

TRACK

SPORT		TRACK- POWER GROUP										STAGE		DEVELOPMENTAL																						
Weekly Rotation		MONDAY T WEDNESDAY T FRIDAY L										PROGRAM		GPP: SUMMER II / FALL I STAGE I																						
Daily Session Rotation		MS-PR-PCOM-PZ-FLEX										Daily Session Rotation		MS-PR-PCOM-PZ-FLEX																						
A - Basic Movement Prep		B - Power Zone					C - Prehab/Rehab					A - Basic Movement Prep		B - Power Zone					C - Prehab/Rehab																	
POST PRACTICE LIFT NO BASIC MOVEMENT PREP		TEAM POWER ZONE					4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15 YDS					POST PRACTICE LIFT NO BASIC MOVEMENT PREP		TEAM POWER ZONE					4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15 YDS																	
MONDAY		27-Aug-07					3-Sep-07					WEDNESDAY		29-Aug-07					5-Sep-07					FRIDAY		31-Aug-07					7-Sep-07					
TM	SESSION T	%	GR	WT	%	GR	WT					TM	SESSION T	%	GR	WT	%	GR	WT					TM	SESSION L	%	GR	WT	%	GR	WT					
T1	POWER CLEAN COMPLEX	x5			x5							T1	CG DEADLIFT	x5			x5							T1	SSB FREE HAND SQUAT	x5			x5							
V	REPS 1, 2: SHRUG PULL REPS 3, 4: POWER PULL REPS 5, 6: POWER CLEAN	x3			x3							V	TOTAL BODY ASSISTANCE: STAGE I	x3-5			x3-5							V		x3-5			x3-5							
		x6			x6									x5			x5									x10			x10							
		x6			x6									x5			x5									x10			x10							
1[a]	ASCENDING SETS	x6			x6							1[a]		x5			x5									x10			x10							
		x6			x6									x5			x5									x10			x10							
		x6			x6									x5			x5									x10			x10							
		x6			x6									x5			x5									x10			x10							
T2	REVERSE LUNGE TO STEP UP	x12			x12							T2	WALKING LUNGES	x40yds			x40yds							T2	CHIN UP	xm1@			xm1@							
V	15" BOX TOTAL REPETITIONS	x12			x12							V	WEEK 1: MEN BLUE / WOMEN GREEN WEEK 2: MEN RED / WOMEN YELLOW	x40yds			x40yds							V		xm1@			xm1@							
		x12			x12									x40yds			x40yds									xm1@			xm1@							
		x12			x12									x40yds			x40yds									xm1@			xm1@							
2[a]												2[a]																								
T3	BARBELL OVERHEAD PRESS											T3	WEIGHTED PUSH UPS											T3	CG SHRUG PULL	x5			x5							
V	COUPLED W/ INVERTED ROW: 3xM10 [PULL CHEST TO THE BAR]	x8			x8							V		xm1@			xm1@							V		x5			x5							
		x8			x8									xm1@			xm1@									x5			x5							
		x8			x8									xm1@			xm1@									x5			x5							
		x8			x8									xm1@			xm1@																			
T4												T4												T4												
T5												T5												T5												
Pcom	WT. BACK EXTENSION	3 x 10			3 x 10							Pcom	RDL	3 x 10			3 x 10							Pcom	GLUTE HAM RAISE	3 x 10			3 x 10							
Pcom	MEN: YELLOW / WOMEN: GREEN											Pcom												Pcom												
M	POSTERIOR CHAIN DEVELOPMENT I: KNEE FLEXION EMPHASIS										M	POSTERIOR CHAIN DEVELOPMENT II: LENGTHENING EMPHASIS										M	POSTERIOR CHAIN DEVELOPMENT III: HIP EXTENSION EMPHASIS													
M1	GLUTE HAM RAISE	xM10			xM10							M1	YIELDING GHR'S	x6			x6							M1	WT. SL HIP LIFT	x6 EACH			x6 EACH							
M2	MINI BAND SL LEG CURLS	x10 EACH			x10 EACH							M2	DYNAMIC SL HAMSTRING STRETCH	x20 YDS.			x20 YDS.							M2	SL POWER RUNNER	x6 EACH			x6 EACH							
M3	SL HIP LIFT TO CURL	x10 EACH			x10 EACH							M3	HURDLE- SL HIP FLEXION TO REACH	x15 EACH			x15 EACH							M3	SL BACK EXTENSION	x5 EACH			x5 EACH							
Post	E - FLEXIBILITY	GROUND BASED PROGRAM										Post	E - FLEXIBILITY	FOAM ROLLER SERIES / STATIC STRETCH										Post	E - FLEXIBILITY	BAND STRETCH SERIES										
Notes																																				