|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday-April,May, June Lifts | Tuesday | Wednesday | Thursday | Friday |
| Powercleans-3x4 @ 90%Lunges 3x 6-8 each legUse variations on lunges.  | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15 | Deadlifts-3x5@90%Box jumps in between (sprinters) 3x9Squats-1-2x10@75% | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each side | **Important**-Mon/Wed days for younger athletes modify sets to 6-8 reps. The suggested lifts are geared more for advanced. Tues/Thur is mainly for ancillary purposes |
| Powercleans-3x4 @ 90%RDL-3x16Sprint arm thrust 3 x 30 secsAbs | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Core | Deadlifts-3x6@80-90%Box jumps 3 x 9Lunges 2 x 7 each leg.Abs | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideCore | This is Week 1-4 pre-competitive/competitive phase. Fridays are Ab days only. |
| Powercleans -4x4 @ 90%RDL-3x16Sprint arm thrust 3 x 30secsAbs/Core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideAbs/Core | Deadlifts-4x5@80-90%%Box Jumps in Between (sprinters) 3 x 9Lunges 2 x 7 each legAbs/core | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Abs/core |  Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Powercleans -3x4 @90%RDL-3x16Sprint arm thrust 3 x 30secsAbs/core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideAbs/core | Deadlifts-Max Out or 4 x 5 @ 90%Box Jumps in between 3-4 x 9 jumpsLunges 2 x 7 each legAbs/core | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Abs/core |  Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Week 5:Powercleans -3x4 @90%RDL-3x16Sprint arm thrust 3 x 30secsAbs/core31 days out. | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideAbs/core | Deadlifts-4 x 5 @ 90%Box Jumps in between 4 x 9 jumpsLunges 2 x 7 each legAbs/core | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Abs/core |  Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Week 6:Powercleans-3x4@90%RDL-light weights 2x10Bench Press-3x8Sprint Arm Thrust 3x30secsAbs/Core24 days out. | Deadlifts-4 x 5 @ 90%Box Jumps in between 4 x 9 jumpsLunges 2 x 7 each legAbs/core | Bench Press/Row SS 3x10Curl/Tricep superset 3x10Keep it light as we have a meet Thursday. | Saturday Session if you can get this workout in:Light Squats 2-3 sets of 8-10 reps light.Dumbell Flys (bench)/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each side. Curl/Tricep SS 3x10OverheadPress/HeavyShrug SS-3x15Abs/Core(complete Saturday as we have a meet) |  |
| 17 days out |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Tuesday/Thursday – Ancillary superset combinations – choose at least 4 superset combinations and work with suggested reps and recovery. Do as many total superset combinations, but try to keep the minimum to 4.

Bench/Row Combination supersets – 3 x 12 reps each. 90 seconds rest in between sets.

Lateral Raise/Front Raise supersets – 3 x12 reps each. 90 seconds rest in between sets.

Hi Plank Rows with DB – 3 x 8-10 each side.

Hi Plank Rows with Turn & Press – 3 x 6-8 each side.

DB Flys/Reverse DB Flys – 3 x 12 reps. 90 seconds between sets.

Bicep Curl/Tricep combination supersets (variations of each – hammer curls, concentration, straight bar, dips, skull crushers, extensions)

3 x 12 reps each. 90 seconds variation.

Pullups 3 x ? combined with sets of dips.

Overhead Press/Heavy Shrugs – 3 x12 and 3 x15 on shrugs superset. 90 seconds rest.

Overhead Press/Front Row supersets – 3 x 12 reps each. 90 seconds rest.

Plank variations – shoulder touches, back touches, side plank, reverse – 60-90 seconds

Dumbbell Thrusters/squat hold hammer curls – 3 x 10 sets (whole body workout – use on Olympic lift days or superset days. Also when you need to get in a quick workout)

Wall Drills/Wall sits – 30 seconds each: Wall Drills/Goblet Squats – 30 seconds each

Lunge Variations

Lunge Press ups with dumbbell – 3 x 6-8 each leg (use on lunge days); Walking Lunges with bar or dumbbells; back lunges with DB; Forward Lunge with DB; Lunge Pulses

Ab and Core Combinations (add to core/ab routines)

Russian Twists x 10/Leg Lifts x 10 – alternate for total time of 3 minutes

Crunches x 10 / Christmas Trees x 10 – alternate for total time of 3 minutes

DB side crunches x 10 each side/ alternating bicycles – 10 touches each elbow – alternate for total time of 3 minutes

Low Plank to Hi-Plank x 10/ Superman x 10 – alternate for total time of 3 minutes

Hi Plank shoulder touches x 10/ Hi Plank touch backs x 10/ Leg Lifts x 10/Bicycle x 10 – alternate for total time of 3 minutes

Hanging Bar Pike ups x 10 / Crunches x 20 – alternate for total time of 3 minutes