

UWL Eagles Track and Field

Name: _____

Training Program

1 Repetition Maximums *Enter your Maximum Lifts Below and Print*

| | | | | | | | | |
|--------------|--|---------------|--|-------------------|--|--------------|--|--------------------|
| Clean | | Snatch | | Back Squat | | Bench | | Front Squat |
| 100 | | 100 | | 100 | | | | |

Week 5

Week 4

| Day 1 | Reps | Warm-Up | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 | Rest | Notes: |
|------------------|------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--|
| Hang Clean | 2 | x 1-2 set | 65 | 65 | 68 | 68 | 70 | 70 | 73 | 73 | 2-3 min | Medium Day Plyos: Skips for Height 2x30m Plyos: Bounding 3x30m Rest 2-3min between sets. |
| Jump Squat | 4 | - | 20 | 20 | 20 | | | | | | 3 min | |
| Med Ball PU Pass | 5 | - | | | | | | | | | 2-3 min | |
| Core Work | | | | | | | | | | | | |

| Day 2 | Reps | Warm-Up | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 | Rest | Notes: |
|------------------------|--------|---------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
| Hang Snatch | 2 | x 2 set | 40 | 43 | 45 | 45 | 48 | 48 | 50 | 50 | 3 min | Medium-Light Day Plyos: Bounding 3x30m Rest 2-3min between sets. |
| Speed Squat | 10 sec | - | 40 | 40 | 40 | | | | | | 3 min | |
| Med Ball Toss (Height) | 5 | - | | | | | | | | | 3 min | |
| Plyo Pushups | 5 | - | | | | | | | | | | |

| Day 3 | Reps | Warm-Up | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 | Rest | Notes: |
|------------|------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Hang Clean | 2 | x 1-2 set | 55 | 58 | 60 | 63 | 63 | | | | 3 min | Light Day |
| Jump Squat | 4 | x 1 set | 20 | 20 | 20 | | | | | | 3 min | |
| Back Squat | 4 | x 2 set | 70 | 70 | 70 | | | | | | 3 min | |
| FT Pushups | 5 | - | | | | | | | | | | |

Strike through each miss. Strike through for 2 misses

Core: Day1: Specials 3x8 (Scoops, Circles Left, Circles Right, Scoops)
 Day 3: Basket Hangs 3x8-10