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| Monday-Sept./Oct.Lifts | Tuesday | Wednesday | Thursday | Friday |
| Powercleans-3x10Lunges 3x 6-8 each legUse variations on lunges.  | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15 | Deadlifts-3x10Box jumps in between (sprinters) 3x9Squats-1-2x10@75% | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each side |  |
| Powercleans-4x10RDL-3x16Sprint arm thrust 3 x 30 secsAbs | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Core | Deadlifts-3x10Squats-2-3x10Box jumps 3 x 9Lunges 2 x 7 each leg.Abs | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideCore |  |
| Powercleans -4x10RDL-3x16Sprint arm thrust 3 x 30secsAbs/Core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideAbs/Core | Deadlifts-4x10Squats-2-3x10Depth Jumps in between 6xLunges 2 x 7 each legAbs/core | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Abs/core |  Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |
| Powercleans -4x10RDL-3x16Sprint arm thrust 3 x 30secsAbs/core | LatRaise/ForwardRaise SS 3x10; Curl/Tricep SS 3x10OverheadPress/Dip 3x10DBFlys/Row 3x10HiPlank,Row with DB + sidePlank Press 3x6-8 each sideAbs/core | Deadlifts-Max Out or 4 x 5 @ 90%Depth Jumps in between 7xLunges 2 x 7 each legAbs/core | Bench/Row SS -3x12Bicep/Tricep SS/curl, dip 3x12Hi plank, row with DB 3x6 each sideOverheadPress/HeavyShrug SS-3x15Abs/core |  Monday/Wednesday lifts completed BEFORE sprinting. Tuesday/Thursday AFTER. |