

Women's Track & Field -- Throwers

Weeks of March 30, April 6			Training Parameters					Sets					Comments/Purpose of exercise
Day	Order	Exercise	Sets	Reps	Rest	Intensity	Tempo	1	2	3	4	5	
T	1	Power Clean	5	3	2 min	5 RM	x						
	2	Front Squat	5	4	2 min	6 RM	2.1.2						
	3	DB Seated Shoulder Press	3	4	2 min	6 RM	2.1.2						
	4	Neutral Grip Pull Down	3	4	90 sec	6 RM	2.1.2						
	5	SB leg curls	3	4	90 sec	BW	4.1.x						
On the week of the Platteville meet, lift on Monday and Wednesday													
H	1	Clean Grip Hang Snatch	5	3	2 min	6 RM	x						
	2	Push Jerk	3	3	2 min	5 RM	x						
	3	DB Incline Press	3	4	2 min	6 RM	2.1.2						
	4	BB Step Up	4	4/leg	2 min	8 RM	2.1.2						
	5	DB Arc Row	3	8/arm	60 sec	14 RM	2.1.2						

Christy -- leg press throws instead of power cleans -- no front squats

Christy -- add a set to all upper body lifts & no snatches on 2nd day