Name:			
ivallic.			

BASE PROGRAM WEEKS 1-4

Monday	Week 1	Week 2	Week 3	Week 4	Comments
Trunk Twist w/ medicine ball	3x10	3x10	3x10	3x10	Week 1 Core lifts at 40% of Max Week 2-4 at 50% of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. RDL	2x10	3x10	3x10	3x10	Technique first then weight!!!
4. Standing Shoulder Press	2x10	3x10	3x10	3x10	
5. Upright Row	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
Trunk Twist w/ medicine ball	3x10	3x10	3x10	3x10	Week 1 Core lifts at 30% of Max Week 2-4 at 40 % of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. RDL	2x10	3x10	3x10	3x10	Technique first then weight!!!
4. Standing Shoulder Press	2x10	3x10	3x10	3x10	
5. Upright Row	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	

Name:	

DEVELOPMENT PROGRAMWEEKS 5-8

Monday	Week 5	Week 6	Week 7	Week 8	Comments
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
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Hang Clean	3x4	3x5	3x5	3x5	
4. Push Press	3x4	3x5	3x5	3x5	
5. RDL	2x10	2x10	2x10	2×10	
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 5	Week 6	Week 7	Week 8	Comments
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
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Hang Clean	3x4	3x5	3x5	3x5	
4. Push Press	3x4	3x5	3x5	3x5	
5. RDL	2x10	2x10	2x10	2x10	
5. Jammer	3x10	3x10	3x10	3x10	
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	

Name:	BUILDING PROGRAM
	\\/EEK\$ 0_12

Monday	Week 9	Week 10	Week 11	Week 12	Comments
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
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Hang Clean	3x3	3x3	3x3	3x3	
4. Push Press	3x3	3x3	3x3	3x3	
5. RDL	2×10	2x10	2x10	2×10	
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	3 Sets	3 Sets	3 Sets	3 Sets	Wk. 9-10 Core lifts at 70% of max
warm up					Wk. 11-12 Core lifts at 80% of max
Snatch Squat	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as
warm up					needed
3. Hang Clean	3x3	3x3	3x3	3x3	
4. Push Press	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	

Name:	BASE PROGRAM
	WFFKS 1-4

Tuesday	Week 1	Week 2	Week 3	Week 4	Comments
Medicine Ball Toss w/ partner	2x10	3x10	3x10	3x10	Week 1 Core lifts at 40% of Max Week 2-4 at 50% of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Squat	2x10	3x10	3x10	3x10	Technique first ten weight!!!
4. Bench Press	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	

Friday	Week 1	Week 2	Week 3	Week 4	Comments
Medicine Ball Toss w/ partner	2x10	3x10	3x10	3x10	Week 1 Core lifts at 30% of Max Week 2-4 at 40 % of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Squat	2x10	3x10	3x10	3x10	Technique first ten weight!!!
4. Bench Press	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	

Name:			

DEVELOPMENT PROGRAMWEEKS 5-8

Tuesday	Week 5	Week 6	Week 7	Week 8	Comments
Hurdle Drill warm-up	3 Sets	3x10	3x10	3x10	Wk. 5-6 Core lifts at 60% of Max Wk. 7-8 Core lifts at 70% of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Squat	3x5	3x5	3x5	3x5	
4. Bench Press	3x5	3x5	3x5	3x5	
5. Triceps	3x10	3x10	3x10	3×10	
5. Bent over rows	3x10	3x10	3x10	3x10	
6. Barbell Curls	3x10	3x10	3x10	3x10	
7 Power Jumper	3x10	3x10	3x10	3x10	
8.					

Friday	Week 5	Week 6	Week 7	Week 8	Comments
Hurdle Drill warm-up	2x10	3x10	3x10	3x10	Wk. 5-6 Core lifts at 50% of Max Wk. 7-8 Core lifts at 60% of Max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Squat	3x5	3x5	3x5	3x5	
4. Bench Press	3x5	3x5	3x5	3x5	
5. Triceps	3x10	3x10	3x10	3x10	
5. Bent over rows	3x10	3x10	3x10	3x10	
6. Barbell Curls	3x10	3x10	3x10	3x10	
7 Power Jumper	3x10	3x10	3x10	3x10	
8.					

Name:	BUILDING PROGRAM
	\//EEKS 0-12

Tuesday	Week 9	Week 10	Week 11	Week 12	Comments
Hurdle Drill warm-up	3 Sets	3x10	3x10	3x10	Wk. 9-10 Core lifts at 90% of max Wk. 11-12 Core lifts at 100% of max
Snatch Squat warm up	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as needed
3. Squat	3x3	3x3	3x3	3x3	needed
4. Bench Press	3x3	3x3	3x3	3x3	
5. Triceps	3x10	3x10	3x10	3x10	
5. Bent over rows	3x10	3x10	3x10	3x10	
6. Barbell Curls	3x10	3x10	3x10	3x10	
7 Power Jumper	3x10	3x10	3x10	3x10	
8.					

Friday	Week 9	Week 10	Week 11	Week 12	Comments
1 Hurdle Drill	2x10	3x10	3x10	3x10	Wk. 9-10 Core lifts at 70% of max
warm-up					Wk. 11-12 Core lifts at 80% of max
2. Snatch Squat	2x5	2x5	2x5	2x5	Increase Wt. for Auxiliary lifts as
warm up					needed
3. Squat	3x3	3x3	3x3	3x3	
4. Bench Press	3x3	3x3	3x3	3x3	
5. Triceps	3x10	3x10	3x10	3x10	
5. Bent over rows	3x10	3x10	3x10	3x10	
6. Barbell Curls	3x10	3x10	3x10	3x10	
7 Power Jumper	3x10	3x10	3x10	3x10	
8.					

CHOICE, NOT CHANCE DETERMINES REALITY"

ON MAINTAINACE PROGRAM	PATRIOT TRACK AND FIELD
	ON MAINTAINACE PROGRAM

Day 1	Week 1	Week 2	Week 3	Week 4- districts	Comments
1. Squat	2x10.	3x10	3x10	3x10	very low weight - high intensity FOCUS ON TECHNIQUE
2. Bench Press	2x10.	3x10	3x10	3x10	
3. Triceps	2x10.	3x10	3x10	3x10	
4. Bent over rows	2x10.	3x10	3x10	3x10	1
5. Barbell Curls	2x10.	3x10	3x10	3x10	1
					1

Day 2	Week 1	Week 2	Week 3	Week 4- districts	Comments
1. Hang Clean	2x5	2x5	2x5	2x5	very low weight - high intensity FOCUS ON TECHNIQUE
2. Push Press	2x10	3x10	3x10	3x10	
3. RDL	2x10	3x10	3x10	3x10	
4. Jammer	2x10	3x10	3x10	3x10	
5. Crunches w/ medicine ball	2x10 3x10	3x10	3x10		

CHOICE, NOT CHANCE DETERMINES REALITY"

Name: _	MAX SHEET	PATRIOT TRACK AND FIELD
---------	-----------	-------------------------

Week 1	PRE PROGRAM	Net Max	Week 13	Net Max	Comments
1. Squat	Weight		Weight		Max at 5 reps or less
	Reps		Reps		Be sure to have a spotter
2. Bench Press	Weight		Weight		
	Reps		Reps		
3. Hang Clean	Weight		Weight		
	Reps		Reps		
4. Push Press	Weight		Weight		
	Reps		Reps		
5. Jammer	Weight		Weight		
	Reps		Reps		
6. Incline	Weight		Weight		
	Reps		Reps		