

TRACK AND FIELD (ATHLETICS)

SPRINTERS (OFF-SEASON)

General preparation (To be used with any beginner in any event for the first 2 weeks)

Monday/Friday

Power clean (blocks) $\frac{50}{5}$ $\frac{60}{5}$ $\frac{75}{5}$ **3**

Clean pull (floor) $\frac{50}{5}$ $\frac{60}{5}$ $\frac{75}{5}$ **3**

SLDL $\frac{40}{5}$ $\frac{50}{5}$ $\frac{60}{5}$ **3**

Eccentric hamstring work

Ab

Wednesday

Squat $\frac{55}{5}$ $\frac{65}{5}$ $\frac{75}{5}$ **3**

Squat/push
press combo $\frac{40}{5/5}$ $\frac{60}{5/5}$ **3**

Press behind neck $\frac{50}{5}$ $\frac{60}{5}$ **3**

Lunge $\frac{40}{5}$ **2** $\frac{45}{5}$ **3**

Ab

(During the second 4 weeks of general preparation, intensity drops to 65%, reps increase to 10, except SLDL, which remains 5 reps. In the second 4-week block the athlete returns to 5 reps and intensities are adjusted accordingly.)

Specific preparation (There are weeks when a pyramid approach is used, such as 50/5, 60/5, 70/3, 80/2.)

Monday/Friday

Clean shrug $\frac{40}{5}$ $\frac{50}{5}$ **3**

Clean pull (floor) $\frac{60}{5}$ $\frac{70}{5}$ $\frac{80}{5}$ **3**

Power clean $\frac{60}{5}$ $\frac{75}{5}$ **3**

SLDL $\frac{50}{5}$ $\frac{60}{5}$ **3**

Eccentric hamstrings Medium weights

Ab

Wednesday

Squat $\frac{50}{5}$ $\frac{60}{5}$ $\frac{70}{5}$ $\frac{80}{5}$

Speed squat $\frac{50}{3}$ $\frac{60}{3}$ $\frac{70}{3}$

One-quarter Squat/
Push press combo $\frac{40}{5}$ $\frac{50}{5}$ **2**

Walking lunge $\frac{30}{5}$ $\frac{40}{5}$ **2**

Ab

PRESEASON

Monday

One-half Squat $\frac{60}{5}$ $\frac{80}{5}$ $\frac{100}{3}$ $\frac{120}{3}$ $\frac{140+}{3}$

Speed squat $\frac{50}{3}$ $\frac{60}{3}$ $\frac{70}{3}$ $\frac{80}{3}$

Bench press $\frac{50}{8}$ $\frac{60}{6}$ $\frac{70}{6}$ $\frac{80}{5}$ $\frac{90}{2-3}$

Dynamic lunge Bodyweight, light weights

Ab

Thursday

Snatch shrug $\frac{20}{5}$ $\frac{30}{3}$ **3**

Snatch pull (floor) $\frac{50}{5}$ $\frac{60}{3}$ $\frac{70}{3}$ $\frac{80}{3}$ $\frac{90+}{3}$

Snatch $\frac{50}{3}$ $\frac{60}{3}$ $\frac{70}{3}$

Snatch grip SLDL $\frac{40}{5}$ $\frac{50}{3}$ **2**

Hamstrings Medium weights

Ab

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