

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 3

Week 3

Day 1	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes:
Power Clean	3	x 3 set	75	80	83	85	85	3 min	Medium - Heavy Day Plyos: Skips for Height 2x30m Plyos: Russian Hops 3x5e Rest 2-3min between sets.
Jump Squat	4	x 1 set	20	20	20	20	3 min		
Single Leg Squat	5	x 1-2 set					3 min		
Pull Ups	5	-					Time in		
Core Work							Time out		

Note: Increase weight for SL Squats

Day 2	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes:
Hang Snatch	3	x 3 set	75	78	80	83	85	3 min	Medium Day Russian Leans should be done w/ a parnter/staff worker.
Speed Squat	10 sec	-	40	40	40	40	3 min		
Plyo Pushups	5	-					3 min		
Russian Leans	6	-					Time in		

Day 3	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes:
Hang Clean	3	x 3 set	65	70	73	75	75	3 min	Medium Day Plyos: Bounding 3x30m Rest 2-3min between sets.
Jump Squat	4	x 1 set	20	20	20	20	3 min		
SL Squat (20% light)	5	x 1-2 set					3 min		
FT Pushups	5	-						Time in	
Core Work								Time out	

Strike through each miss.

Strike through for 2 misses

Core: Day1: Specials 3x8 (Scoops, Circles Left, Circles Right, Scoops) Woodchoppers 3x8e
 Day 3: Basket Hangs 3x8-10 Alternating Knee Tucks 3x8-10e

How did you feel each day?
 Comments:

1 Repetition Maximums								Enter your Maximum Lifts Below and Print					
Clean		Snatch		Back Squat		Bench		Front Squat	Week 4				
100		100		100					TAPER WEEK All Weights Down By 10%				
Week 4													
Day 1	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes: Medium - Heavy Day				
Power Clean	3	x 3 set	65	68	70	73	73	3 min	Plyos: Skips for Height 2x30m				
Jump Squat	4	x 1 set	20	20	20	20	20	3 min	Plyos: Russian Hops 3x5e				
Single Leg Squat	5	x 1-2 set						3 min	Rest 2-3min between sets.				
Pull Ups	5	-							Time in		Time out		
Core Work													
Day 2													
Day 2	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes: Medium Day				
Snatch	3	x 3 set	55	58	60	63	63	3 min	Russian Leans should be done w/ a parnter/staff worker.				
Speed Squat	10 sec	-	40	40	40	40	40	3 min					
Plyo Pushups	5	-						3 min					
Russian Leans	6	-							Time in		Time out		
Day 3													
Day 3	Reps	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Rest	Notes: Medium Day				
Hang Clean	3	x 3 set	55	58	60	63	63	3 min	Plyos: Bounding 3x30m				
Jump Squat	4	x 1 set	20	20	20	20	20	3 min	Rest 2-3min between sets.				
SL Squat (20% light)	5	x 1-2 set						3 min					
FT Pushups	5	-							Time in		Time out		
Core Work													
Strike through each miss. Strike through for 2 misses													

Core: Day1: Specials 3x8 (Scoops, Circles Left, Circles Right, Scoops) Woodchoppers 3x8e
 Day 3: Basket Hangs 3x8-10 Alternating Knee Tucks 3x8-10e