

ATHLETEX.US Training Program

Weekly Subscription - Cycle 2 - Week 3

Day	Session	Week 1	
Day 1	Track	Intensive Tempo (85%) 1. 2x150m, 125m, 100m - 3-5min between reps, 5-7min between sets	
	Gym	Rest	
Day 2	Track	Rest	
	Gym	Power Development (75%) 1a. Heavy Floor High Pull - 6x2 1b. Squat Drop -> Broad Jump - 6x2 2a. Push Press - 4x3 no rest between reps	2b. Explosive Pull Up - 4x3 individual reps
Day 3	Track	Active Recovery Track warmup or easy spin on stationary bike.	
	Gym	Active Recovery	
Day 4	Track	Speed (90-95%) 1. 2x30m build up accelerations 2. 4x flying 15m (20-25m acceleration zone -> 15m maximal velocity zone)	
	Gym	Plyos & Hi-Speed Strength 1a. Hex Bar Squat Jump - 4x3 1b. Vertical Jump - 4x3 2a. Quarter Squat - 5x5 (40%)	2b. Push-Press - 4x4 (30%)
Day 5	Track	Rest	
	Gym	Rest	
Day 6	Track	Rest	
	Gym	Optimization 1. Switch Press - 4x3 (bar only) 2. Rudiment Hops - 2x10m DLF 3. Sprint Pose In & Out Stretch	4. Roll glutes, hamstrings, quads, adductors 5. Stretch abs and back
Day 7	Track	Short Speed Endurance (90%+) 1. 2x100m build up strides 2. 2x80m fast, full recovery	
	Gym	Strength Endurance & Bodybuilding (60%) 1. Parallel Box Squat - 4x6-8 2. Bench Press - 8-8-6-6-5 3a. 2U1D Leg/Quad Extensions 4x8/side	3b. GHR Jackknife - 4x8 4a. Bilateral Deadbug w/ KB - 3x10 4b. Pull-Ups - 3x max reps