	10			60s	
	2	2a	Back squat	10	10	10	10			60s	
	2	3a	Flat bench press	10	10	10	10			60s	
	2	4a	Leg raise	10	10	10	10			60s	

This is a pretty boring, basic building phase. Keep the weights manageable and shoot for the goal reps. Use good technique.

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Weeks of June 29, July 6

All Groups Up to 3x per week -- days 1 & 3 are the heavier days while day 2 should be lighter weights with higher reps											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of June 29	1	1a	Back squat	10	8	8				90s	Go ahead and push the weight on all lifts today
	1	2a	Forward lunge	8	8	8				90s	
	1	3a	Flat bench press	10	8	8				90s	
	1	4a	Flat DB chest flies	8	8	8				90s	
	1	5a	EZ bar lying triceps extension	10	10					60s	
	1	6a	Body curl	8	8	8				90s	These are hard -- you may need to modify
	2	1a	Bent over DB row	15	15	15				60s	Remember that this is a light day -- keep weights easy
	2	2a	Incline DB bench press	15	15	15				60s	
	2	3a	Chin-up (use assistance/machine)	15	15					60s	
	2	4a	Push-up -- hands on stability ball	15	15					60s	If you don't have access to a ball -- just regular push-up
	2	5a	EZ bar biceps curl	15	15					60s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Bent over BB row	10	8	8				90s	use overhand grip
	3	2a	RDL	15	15	15				60s	Go easy on your legs today
3	3a	Bent over DB flye	8	8	8				90s		
3	4a	Leg curl	15	15					60s		
3	5a	Body curl	8	8	8				90s	These are hard -- you may need to modify	
Look ----->			Below are the changes for week 2 -- if the lift is not noted here, it means you do it the same as last week -- the only change is an increase in volume								
July 6 changes	1	1a	Back squat	10	8	8	6			90s	Note the added set -- push yourself a bit
	1	3a	Flat bench press	10	8	8	6			90s	Note the added set -- push yourself a bit
	2	3a	Chin-up	15	15	15				60s	Just one more set of 15 -- remember EASY today
	2	4a	Push-up -- hands on stability ball	15	15	15				60s	Just one more set of 15 -- remember EASY today
	3	1a	Bent over BB row	10	8	8	6			90s	Note the added set -- push yourself a bit

Going up to 3x/week. Still looking at basic strength exercises.

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Weeks of July 13, 20

All Groups Work hard these two weeks -- you will have an unloading (or pretty easy week) the week of July 27th!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of July 13	1	1a	Back squat	10	8	8	6			90s	Work hard on your legs
	1	2a	Step-up	8	8	8				90s	
	1	3a	Pull-up	15	15	15				60s	Or lat pulldown
	1	4a	DB pullover	15	15	15				60s	
	1	5a	DB biceps curl	15	15					60s	
	1	6a	Body curl	8	8	8				90s	
	2	1a	Flat bench press	10	8	8	6			90s	
	2	2a	Bent over BB row	10	8	8	6			90s	
	2	3a	Incline DB chest flies	8	8	8				90s	
	2	4a	Row to neck	8	8	8				90s	
	2	5a	<i>Cable triceps pushdown</i>	8	8					90s	Superset these two
	2	5b	<i>Cable biceps curl</i>	8	8					90s	Superset these two
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Front squat	10	8	8				90s	
3	2a	Hip sled	10	8	8				90s		
3	3a	Flat DB bench press	15	15	15				60s		
3	4a	Push-up -- hands on stability ball	15	15	15				60s		
3	5a	Body curl	8	8	8				90s		
Look ----->			Below are the changes for week 2 -- if the lift is not noted here, it means you do it the same as last week -- volume & intensity changes								
July 20 changes	1	1a	Back squat	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	2	1a	Flat bench press	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	2	2a	Bent over BB row	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	3	1a	Front squat	10	8	8	6			90s	Add a set of 6
	3	2a	Hip sled	10	8	8	6			90s	Add a set of 6

Intensity starts to increase -- sets of 6 should allow for challenging weights to be lifted -- about 80-85%1RM

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Week of July 27

All Groups This is an unloading week! Cross Country will get their own workout beginning next week!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of July 27	1	1a	Back squat	6	6	6				2 min	Everything should be SUBMAXIMAL this week -- that means that the weight should go up pretty easy. the next few weeks!
	1	2a	RDL	6	6					2 min	
	1	3a	Dips	6	6					2 min	
	1	4a	Back/hyperextension	6	6					2 min	
	2	1a	Bent over BB row	6	6	6				2 min	Try to space your workouts out about 2 days between each day (i.e. Monday - Thursday)
	2	2a	Flat bench press	6	6	6				2 min	
	2	3a	Lat pulldown	6	6					2 min	
	2	4a	Body curl	6	6					2 min	

Optional: you could max out this week in bench press and squat just to see where you are

UW-La Crosse -- Distance/CC

Pre-Season: Aug. 3, 10			Training Parameters			Week One			Week Two				
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3		
1	1a	Cardio 10 minutes			CIRCUIT								
1	2a	Back Squat											
1	2b	Incline chest fly	2x12-15	3x12-15									
1	2c	Tuck jumps											
1	2d	DB Pullover											
1	3a	Cardio 10 minutes											
1	4a	Lunges											
1	4b	Dips (assisted)	2x12-15	3x12-15									
1	4c	Lat. Raises											
1	4d	E-Z curl bar bicep curl											
1	5a	Core (abs, low back, etc.)				3x10-15	4x10-15						
2	1a	Cardio 10 minutes											
2	2a	Front Squat											
2	2b	Decline chest fly	2x12-15	3x12-15									
2	2c	Dead lift (traditional)											
2	2d	Bentover DB Flys											
2	3a	Cardio 10 minutes											
2	4a	Reverse Lunges											
2	4b	Skull Crushers	2x12-15	3x12-15									
2	4c	Upright rows											
2	4d	DB bicep concentration curl											
2	5a	Core			3x10-15	4x10-15							

Here's how to do it: Do 10 min of cardio and then circuit the next four exercises (meaning move from one exercise to the next without resting until you complete the target number of sets). One set = one time through the four exercises. After completing the sets, do another 10 minutes of cardio and then move into the 2nd circuit of the day. Finish with abdominal work.

Be sure to keep the weight light so you can complete all reps and sets without resting between exercises!

UW-La Crosse -- Distance/CC

Pre-Season: Aug. 17, 24			Training Parameters			Week One			Week Two			
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	
1	1a	Cardio 10 minutes			CIRCUIT							
1	2a	Back Squat	3x12-15	4x12-15								
1	2b	Incline chest fly										
1	2c	Tuck jumps										
1	2d	DB Pullover										
1	3a	Cardio 10 minutes										
1	4a	Lunges	3x12-15	4x12-15								
1	4b	Dips (assisted)										
1	4c	Lat. Raises										
1	4d	E-Z curl bar bicep curl										
1	5a	Core (abs, low back, etc.)	4x10-15	4x10-15								
2	1a	Cardio 10 minutes										
2	2a	Front Squat	3x12-15	4x12-15								
2	2b	Decline chest fly										
2	2c	Dead lift (traditional)										
2	2d	Bentover DB Flys										
2	3a	Cardio 10 minutes										
2	4a	Reverse Lunges	3x12-15	4x12-15								
2	4b	Skull Crushers										
2	4c	Upright rows										
2	4d	DB bicep concentration curl										
2	5a	Core	4x10-15	4x10-15								

Here's how to do it: Do 10 min of cardio and then circuit the next four exercises (meaning move from one exercise to the next without resting until you complete the target number of sets). One set = one time through the four exercises. After completing the sets, do another 10 minutes of cardio and then move into the 2nd circuit of the day. Finish with abdominal work.

Be sure to keep the weight light so you can complete all reps and sets without resting between exercises!

UW-La Crosse -- Distance/CC

In Season: Aug. 31, Sept. 7			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Hip sled throw	3x5	3x5	120						
1	2a	Lying leg curl	3x10	3x8	90						
1	3a	Reverse hyperextensions	3x8	3x8	90						
1	4a	Anti-shin splints exercise	3x10-15	3x10-15	60						
2	1a	Split / push jerk	3x5	3x5	120						
2	2a	Bench press	3x5	3x5	120						
2	3a	Seated row	3x5	3x5	120						
2	4a	DB bicep curl "runners"	3x10	3x10	90						
2	5a	Cable tricep pushdown	3x10	3x10	90						
2	6a	Abdominals	3x15-20	3x15-20	60						

UW-La Crosse -- Distance/CC

In Season: Weeks of Sept. 14, 21			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Hip sled throw	3x5	3x5	120						
1	2a	Lying leg curl	3x8	3x8	90						
1	3a	Reverse hyperextensions	3x8	3x8	90						
1	4a	Anti-shin splints exercise	3x10-15	3x10-15	60						
2	1a	Split / push jerk	3x5	3x5	120						
2	2a	Bench press	3x5	3x5	120						
2	3a	Seated row	3x5	3x5	120						
2	4a	DB bicep curl "runners"	3x10	3x10	90						
2	5a	Cable tricep pushdown	3x10	3x10	90						
2	6a	Abdominals	3x15-20	3x15-20	60						

UW-La Crosse -- Distance/CC

In Season: Weeks of Sept. 28, Oct. 5			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Hip sled throw	3x5	3x5	120						
1	2a	Lying leg curl	3x8	3x8	90						
1	3a	Reverse hyperextensions	3x8	3x8	90						
1	4a	Anti-shin splints exercise	3x10-15	3x10-15	60						
2	1a	Split / push jerk	3x5	3x5	120						
2	2a	Bench press	3x5	3x5	120						
2	3a	Seated row	3x5	3x5	120						
2	4a	DB bicep curl "runners"	3x10	3x10	90						
2	5a	Cable tricep pushdown	3x10	3x10	90						
2	6a	Abdominals	3x15-20	3x15-20	60						

Please note! Number of sets is down to TWO in most exercises!!!!

UW-La Crosse -- Distance/CC

In Season: Weeks of Oct. 12, 19			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Hip sled throw	2x5	2x5	120						
1	2a	Lying leg curl	2x8	2x8	90						
1	3a	Reverse hyperextensions	3x8	3x8	90						
1	4a	Anti-shin splints exercise	3x10-15	3x10-15	60						
2	1a	Split / push jerk	2x5	2x5	120						
2	2a	Bench press	2x5	2x5	120						
2	3a	Seated row	2x5	2x5	120						
2	4a	DB bicep curl "runners"	2x10	2x10	90						
2	5a	Cable tricep pushdown	2x10	2x10	90						
2	6a	Abdominals	3x15-20	3x15-20	60						

UW-La Crosse -- Distance/CC

In Season: Week of Oct. 26, Nov. 2			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Hip sled throw	2x5	2x5	120						
1	2a	Lying leg curl	2x8	2x8	90						
1	3a	Reverse hyperextensions	2x8	2x8	90						
1	4a	Anti-shin splints exercise	2x10-15	2x10-15	60						
2	1a	Split / push jerk	2x5	2x5	120	No workout week 1, day 2					
2	2a	Bench press	2x5	2x5	120						
2	3a	Seated row	2x5	2x5	120						
2	4a	DB bicep curl "runners"	2x10	2x10	90						
2	5a	Cable tricep pushdown	2x10	2x10	90						
2	6a	Abdominals	3x15-20	3x15-20	60						

UW-La Crosse -- Distance/CC

In Season: Month of November			Training Parameters			Week One			Week Two		
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3

No structured lifting until December.