

# Women's Track & Field

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

Weeks of May 4, 11

**Only do day 1 of lifting if you are competing in last chance meets**

| Program Variables |     |       |                                  | Sets & Reps |     |     |     |     |     | Rest    | Comments |
|-------------------|-----|-------|----------------------------------|-------------|-----|-----|-----|-----|-----|---------|----------|
| Wk                | Day | Order | Exercise                         | 1st         | 2nd | 3rd | 4th | 5th | 6th |         |          |
| T                 | 1a  |       | Back squat                       | 6           | 6   | 6   |     |     |     |         |          |
|                   | 1b  |       | Split lunge jump                 | 5           | 5   | 5   |     |     |     | 2-3 min |          |
|                   | 2a  |       | Bench press                      | 4           | 4   | 4   |     |     |     | 2-3 min |          |
|                   | 3a  |       | DB shoulder press                | 6           | 6   |     |     |     |     | 2 min   |          |
|                   | 4a  |       | Triceps -- your choice           | 6           | 6   |     |     |     |     | 2 min   |          |
|                   | 5a  |       | Hanging leg raises or body curls | 8           | 8   | 8   |     |     |     | 2 min   |          |
| H/F               | 1a  |       | Split or push jerk               | 3           | 3   | 3   |     |     |     | 2-3 min |          |
|                   | 2a  |       | Seated row                       | 4           | 4   | 4   |     |     |     | 2-3 min |          |
|                   | 3a  |       | Assisted pull-ups                | 4           | 4   | 4   |     |     |     | 2-3 min |          |
|                   | 4a  |       | Biceps -- your choice            | 6           | 6   |     |     |     |     | 2 min   |          |
|                   | 5a  |       | Abs -- on your own               |             |     |     |     |     |     |         |          |

Back squats: choose a weight you can do about 8-10 times and do it explosively for 6 reps. SUPERSET this exercise with the split lunge jumps (hold light DBs -- about 15-25 lbs.) in a lunge position, then jump in the air, cycle your legs (i.e. if left leg is forward at the start, have the right leg forward when you land) and then spring back up into the air with a very short period of time on the ground. Be sure NOT to let your back knee hit the ground. 5 reps means five jumps. After doing the split lunge jumps, rest about 2-3 minutes before doing another superset.

**Be sure to SUPERSET the back squats and split lunge jumps (see instructions)**