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| Monday-April,May, June Lifts | Tuesday | Wednesday | Thursday | Friday |
| Powercleans-3x4 @ 90%  Lunges 3x 6-8 each leg  Use variations on lunges. | Bench/Row SS -3x12  Bicep/Tricep SS/curl, dip 3x12  Hi plank, row with DB 3x6 each side  OverheadPress/HeavyShrug SS-3x15 | Deadlifts-3x5@90%  Box jumps in between (sprinters) 3x9  Squats-1-2x10@75% | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10  OverheadPress/Dip 3x10  DBFlys/Row 3x10  HiPlank,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-3x16  Sprint arm thrust 3 x 30 secs  Abs | Bench/Row SS -3x12  Bicep/Tricep SS/curl, dip 3x12  Hi plank, row with DB 3x6 each side  OverheadPress/HeavyShrug SS-3x15  Core | Deadlifts-3x6@80-90%  Box jumps 3 x 9  Lunges 2 x 7 each leg.  Abs | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10  OverheadPress/Dip 3x10  DBFlys/Row 3x10  HiPlank,Row with DB + sidePlank Press 3x6-8 each side  Core | This is Week 1-4 pre-competitive/competitive phase.  Fridays are Ab days only. |
| Powercleans -4x4 @ 90%  RDL-3x16  Sprint arm thrust 3 x 30secs  Abs/Core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10  OverheadPress/Dip 3x10  DBFlys/Row 3x10  HiPlank,Row with DB + sidePlank Press 3x6-8 each side  Abs/Core | Deadlifts-4x5@80-90%%  Box Jumps in Between (sprinters) 3 x 9  Lunges 2 x 7 each leg  Abs/core | Bench/Row SS -3x12  Bicep/Tricep SS/curl, dip 3x12  Hi plank, row with DB 3x6 each side  OverheadPress/HeavyShrug SS-3x15  Abs/core | Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Powercleans -3x4 @90%  RDL-3x16  Sprint arm thrust 3 x 30secs  Abs/core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10  OverheadPress/Dip 3x10  DBFlys/Row 3x10  HiPlank,Row with DB + sidePlank Press 3x6-8 each side  Abs/core | Deadlifts-Max Out or 4 x 5 @ 90%  Box Jumps in between 3-4 x 9 jumps  Lunges 2 x 7 each leg  Abs/core | Bench/Row SS -3x12  Bicep/Tricep SS/curl, dip 3x12  Hi plank, row with DB 3x6 each side  OverheadPress/HeavyShrug SS-3x15  Abs/core | Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Week 5:  Powercleans -3x4 @90%  RDL-3x16  Sprint arm thrust 3 x 30secs  Abs/core  31 days out. | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10  OverheadPress/Dip 3x10  DBFlys/Row 3x10  HiPlank,Row with DB + sidePlank Press 3x6-8 each side  Abs/core | Deadlifts-4 x 5 @ 90%  Box Jumps in between 4 x 9 jumps  Lunges 2 x 7 each leg  Abs/core | Bench/Row SS -3x12  Bicep/Tricep SS/curl, dip 3x12  Hi plank, row with DB 3x6 each side  OverheadPress/HeavyShrug SS-3x15  Abs/core | Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Week 6:  Powercleans-3x4@90%  RDL-light weights 2x10  Bench Press-3x8  Sprint Arm Thrust 3x30secs  Abs/Core  24 days out. | Deadlifts-4 x 5 @ 90%  Box Jumps in between 4 x 9 jumps  Lunges 2 x 7 each leg  Abs/core | Bench Press/Row SS 3x10  Curl/Tricep superset 3x10  Keep 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 3x10  HiPlank,Row with DB + sidePlank Press 3x6-8 each side. Curl/Tricep SS 3x10  OverheadPress/HeavyShrug SS-3x15  Abs/Core  (complete Saturday as we have a meet) |  |
| 17 days out |  |  |  |  |
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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