

# UW-L Women's Track & Field

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Weeks of June 8, 15, 22

All Groups											
Note that you're only lifting 2x per week during this period -- make things EASY -- it will get harder!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of June 8	1	1a	Back squat	15	15					60s	Keep it easy on everything this week!
	1	2a	Flat bench press	15	15					60s	
	1	3a	Bent over BB row	15	15					60s	
	1	4a	Leg raise	15	15					60s	
	2	1a	Front squat	15	15					60s	
	2	2a	Incline DB bench press	15	15					60s	
	2	3a	RDL	15	15					60s	
	2	4a	Pull-up assist (or lat pulldown)	15	15					60s	
	2	5a	Standing good morning	15	15					60s	
Week of June 15	1	1a	Bent over BB row	12	12	12				60s	Bump it up a little this week, but still moderate!
	1	2a	Back squat	12	12	12				60s	
	1	3a	Flat bench press	12	12	12				60s	
	1	4a	Leg raise	12	12	12				60s	
	2	1a	Back squat	12	12	12				60s	
	2	2a	Flat bench press	12	12	12				60s	
	2	3a	Pull-up assist (or lat pulldown)	12	12	12				60s	
	2	4a	Body curl	12	12	12				60s	
Week of June 22	1	1a	Front squat	10	10	10	10			60s	A little bit harder, but don't go to failure on any lifts!
	1	2a	Incline DB bench press	10	10	10	10			60s	
	1	3a	RDL	10	10	10	10			60s	
	1	4a	Pull-up assist (or lat pulldown)	10	10	10	10			60s	
	1	5a	Standing good morning	10	10	10	10			60s	
	2	1a	Bent over BB row	10	10	10	10			60s	
	2	2a	Back squat	10	10	10	10			60s	
	2	3a	Flat bench press	10	10	10	10			60s	
	2	4a	Leg raise	10	10	10	10			60s	

This is a pretty boring, basic building phase. Keep the weights manageable and shoot for the goal reps. Use good technique.

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Weeks of June 29, July 6

All Groups Up to 3x per week -- days 1 & 3 are the heavier days while day 2 should be lighter weights with higher reps											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of June 29	1	1a	Back squat	10	8	8				90s	Go ahead and push the weight on all lifts today
	1	2a	Forward lunge	8	8	8				90s	
	1	3a	Flat bench press	10	8	8				90s	
	1	4a	Flat DB chest flies	8	8	8				90s	
	1	5a	EZ bar lying triceps extension	10	10					60s	
	1	6a	Body curl	8	8	8				90s	These are hard -- you may need to modify
	2	1a	Bent over DB row	15	15	15				60s	Remember that this is a light day -- keep weights easy
	2	2a	Incline DB bench press	15	15	15				60s	
	2	3a	Chin-up (use assistance/machine)	15	15					60s	
	2	4a	Push-up -- hands on stability ball	15	15					60s	If you don't have access to a ball -- just regular push-up
	2	5a	EZ bar biceps curl	15	15					60s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Bent over BB row	10	8	8				90s	use overhand grip
	3	2a	RDL	15	15	15				60s	Go easy on your legs today
3	3a	Bent over DB flye	8	8	8				90s		
3	4a	Leg curl	15	15					60s		
3	5a	Body curl	8	8	8				90s	These are hard -- you may need to modify	
Look ----->			Below are the changes for week 2 -- if the lift is not noted here, it means you do it the same as last week -- the only change is an increase in volume								
July 6 changes	1	1a	Back squat	10	8	8	6			90s	Note the added set -- push yourself a bit
	1	3a	Flat bench press	10	8	8	6			90s	Note the added set -- push yourself a bit
	2	3a	Chin-up	15	15	15				60s	Just one more set of 15 -- remember EASY today
	2	4a	Push-up -- hands on stability ball	15	15	15				60s	Just one more set of 15 -- remember EASY today
	3	1a	Bent over BB row	10	8	8	6			90s	Note the added set -- push yourself a bit

Going up to 3x/week. Still looking at basic strength exercises.

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Weeks of July 13, 20

All Groups Work hard these two weeks -- you will have an unloading (or pretty easy week) the week of July 27th!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of July 13	1	1a	Back squat	10	8	8	6			90s	Work hard on your legs
	1	2a	Step-up	8	8	8				90s	
	1	3a	Pull-up	15	15	15				60s	Or lat pulldown
	1	4a	DB pullover	15	15	15				60s	
	1	5a	DB biceps curl	15	15					60s	
	1	6a	Body curl	8	8	8				90s	
	2	1a	Flat bench press	10	8	8	6			90s	
	2	2a	Bent over BB row	10	8	8	6			90s	
	2	3a	Incline DB chest flies	8	8	8				90s	
	2	4a	Row to neck	8	8	8				90s	
	2	5a	<i>Cable triceps pushdown</i>	8	8					90s	Superset these two
	2	5b	<i>Cable biceps curl</i>	8	8					90s	Superset these two
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Front squat	10	8	8				90s	
3	2a	Hip sled	10	8	8				90s		
3	3a	Flat DB bench press	15	15	15				60s		
3	4a	Push-up -- hands on stability ball	15	15	15				60s		
3	5a	Body curl	8	8	8				90s		
Look ----->			Below are the changes for week 2 -- if the lift is not noted here, it means you do it the same as last week -- volume & intensity changes								
July 20 changes	1	1a	Back squat	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	2	1a	Flat bench press	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	2	2a	Bent over BB row	10	8	6	6			90s	Last two sets are of 6 -- not 8 -- go heavier
	3	1a	Front squat	10	8	8	6			90s	Add a set of 6
	3	2a	Hip sled	10	8	8	6			90s	Add a set of 6

Intensity starts to increase -- sets of 6 should allow for challenging weights to be lifted -- about 80-85%1RM

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Week of July 27

<b>All Groups</b> This is an unloading week! Cross Country will get their own workout beginning next week!											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of July 27	1	1a	Back squat	6	6	6				2 min	Everything should be SUBMAXIMAL this week -- that means that the weight should go up pretty easy. the next few weeks!
	1	2a	RDL	6	6					2 min	
	1	3a	Dips	6	6					2 min	
	1	4a	Back/hyperextension	6	6					2 min	
	2	1a	Bent over BB row	6	6	6				2 min	Try to space your workouts out about 2 days between each day (i.e. Monday - Thursday)
	2	2a	Flat bench press	6	6	6				2 min	
	2	3a	Lat pulldown	6	6					2 min	
	2	4a	Body curl	6	6					2 min	

Optional: you could max out this week in bench press and squat just to see where you are

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Week of August 3

Non-CC Workout is going to vary in intensity each week -- this week is heavy, next week light, following week heavy again											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of August 3	1	1a	Back squat (%'s: 80, 82, 85, 87)	6	5	4	4			3 min	This is your first truly heavy day of this cycle
	1	2a	Forward lunge	6	6	6				2 min	Challenge yourself here
	1	3a	RDL	6	6	6				2 min	Challenge yourself here
	1	4a	Flat bench press	15	15	15				60s	Light push day
	1	5a	Push-up -- hands on stability ball	15	15	15				60s	
	1	6a	EZ bar lying triceps extension	15	15					60s	
	1	7a	Body curl	8	8	8				2 min.	
	2	1a	Incline DB bench press	6	5	4	4			3 min	Heavy push day
	2	2a	Bent over DB row	15	15	15				60s	Light pull day
	2	3a	Flat DB flyes	6	6	6				2 min	Push yourself here
	2	4a	Chin-ups	15	15	15				60s	Or chin-up assist or reverse grip lat pulldown
	2	5a	EZ bar biceps curl	15	15					60s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	2	1a	Bent over BB row	6	5	4	4			3 min	
2	2a	Reverse lunge	15	15	15				60s	Just step back instead of forward!	
2	3a	Bent over DB flye	6	6	6				2 min		
2	4a	Leg curl	15	15	15				60s		
2	5a	Body curl	8	8	8				2 min		

Advanced lifters may add Olympic lifts (cleans & snatches) to warm-up each day -- keep weight light, move explosively

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Week of August 10

Non-CC Lower intensity this week, but higher volume. Try to adhere to rest periods											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of August 10	1	1a	Back squat (%'s: 75, 77, 80, 81)	8	8	6	6			90s	
	1	2a	Step-up (try with barbell = challenge)	8	8	8	8			90s	Don't alternate, do all reps on one leg before switching
	1	3a	Pull-up (use assistance)	15	15	15				60s	
	1	4a	DB pullover	15	15	15				60s	
	1	5a	DB biceps curl	15	15					60s	
	1	6a	Body curl	8	8	8				90s	
	2	1a	Flat bench press	8	8	6	6			90s	
	2	2a	Bent over BB row	8	8	6	6			90s	
	2	3a	Incline DB chest flies	8	8	8	8			90s	
	2	4a	Row to neck	8	8	8	8			90s	
	2	5a	<i>Cable triceps pushdown</i>	8	8	8				90s	Superset biceps and triceps
	2	5b	<i>Cable biceps curl</i>	8	8	8				90s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Front squat	8	8	8	6			90s	
3	2a	Hip sled	8	8	8	6			90s		
3	3a	Flat DB bench press	15	15	15				60s		
3	4a	Push-up -- hands on stability ball	15	15	15				60s		
3	5a	Body curl	8	8	8				90s		

When you see the reps drop (i.e 8-8-6-6), try to increase the weight a little

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Week of August 17

Non-CC Same exercises as two weeks ago -- but some added sets to bump the volume a little higher than last week											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of August 17	1	1a	Back squat (%'s: 82, 84, 86, 88, 90)	6	5	4	4	4		3 min	Make these hard
	1	2a	Forward lunge (try with barbell)	6	6	6				2 min	Don't alternate, do all reps on one leg before switching
	1	3a	RDL	6	6	6				2 min	Challenge yourself here
	1	4a	Flat bench press	15	15	15	15			60s	Light push day
	1	5a	Push-up -- hands on stability ball	15	15	15				60s	
	1	6a	EZ bar lying triceps extension	15	15					60s	
	1	7a	Body curl	8	8	8				2 min.	
	2	1a	Incline DB bench press	6	5	4	4	4		3 min	Heavy push day
	2	2a	Bent over DB row	15	15	15	15			60s	Light pull day
	2	3a	Flat DB flyes	6	6	6				2 min	Push yourself here
	2	4a	Chin-ups	15	15	15				60s	Or chin-up assist or reverse grip lat pulldown
	2	5a	EZ bar biceps curl	15	15					60s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	2	1a	Bent over BB row	6	5	4	4	4		3 min	
2	2a	Reverse lunge	15	15	15	15			60s	Just step back instead of forward!	
2	3a	Bent over DB flye	6	6	6				2 min		
2	4a	Leg curl	15	15	15				60s		
2	5a	Body curl	8	8	8				2 min		

Two more weeks until an unloading week -- keep pushing yourself!

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Week of August 24

Non-CC Same workout as two weeks ago -- last week until unloading week											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of August 24	1	1a	Back squat (%'s: 77, 79, 81, 82)	8	8	6	6			90s	Bumped up intensity (%'s) just a touch
	1	2a	Step-up (try with barbell = challenge)	8	8	8	8			90s	Don't alternate, do all reps on one leg before switching
	1	3a	Pull-up (use assistance)	15	15	15				60s	
	1	4a	DB pullover	15	15	15				60s	
	1	5a	DB biceps curl	15	15					60s	
	1	6a	Body curl	8	8	8				90s	
	2	1a	Flat bench press	8	8	6	6			90s	
	2	2a	Bent over BB row	8	8	6	6			90s	
	2	3a	Incline DB chest flies	8	8	8	8			90s	
	2	4a	Row to neck	8	8	8	8			90s	
	2	5a	<i>Cable triceps pushdown</i>	8	8	8				90s	Superset biceps and triceps
	2	5b	<i>Cable biceps curl</i>	8	8	8				90s	
	2	6a	Crunch	15	15	15				60s	
	2	7a	Twisting crunch	15	15	15				60s	
	3	1a	Front squat	8	8	8	6			90s	
3	2a	Hip sled	8	8	8	6			90s		
3	3a	Flat DB bench press	15	15	15				60s		
3	4a	Push-up -- hands on stability ball	15	15	15				60s		
3	5a	Body curl	8	8	8				90s		

The most successful lifters are ones to write down their workouts and weights each week to monitor progress.

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Week of August 31

Non-CC Unloading -- welcome back to campus											
Program Variables				Sets & Reps						Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
Week of August 31	1	1a	Back squat	6	6	6				2 min	Everything should be SUBMAXIMAL this week -- that means that the weight should go up pretty easy. the next few weeks!
	1	2a	RDL	6	6					2 min	
	1	3a	Dips	6	6					2 min	
	1	4a	Back/hyperextension	6	6					2 min	
	2	1a	Bent over BB row	6	6	6				2 min	Try to space your workouts out about 2 days between each day (i.e. Monday - Thursday)
	2	2a	Flat bench press	6	6	6				2 min	
	2	3a	Lat pulldown	6	6					2 min	
	2	4a	Body curl	6	6					2 min	

Optional: you could max out this week in bench press and squat just to see where you are