

Women's Track & Field

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Weeks of April 6, 13

Sprinters/mid-d Last two weeks before conference taper! Outdoors goes FAST!

Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of April 6	1	1a	Hang snatch	3	3	3				2 min	From knee height -- catch w/ straight arms above head
		2a	Front squat	5	5					2 min	Not super-heavy -- good depth
		3a	1-leg squat --> see notes	4	4	4				2 min	Put back foot on bench (do 3x4 on each leg)
		4a	Pull-ups or pull-up assist	6	5	4				2 min	
		5a	Lower abs -- your choice	8	8	8				2 min	
	2	1a	Split jerks or push jerks	3	3					2 min	Use as a warm-up -- snap the weight up
		2a	DB shoulder press	6	5	4				2 min	
		3a	Cable row to neck (use rope)	6	6	6				2 min	
		4a	Triceps -- you choose	6	6					90s	
		5a	Biceps -- you choose	6	6					90s	
		6a	Abs on your own	15	15	15				90s	
	Week of April 13	1	1a	Hang snatch	3	3	3				2-3 min
		2a	Front squat	5	5					2 min	Not super-heavy -- good depth
		3a	1-leg squat --> same as last week	4	4	4				2 min	
		4a	Pull-ups or pull-up assist	6	5	4				2 min	
		5a	Lower abs -- your choice	8	8	8				2 min	
2		1a	Split jerks or push jerks	3	3					2 min	Use as a warm-up -- snap the weight up
		2a	DB shoulder press	6	5	4				2 min	
		3a	Cable row to neck (use rope)	6	6	6				2 min	
		4a	Triceps -- you choose	6	6					90s	
		5a	Biceps -- you choose	6	6					90s	
		6a	Abs on your own	15	15	15				90s	

1-leg squats -- make these challenging. I want you to use a barbell to do this lift and I want you to use about 1/2 the weight you would use if you were squatting with both legs

Try between 40-50% of squat max for your 1-leg squats