

ATHLETEX.US Training Program

Weekly Subscription - Cycle 2 - Week 1

Day	Session	Week 1	
Day 1	Track	Acceleration (95%)	
		1. 3x20m,30m,40m - Drop-In Start, 2pt Start, 4pt Start	
Day 1	Gym	Power Development (75%)	2b. Explosive Pull Up - 4x3 individual reps
		1a. Heavy Floor High Pull - 6x2 1b. Squat Drop -> Broad Jump - 6x2 2a. Push Press - 4x3 no rest between reps	
Day 2	Track	Rest	
	Gym	Rest	
Day 3	Track	Intensive Tempo (80%)	3. Frog Jumps - 2x10m for height
		1. Turn Runs - 70, 100, 150, 100, 100 Start at top of the turn and finish in the straight away 2. Rudiment Hops - 2x10m: DLF, SLF	
Day 3	Gym	Strength Endurance	3. Bench Press - 8-8-6-6-10
		1. Parallel Box Squat - 8-8-6-6-10 2a. Barbell RDL - 3x10 2b. Pendlay Row - 3x10 4. GHR Jacknife to Ham Curl - 3x5, slow ecc.	
Day 4	Track	N/A	
	Gym	Active Recovery	4. Stretch & Roll
		1. Stationary Bike - 10min easy spin 2. 2x10 Bodyweight Squats 3. 2x10 Push-Ups	
Day 5	Track	Rest	
	Gym	Rest	
Day 6	Track	Short Speed Endurance (90%+)	
		1. 2x60m, 2x80m - 4pt starts	
Day 6	Gym	Power Endurance (60%)	
		1. Power Clean - 4x5 2. Frog Jumps for Distance - 4x6 3. Quarter Box Squat - 5x6	
Day 7	Track	Rest	
	Gym	Rest	