

Women's Track & Field

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Week of March 23

All Groups together this week (throwers, vaulters, sprinters, mid-distance)											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
	1	1a	Power clean	5	5	3	3			3 min	work up to 92-95% of max
		2a	Flat DB chest flyes	12	12					90s	Superset these two (flyes)
		2b	Bent over DB flye	12	12						Superset these two (flyes)
		3a	Bench dips	12	12					90s	Superset these two (bi's and tri's)
		3b	DB biceps curl	12	12						Superset these two (bi's and tri's)
		4a	Abs -- your choice								
	2	1a	Back squat	10	8	6	6			2 min	65%, 73%, 80%, 85% (last set will be very hard)
		2a	RDL	8	8	8				2 min	
		3a	Seated row	6	6	6				2 min	
		4a	Forward lunges	5	5	5				2 min	Do all reps on one leg before switching
		5a	Reverse grip lat pulldown	5	5	5				2 min	
		6a	Body curls	8	8	8				2 min	Or hanging leg raises
	3	1a	Split jerk	5	5	3	3			3 min	
		2a	Explosive push-ups	5	5					2 min	With hands on bench and feet on floor, pop yourself up
		3a	Flat bench press	6	6	6				2 min	
		4a	DB shoulder press	6	6	6				2 min	

Work is loaded on Wednesday to allow for good legs on Monday and Tuesday for practice