Track & Field

Off-season weight lifting 2021

**Day 1**

Barbell hip thrusts 2-3 x 6-8

Diagonal lunges 2 x 6-8 each side

Box jump 2 x 6

Plyo box jumps 2 x 5

SL calf raise w/ weight 2 x 15 each side

Fire hydrants 2 x 10 each side

Bird dogs 2 x 5 (5 second hold) each side

Front plank 2 x 30 seconds

Side plank 2 x 30 seconds

DB bench press 2-3 x 8-10

SA row 2-3 x 8-10

Hip openers x 8

**Day 2**

Squats 2-3 x 10

SL RDL 2-3 x 10 each leg

Broad jumps 2 x 10 yards

SL hops 2 x 10 yards

Crunches x 30

Russian twist x 30

Bridges x 20

Push press 2-3 x 8-10

Shoulder raise series – front, 45°, side 2 x 8

Hip flexor pull 2-3 x 8-10

Side crunches x 30

**Day 3**

Kettlebell swings 3 x 8-10

Med ball lunge throws 3 x 8 each leg

Side-to-side hops with weight 3 x 6-8

Squat jumps with weight 3 x 8

Partner Nordic hamstring drops 2 x 8

Toe/heel walks 2 x 20 yards

Bench press 2-3 x 8-10

Rows 2-3 x 8-10

Dead bugs 2 x 10

Front plank/side plank leg lifts 2 x 15

Med ball D1/D2 2 x 10 each side