

Women's Track & Field

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

Weeks of April 6, 13

Pole Vault 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	Weighted pull-ups	6	5	4				2 min	Wear weighted chains or hold DB with feet	
		5a	1-arm cable pullover on stability ball	6	6					2 min	Be explosive -- be CONNECTED	
		6a	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	Landmine 1-arm 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	Be explosive	
		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	Weighted pull-ups	6	5	4				2 min	Wear weighted chains or hold DB with feet	
		5a	1-arm cable pullover on stability ball	6	6					2 min	Be explosive -- be CONNECTED	
		6a	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