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| Monday-Sept./Oct.Lifts | Tuesday | Wednesday | Thursday | Friday |
| Powercleans-3x10  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-3x10  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 |  |
| Powercleans-4x10  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-3x10  Squats-2-3x10  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 |  |
| Powercleans -4x10  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-4x10  Squats-2-3x10  Depth Jumps in between 6x  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 -4x10  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%  Depth Jumps in between 7x  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. |