

# ATHLETEX.US - Weekly Workout Subscription

## Cycle 1 - Week 1

Day	Session	Week 1	
Day 1	Track	N/A	
	Gym	<b>Optimization (30%)</b> 1. Snatch from Rack - 4x3 2. Med Ball or Shot Toss - 4x UHB, 4x UHF, 4x CTF 3. Accel Pose In & Out Stretch 4. Lat & Pec Stretch	5. Roll - Lats & T-Spine 6. Roll - Adductors & Hamstrings 7. Roll - Quads 8. Self Massage - Foot/Ankle/Calf
Day 2	Track	<b>Acceleration (90%)</b> 1. 4x10m, 4x15m - 30s/2min - Gr/Flt 2a. 4x20m Skips for Distance 2b. 3x2 Broad Jump	4. Self Massage - Foot/Ankle/Calf 5. Self Massage - Hamstring/Quad/Psoas
	Gym	<b>Power &amp; Strength (75%+)</b> 1a. Deadlift - 5x5 (80%) 1b. Military Press - 5x5 (65%) 2a. Low Box Step Up - 4x5 (75%)	2b. Bent Over Row - 4x6 (75%) 3a. 2Down1Up Ham Curl - 4x5 (75%) 3b. Dead Bugs - 3x10 3c. Side Planks - 2x3x30sec
Day 3	Track	N/A	
	Gym	<b>GS Circuit (&lt;40%)</b> 1. Goblet Squat - 10 Reps 2. Side Lunge - 8 Reps 3. Push Up - 12 Reps	4. Good Morning - 10 Reps 5. Monster Walk Fwd - 10 Steps 6. Hanging Leg Raise - 8 Reps <b>Go in order &amp; repeat for 3 sets</b>
Day 4	Track	N/A	
	Gym	<b>Optimization (30%)</b> 1. Hang Clean - 4x3 @ 30% 2. Rudiment Hops - 10x DLF, DLB 3. Sprint Pose In & Out Stretch	4. Hanging Lat Stretch - 2x25s
Day 5	Track	<b>Speed Endurance (90%)</b> 1. 3x60m, 3x80m - 2min/4min (90%) 2. 2x50m Ankle Dribble 3. Self-Massage - Calves & Hamstrings	
	Gym	<b>Str/Pwr Endurance (60%+)</b> 1. In-Place Vertical Jump - 3x8 2. Box-Squat - 3x10 3. Good Mornings - 3x15 (Bar only)	4a. Bench Press - 4x10 4b. DB Row - 4x10
Day 6	Track	<b>Tempo Endurance (60%)</b> 1. 8x110yd Grass Runs Run the length of a football field and walk the width Tempo should be 60% or less (15sec hundred pace)	
	Gym	<b>GS Circuit</b> 1. DB Walking Lunge - 12x 2. Pull-Up - 10x 3. Walking Side Lunge - 10x	4. Push-Up - 10x 5. Inverted Row - 10x
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:** DLF = Double Leg Forward, DLB = Double Leg Backward, SLS=Single Leg Sideways

**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.