Track & Field

Sprints/hurdles

Off-season weight lifting plan

Monday

Squats 2 x 8-10

Diagonal Lunges 2 x 10

Box jumps 2 x 8

Single leg RDL 2 x 10 each leg

Calf raises or calf press on leg press machine 3 x 15-20 (change angle of feet)

Fire hydrants 2 x 15 each leg

Bird dogs 2 x 15 each side

Core exercises – choose one of the programs from the bulletin board by the door

Tuesday

Bench press 3x10

Lat pulls 3 x 10

Dumbbell Shoulder press 3x10

Bicep curls 1 x 10, Hammer curls 1 x 10, bicep curl arm swing 1 x 10

Tricep dips 3 x 15

Figure-4 hip extensions 2 x 8-12 each side

Core exercises – choose one of the programs from the bulletin board by the door

Thursday

Kettlebell swings 3 x 8-10 (one or two arms)

Med ball squat throws 3 x 8 each leg

Plyometric depth jumps 3 x 6-8

Squat jumps with weight 3 x 8

Barbell hip thrusts 3 x 10

Partner hamstring drops 2 x 8

Toe/heel walks 2 x length of room

Core exercises – choose one of the programs from the bulletin board by the door



Friday

Lower back hip extensions using stability ball 2 x 15

Dumbbell Bench press or cable chest press 3x10

Cable Lat pulls 3 x 10

Dumbbell upright row 3x10

Lateral leg raises 3 x 15 each leg

Lateral band walks 3 x 10 each direction

Elastic band or cable machine hip flexion 3 x 10-12 each side

Core exercises – choose one of the programs from the bulletin board by the door

If time permits-

Bicep curls 1 x 10, Hammer curls 1 x 10, bicep curl arm swing 1 x 10

Tricep kickbacks 3 x 10