

Suggested weight workout for sprinters/jumpers/hurdlers

For those of you who want to continue lifting during the season I have given you some general workouts and guidelines. I am keeping it very simple and have tried to give you a practical and realistic workout. In general, I think it best if you hit the legs on Mondays and the upper body on Wednesdays. If you can only lift one day, then a circuit (superset a lower body exercise with an upper body exercise) to hit the major body parts would be suggested. If you are an experienced lifter and have a solid routine in place, then continue with that.

Basic ideas: the heavier you lift the fewer reps and more rest between reps and sets. Every 3-4 weeks mix up the routine a bit by changing up # reps, weight, rest interval, type of exercise (i.e. sub in an RDL for Deadlift), and the speed at which you execute the lift. IF YOU HAVE ANY QUESTIONS TALK TO ME AT PRACTICE OR EMAIL ME. I AM HAPPY TO HELP.

Have fun, be safe safe, and stay strong! Coach Lillig

This plan continues with the periodization we have been doing since summer. For those of you on Volt, we are currently in **a POWER** cycle. Your lifts need to be more explosive with more speed. You may need to reduce amount of weight a little to achieve this. In general, you will be doing 5 sets of 5 reps.

POWER PHASE FEB 4-FEB 25

Monday: Legs

Superset (trade-off between exercises) these paired lifts:

5 sets of DB Explosive Tempo Back Squat reps: 4,4,3,3,3, Rest=1min

5 sets of BB Lunges reps: 5,5,4,4,3 rest=1min

5 sets BB deadlifts 5,4,3,3,3, rest=90sec

5sets BW Pause single-leg hip bridge (5 sec) use bench 8 each leg
r=1min

Wednesday: Upper body

5x5 BB Bench Press close grip reps:5 rest=90sec5x5

DB Renegade Row (or BB Row; or single arm rows like lawn mowers; or rowing machine. Any rowing exercise will do) rest=1min

5x5 BB or DB Overhead Press rest=1min

5x5 Tricep extensions (skull crushers) rest=1min

STRENGTH MARCH 4-MARCH 18 (3 weeks)

Monday: Legs

5 sets DB or BB Front squat reps: 5,,4,3,3,2 rest=90sec

5 sets Overhead Plate Walking lunge 8 reps r=1min

5 sets BB RDL (Romanian deadlift) 5,4,3,3,2 rest=90 sec

5 sets elevated hip extensions (use bench) 12x r=1 min

Wednesday: Upper body

5 sets Bench Press reps: 5,4,3,3,2 rest=90 sec

5 sets 1 arm standing DB Overhead Press reps: 8,6,6,6,4 r=1 min

5 sets Push ups w/feet on bench reps 8-12 r=1 min

5 sets row machine reps 5-10 rest=1 min

UNLOAD 1 WEEK MARCH 25

Monday

3x6 DB or BB Hang Cleans r= 90 sec

3x8 each leg Body Weight single leg RDL r=1 min

3x6 Pause hip extensions on bench (5sec) r=1 min

Wednesday

3x8 Lat Pull down machine rest=1min

3x8 Plate or DB reverse fly rest=1min

3x3 BB Pause 92sec) Bench Press rest=90sec

3x5 DB or BB standing overhead press r=60sec

SPEED 3 WEEKS APRIL 1-15

Monday

5 sets BB Back Squat reps; 5,5,4,3,3 rest=3 min

5x BB Deadlifts reps: 5,5,3,3,2 rest=3 min

5x DB RDL reps: 5,5,5,4,3 rest=90sec

3 sets Elevated hip extensions on bench 5-10 rest=1 min

Wednesday

3x 5 Bench Press r=3 min

3x5 Lat pull downs

3x5 DB Incline Bench Press, r=1min

3 sets DB 1 arm standing Press reps: 5e,4e,3e r=1min

UNLOAD 1 WEEK APRIL 22

Monday

3x3 DB Goblet Squat jump rest 1 min

3x5 BB Back Box Squat r=1min

3x5 lateral step up on box w/DB r=1min

Wednesday

3x8 Lat Pull down r=1min

3 sets reverse DB Flys 10,8,6, rest=1min

3x8 triceps extensions (skull crushers) r=1min

POWER April 29th-May 13th

Monday

5x3e Body Weight Explosive step r=90sec

5x5 Back Squat r=90sec

5 sets DB lunge to step up reps:5,5,4,4, rest=1min

5 sets DB 1 arm single-leg RDL to row reps: 5,4,3,3,3, rest=1min

Wednesday

5x5 Bench Press r=90sec

5x5 renegade row rest=1min (any row exercise if don't know renegade)

5 sets push ups feet on bench reps: 3-6 rest=1min

5x5e 1 arm DB Squat to Press r=1min

UNLOAD 1 WEEK MAY 20TH

Monday

3x3 DB Goblet squat r=1min

3x3 Explosive tempo back squat r=1min

3x3 deadlift r=1min

Wednesday

3x8 Lat pull downs r=1min

3x6 DB reverse Flys r=1min

3x6 BB Bench press close grip r=1min

HYPERTROPHY MAY 27-JUNE 10

Monday

4 sets back squat reps: 10,8,6,6 rest =90sec

4 DB 1 arm single leg RDL to Row reps: 6-8 rest=1min

4 sets DB Front squat reps: 10,8,6,6 rest= 90sec

4 sets DB Lunge to step up or Plate OH walking lunges rep: 6-8
rest=1min

Wednesday

4 sets pull ups reps: 3-6 rest=1 min

4 sets Bench Press reps: 10,8,6,6 rest=3min

4 sets 1 arm DB squat to press reps: 10,8,6,6 rest=1min

4x supine row or rowing machine reps: 6-8 rest=1min