

Name: \_\_\_\_\_

**BASE PROGRAM**  
WEEKS 1-4

**PATRIOT TRACK AND FIELD**

Monday	Week 1		Week 2		Week 3		Week 4		Comments
1 Trunk Twist w/ medicine ball	3x10		3x10		3x10		3x10		Week 1 Core lifts at 40% of Max Week 2-4 at 50% of Max Increase Wt. for Auxiliary lifts as needed Technique first then weight!!!
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
3. RDL	2x10		3x10		3x10		3x10		
<b>4. Standing Shoulder Press</b>	2x10		3x10		3x10		3x10		
<b>5. Upright Row</b>	2x10		3x10		3x10		3x10		
5. Good Mornings	2x10		3x10		3x10		3x10		
6. Jammer	2x10		3x10		3x10		3x10		
7 Crunches w/ medicine ball	3x10		3x15		3x15		3x15		
8. Box Jumps	3x10		3x10		3x10		3x10		

Thursday	Week 1		Week 2		Week 3		Week 4		Comments
1 Trunk Twist w/ medicine ball	3x10		3x10		3x10		3x10		Week 1 Core lifts at 30% of Max Week 2-4 at 40 % of Max Increase Wt. for Auxiliary lifts as needed Technique first then weight!!!
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
3. RDL	2x10		3x10		3x10		3x10		
<b>4. Standing Shoulder Press</b>	2x10		3x10		3x10		3x10		
<b>5. Upright Row</b>	2x10		3x10		3x10		3x10		
5. Good Mornings	2x10		3x10		3x10		3x10		
6. Jammer	2x5		3x10		3x10		3x10		
7 Crunches w/ medicine ball	3x10		3x15		3x15		3x15		
8. Dot Drill	2 Sets		2 Sets		2 Sets		2 Sets		

CHOICE, NOT CHANCE DETERMINES REALITY"

Name: \_\_\_\_\_

**DEVELOPMENT PROGRAM**  
WEEKS 5-8

**PATRIOT TRACK AND FIELD**

<b>Monday</b>	<b>Week 5</b>		<b>Week 6</b>		<b>Week 7</b>		<b>Week 8</b>		<b>Comments</b>
1 Hurdle Drill warm up	3 Sets		3 Sets		3 Sets		3 Sets		Wk. 5-6 Core lifts at 60% of Max Wk. 7-8 Core lifts at 70% of Max Increase Wt. for Auxiliary lifts as needed
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Hang Clean</b>	3x4		3x5		3x5		3x5		
<b>4. Push Press</b>	3x4		3x5		3x5		3x5		
5. RDL	2x10		2x10		2x10		2x10		
5. Jammer	3x10		3x10		3x10		3x10		
6. Crunches w/ medicine ball	3x15		3x20		3x20		3x20		
7. Box Jumps	3x10		3x10		3x10		3x10		
8. Dot Drill	3 Sets		3 Sets		3 Sets		3 Sets		

<b>Thursday</b>	<b>Week 5</b>		<b>Week 6</b>		<b>Week 7</b>		<b>Week 8</b>		<b>Comments</b>
1 Hurdle Drill warm up	3 Sets		3 Sets		3 Sets		3 Sets		Wk. 5-6 Core lifts at 50% of Max Wk. 7-8 Core lifts at 60% of Max Increase Wt. for Auxiliary lifts as needed
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Hang Clean</b>	3x4		3x5		3x5		3x5		
<b>4. Push Press</b>	3x4		3x5		3x5		3x5		
5. RDL	2x10		2x10		2x10		2x10		
5. Jammer	3x10		3x10		3x10		3x10		
6. Crunches w/ medicine ball	3x15		3x20		3x20		3x20		
7. Box Jumps Different than Tues	3x10		3x10		3x10		3x10		
8. Dot Drill	3 Sets		3 Sets		3 Sets		3 Sets		

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**BUILDING PROGRAM**  
WEEKS 9-12

**PATRIOT TRACK AND FIELD**

Monday	Week 9		Week 10		Week 11		Week 12		Comments
1 Hurdle Drill warm up	3 Sets		3 Sets		3 Sets		3 Sets		Wk. 9-10 Core lifts at 90% of max Wk. 11-12 Core lifts at 100% of max Increase Wt. for Auxiliary lifts as needed
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Hang Clean</b>	3x3		3x3		3x3		3x3		
<b>4. Push Press</b>	3x3		3x3		3x3		3x3		
5. RDL	2x10		2x10		2x10		2x10		
5. Jammer	3x10		3x10		3x10		3x10		
6. Crunches w/ medicine ball	3x15		3x20		3x20		3x20		
7. Box Jumps	3x10		3x10		3x10		3x10		
8. Dot Drill	3 Sets		3 Sets		3 Sets		3 Sets		

Thursday	Week 9		Week 10		Week 11		Week 12		Comments
1 Hurdle Drill warm up	3 Sets		3 Sets		3 Sets		3 Sets		Wk. 9-10 Core lifts at 70% of max Wk. 11-12 Core lifts at 80% of max Increase Wt. for Auxiliary lifts as needed
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Hang Clean</b>	3x3		3x3		3x3		3x3		
<b>4. Push Press</b>	3x3		3x3		3x3		3x3		
5. RDL	2x10		2x10		2x10		2x10		
5. Jammer	3x10		3x10		3x10		3x10		
6. Crunches w/ medicine ball	3x15		3x20		3x20		3x20		
7. Box Jumps Different than Tues	3x10		3x10		3x10		3x10		
8. Dot Drill	3 Sets		3 Sets		3 Sets		3 Sets		

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Name: \_\_\_\_\_

**BASE PROGRAM**  
WEEKS 1-4

**PATRIOT TRACK AND FIELD**

<b>Tuesday</b>	<b>Week 1</b>		<b>Week 2</b>		<b>Week 3</b>		<b>Week 4</b>		<b>Comments</b>
1 Medicine Ball Toss w/ partner	2x10		3x10		3x10		3x10		Week 1 Core lifts at 40% of Max Week 2-4 at 50% of Max Increase Wt. for Auxiliary lifts as needed Technique first ten weight!!!
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Squat</b>	2x10		3x10		3x10		3x10		
<b>4. Bench Press</b>	2x10		3x10		3x10		3x10		
5. Incline Bench	2x10		3x10		3x10		3x10		
5. Bent over rows	2x10		3x10		3x10		3x10		
6. Barbell Curls	2x10		3x10		3x10		3x10		
7 Triceps Extensions	2x10		3x10		3x10		3x10		
8. Power Jumper	2x10		3x10		3x10		3x10		

<b>Friday</b>	<b>Week 1</b>		<b>Week 2</b>		<b>Week 3</b>		<b>Week 4</b>		<b>Comments</b>
1 Medicine Ball Toss w/ partner	2x10		3x10		3x10		3x10		Week 1 Core lifts at 30% of Max Week 2-4 at 40 % of Max Increase Wt. for Auxiliary lifts as needed Technique first ten weight!!!
2. Snatch Squat warm up	2x5		2x5		2x5		2x5		
<b>3. Squat</b>	2x10		3x10		3x10		3x10		
<b>4. Bench Press</b>	2x10		3x10		3x10		3x10		
5. Incline Bench	2x10		3x10		3x10		3x10		
5. Bent over rows	2x10		3x10		3x10		3x10		
6. Barbell Curls	2x10		3x10		3x10		3x10		
7 Triceps Extensions	2x10		3x10		3x10		3x10		
8. Power Jumper	2x10		3x10		3x10		3x10		







