

Women's Track & Field

© 2009, Travis M. Erickson, MS, CSCS*D

Week of April 20

The "I'm NOT Going to Drake Relays workout" (lift Wednesday and Friday -- Friday is harder day)											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of April 20	1	1a	Flat barbell bench press	6	4	3				2 min	Use ~ 80%, 85%, 92% of 1RM
		2a	Bent over DB row	5	5	5				2 min	Do 1 arm at a time -- put knee on bench and keep back
		3a	Biceps -- you choose	8	8					2 min	flat
		4a	Triceps -- you choose	8	8					2 min	
		5a	Abs on your own							2 min	
	2	1a	Power cleans	3	2	1				2 min	Work up to 1RM
		2a	Back squat	5	3	2				2 min	Work up to ~98%-100% of 1RM
		3a	RDL	6	6					2 min	
		4a	Lower abs -- such as body curls	6	6	6				90s	

If conference will be your last meet, then you will have no lifting next week

Women's Track & Field

© 2009, Travis M. Erickson, MS, CSCS*D

Week of April 20

The "I AM Going to Drake Relays workout" (lift Wednesday)											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of April 20	1	1a	Power cleans	2	2	2				2 min	Use lighter than maximal weight -- about 85% of 1RM
		2a	Back squat	5	3	2				2 min	Not super heavy: %'s: 80, 85, 88
		3a	Flat barbell bench press	5	3	2				2 min	Not super heavy: %'s: 80, 85, 88
		4a	Bent over DB row	5	5	5				2 min	Do 1 arm at a time -- put knee on bench and keep back
		5a	Biceps -- optional	8	8					2 min	flat
		6a	Triceps -- optional	8	8					2 min	
		7a	Abs on your own							2 min	

If conference will be your last meet, then you will have no lifting next week