

# **2011 TRACK AND FIELD**

## **SUMMER STRENGTH PROGRAM**

**Advanced General Preparation Phase  
Monday, August 1st- Tuesday, September 6<sup>th</sup>**

## How to Use this Program:

- Over the summer you will receive 3 (including this one) 4 week strength plans. The first 4 week segments is based on recovering from the competition season and begin re-building strength for the upcoming year.
- Focus on maintaining form through all exercises and lifts. Know that you are continuing to build on your base and strength the smaller stabilizing muscles.
- Follow the daily progression of exercises from warm up to strength training exactly as prescribed.
- There are seven training days. Four strength workouts (two bodybuilding & two general strength/ core stabilization days) with three rest/ recovery days. If you miss a training day, be sure to pick up where you left off.
- Pay attention to sets and reps, and make sure to record the weight used.
- Use the DEMO link to see video examples of each exercise. The videos should provide you with adequate information to perform the exercises properly.
- Challenge yourself to make consistent gains in strength by choosing weight that allows you to complete the reps indicated and to fatigue the muscles on each set. **\*If your form begins to falter- decrease the weight\***
- Try to train with a partner, for safety reasons (to help with spotting exercises) and to help with exercises that require another person.
- Always remember that safety is the #1 priority. Do not put yourself in a position to get hurt. Stop performing an exercise if you are experiencing joint pain.
- If you are experiencing muscle soreness post-workout complete static stretching. Do not hold a stretch longer then 60 seconds.
- Please contact Coach Rachel Barends you have any questions- rbarends@capital.edu

**Work Hard!**

# Day 1: General Body Building Strength

Warm Up: 10-15 minutes on a stationary bike, treadmill etc

## Strength:

- Repetitions are high to establish overall strength base.
- Choose a weight where you can achieve perfect form. The weight is going to be around 40%-55% of your max.
- Recovery is no less then 90 seconds and no greater then 120 seconds.

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
Snatch (throwers/multis)	<a href="#">LINK</a>	3x8 @ 45-50%	3x8 @ 45-50%	3x8 @ 45-50%	3x8 @ 45-50%
Cleans	<a href="#">LINK</a>	3x8 @ 60%	3x8 @ 60%	3x8 @ 60%	3x8 @ 60%
Bench	<a href="#">LINK</a>	3x8 @ 60%	3x8 @ 60%	3x8 @ 60%	3x8 @ 60%
Squats-Deep	<a href="#">LINK</a>	3x8 @ 40%	3x8 @ 40%	3x8 @ 40%	3x8 @ 40%
Alt.Grip Lat Pull Down	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Front Lunge	<a href="#">LINK</a>	3x10 @ 25%	3x10 @ 25%	3x10 @ 25%	3x10 @ 25%
Upright Row	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Leg Extensions	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Hamstring Curls	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
V-Sits	<a href="#">LINK</a>	4x10 @ BW- add wt.	4x10 @ BW- add wt.	4x10 @ BW- add wt.	4x10 @ BW- add wt.

## Cool Down:

- 10 min. on a stationary bike, treadmill etc
- 15 min. Static stretch- hold each stretch up 60s
- Dorsi flexion – toe taps start with 3x30 seconds each leg and increase throughout the summer

## Day 2: General Strength/ Core Stability

Warm Up: 10-15 minutes on a stationary bike, treadmill etc

### General Strength Lift:

- Continuously complete each exercise for 20 seconds.
- After 30 seconds of recovery begin the next exercise.

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
Chin Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Prisoner Squats	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Push Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Step Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Seated Military Press	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
DbI Bicep Curl (standing)	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Lunge Jumps	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Dips	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Calf Raises (toes pointed in, out, center)	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Hammer Curls	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Hanging Eagles	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s

### Core:

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
¼ Straight Leg sit-ups	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Crunches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Hip Ups	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Straight Leg Crunches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Toe Touches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30

### Cool Down:

- 10 min. on a stationary bike, treadmill etc
- 15 min. Static stretch- hold each stretch up 60s
- Dorsi flexion – toe taps start with 3x30 seconds each leg and increase throughout the summer

## Day 3: General Body Building Strength

Warm Up: 10-15 minutes on a stationary bike, treadmill etc

### Strength:

- Repetitions are high to establish overall strength base.
- Choose a weight where you can achieve perfect form. The weight is going to be around 40%-55% of your max.
- Recovery is no less then 90 seconds and no greater then 120 seconds.

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
Cleans	<a href="#">LINK</a>	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%
Bench	<a href="#">LINK</a>	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%
Front Squats	<a href="#">LINK</a>	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%	4x6 @ 45%
Lat Pull Down	<a href="#">LINK</a>	3x8 @ 40%	3x8 @ 40%	3x8 @ 40%	3x8 @ 40%
St. Leg Deadlift	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Front Lunge	<a href="#">LINK</a>	3x10 @ 25%	3x10 @ 25%	3x10 @ 25%	3x10 @ 25%
Upright Row	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Leg Extensions	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
Hamstring Curls	<a href="#">LINK</a>	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%	3x10 @ 35%
V-Sits	<a href="#">LINK</a>	4x10 @ BW- add wt.	4x10 @ BW- add wt.	4x10 @ BW- add wt.	4x10 @ BW- add wt.

### Cool Down:

- 10 min. on a stationary bike, treadmill etc
- 15 min. Static stretch- hold each stretch up 60s
- Dorsi flexion – toe taps start with 3x30 seconds each leg and increase throughout the summer

## Day 4: General Strength/ Core Stability

Warm Up: 10-15 minutes on a stationary bike, treadmill etc

### General Strength Lift:

- Continuously complete each exercise for 20 seconds.
- After 30 seconds of recovery begin the next exercise.

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
Chin Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Prisoner Squats	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Push Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Step Up	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Seated Military Press	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Dbi Bicep Curl (standing)	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Lunge Jumps	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Dips	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Calf Raises (toes pointed in, out, center)	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Hammer Curls	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s
Hanging Eagles	<a href="#">LINK</a>	3x15s	3x15s	3x15s	3x15s

### Core:

Exercise	DEMO	Week 1	Week 2	Week 3	Week 4
¼ Straight Leg sit-ups	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Crunches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Hip Ups	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Straight Leg Crunches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30
Toe Touches	<a href="#">LINK</a>	4x30	4x30	4x30	4x30

### Cool Down:

- 10 min. on a stationary bike, treadmill etc
- 15 min. Static stretch- hold each stretch up 60s
- Dorsi flexion – toe taps start with 3x30 seconds each leg and increase throughout the summer