

ATHLETEX.US Training Program

Weekly Subscription - Cycle 2

Day	Session	Week 1
Day 1	Track	Speed Training (90-95%) 1. 2x30m, 2x40m, 2x50m - Alternate from 2pt & 4pt start 2. Rudiment Hops - 2x10m SLF per side
	Gym	High Velocity Strength (30%) 1a. Hang Snatch - 5x2 1b. Squat -> Drop -> Vert Jump - 5x2 2a. Push Press - 4x4 no pause b/w reps 2b. Dynamic Low Box Step Up - 4x3/side 3a. Speed Bench - 4x4, 60sec rest 3b. Speed Pullup - 4x3 4a. Lay down w/ legs up on wall 2x60sec 4b. Belly Breathe - 3-4-5 breathing pattern 2x60sec
Day 2	Track	Tempo Endurance (50%) 1. 8x100m, 100m walk for rest
	Gym	GS Circuit (50%) 1. Goblet Squat - 12 Reps 2. Short Stride Lunge - 12 steps 3. Wide Push-Up - 12 Reps 4. SL Good Morning - 8x per leg 5. Band Clam Shell - 12 per leg 6. Long Lever Plank - 30s Front/Side/Side Go in order & repeat for 3 sets
Day 3	Track	Off
	Gym	Off
Day 4	Track	N/A
	Gym	Optimization (30%) 1. Hang Clean - 4x3 @ 30% 2. Rudiment Hops - 10x DLF, DLB 3. Sprint Post In & Out Stretch 4. Hanging Lat Stretch - 2x25s
Day 5	Track	Speed Endurance (90%) 1. 4-6x 90m Build Up - 70%->80%->90% each 30m 2. 2x50m ankle dribble, 2x50m calf dribble 3. Self-Massage - Calves & Hamstrings
	Gym	Str/Pwr Endurance (60%+) 1a. Box Squat - 4x8 1b. Pull-Up - 4x10 2a. Barbell RDL - 3x10 (3sec eccentric) 2b. Barbell Military Press - 3x10 3a. 2U1D Ham Curl - 3x8 per side
Day 6	Track	Stationary Bike (80%) 1. Segment Sprints - 5x30sec (10sec @ 60% -> 10sec @ 70% -> 10sec @ 80%) 2min easy spin between reps
	Gym	GS Circuit 1. High Box Step Up - 8x per leg 2. Inverted Row - 12x 3. In-Place Side Lunge - 10x 4. Push-Up - 10x 5. Bent Over Reverse Fly - 12x
Day 7	Track	Off
	Gym	Off

Terms

Sets & Reps: 4x3 = 4 sets of 3 Repetitions
Rest: 30s/2min = 30 seconds between reps, 2 minutes between sets
 Alternatively, rep rest = rest between repetitions, set rest = rest between sets.
Multiple Sets: 4x10m, 4x15m = Do 1 set of 4 reps of 10m sprints, then 1 set of 4 reps of 15m sprints.
Surface & Footwear: Gr/Flt = On grass, in flats (training shoes). Tr/Flt = On track, in flats. Tr/Spk = On track, in spikes.
MB Throws: UHB = Underhand Backward, UHF = UH Forward, CTF = Chest Throw Forward
Intensity: (xx%) = Approximate intensity/RPE/Effort of that day's workloads
Rudiment Hops: SLF = Single Leg Forward, DLF = Double Leg Forward, DLB = Double Leg Backward
GS Circuit: GS = General Strength Circuit = Low Intensity aiming for bloodflow & general fitness
2D1U Curl: On a hamstring curl machine, use both legs to bring the weight up, then slowly lower with 1 leg only.