

Women's Track & Field -- Throwers

Week of April 13		Training Parameters						Sets					Comments/Purpose of exercise
Day	Order	Exercise	Sets	Reps	Rest	Intensity	Tempo	1	2	3	4	5	
M	1	Power Clean	4	3	2 min	4 RM	x						Go a little heavier this week
	2	Front Squat	3	4	2 min	6 RM	2.1.2						Volume reduced
	3	Standing barbell shoulder press	3	4	2 min	6 RM	2.1.2						Barbell instead of DB
	4	Bent over DB row	3	4	90 sec	6 RM	2.1.2						
	5	SB leg curls	3	4	90 sec	BW	4.1.x						
W	1	Clean Grip Hang Snatch	4	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						

On the week of the Platteville meet, lift on Monday and Wednesday

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