

# Women's Track & Field

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Week of March 30

Pole Vault		Back into some heavier stuff				Lift Tuesday, Thursday these two weeks						
Program Variables				Sets & Reps						Rest	Comments	
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th			
Week of March 30	T	1a	Hang cleans (power cleans from knee height)	5	5	4	4			2-3 min	Keep working on technique	
		2a	Overhead squat	5	5						Use as warm-up for squats -- light weight and slow	
		3a	Back squats	6	4	4	2			2 min	%s: 80, 87, 90, 93	
		4a	RDL	6	6	6				2 min		
		5a	DB swim (lie forward on bench use light DBs)	5	5					90s	Video is on website if you forgot	
		6a	Lower abs -- your choice	8	8	8				2 min		
		H	1a	Split jerks	3	3					2 min	Use as a warm-up -- snap the weight up
			2a	Seated barbell shoulder press	8	6	6				2 min	Do these sitting on the platform -- legs out in front
			3a	Cable row to neck -- use rope attachment	8	6	6				2 min	
			4a	Close grip bench press	6	4					2 min	Keep elbows close to body -- try to go heavy SPOTTER
			5a	DB bicep curls (use hammer grip)	6	6					90s	
			6a	Abs on your own	15	15	15				90s	