

Women's Track & Field

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Week of April 27

I'm competing past conferece (lift on Tuesday)											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
	1	1a	Hang snatch (use clean/shoulder width grip)	3	3	3	3	3		2 min	Be explosive -- snap the weight up over your head
		2a	Abs on your own							2 min	

Nothing to it this week -- more next week for those not at a last chance meet -- need to be on our game this Friday and Saturday!