

# ATHLETEX.US - Weekly Workout Subscription

## Cycle 1 - Week 2

Day	Session	Week 2	
Day 1	Track		
	Gym	<b>Optimization</b> 1. Push Press - 3x3 2. MB Squat Jump Vertical Throw - 3x3 3. Sprint Pose In & Out Stretch 4. Hip Mobility 2x10	5. Joint Pump - Ankle 6. Joint Pump - Tib/Fib
Day 2	Track	<b>Speed (90-95%)</b> 1. 6x40m Build-Up's, long decel; 3min rest; Flats/Grass 2. 4x20m Skips for Height 3. 4x20m Rudiment - 2xDLF, 2x DLB, 2xSLS	
	Gym	<b>Plyos &amp; Hi-Speed Strength</b> 1a. Quarter Squat - 5x3 (40%) 1b. Hex Bar Squat Jump - 4x3 (Bar/Hex Bar only) 1c. Vertical Jump - 4x2	2a. 2U1D RDL - 4x4 (6sec eccentric) 2b. Explosive Push up - 4x4 3a. Hard Roller - Hamstrings & Groin 3c. Self Massage - Lower Abs, Psoas Region
Day 3	Track	<b>N/A</b>	
	Gym	<b>GS Circuit</b> 1. MB Overhead Squat - 10 Reps 2. Walking Side Lunge - 8 Reps 3. Push Up - 12 Reps	4. Good Morning - 10 Reps 5. Lateral Band Walk - 10 Steps e/w 6. Dead Bugs - 10 Reps per side <b>Go in order &amp; repeat for 3 sets</b>
Day 4	Track	<b>N/A</b>	
	Gym	<b>Optimization</b> 1. MB Throw - 4x UHB, 4x UHF, 4x CTF 2. Push Press from Rack - 3x3 3. Accel Pose In & Out Stretch	4. Roll & Self Massage
Day 5	Track	<b>Acceleration (90%)</b> 1. 3x10m, 3x25m, 2x30m - 60s rep rest, 2min set rest; Grass/Flats 2. 3x30m Skips for Distance 3. 4x2 Single Leg Broad Jump	
	Gym	<b>Power &amp; Strength (75%+)</b> 1a. Conv. Deadlift - 5-5-4-3-3 (85%) 1b. Incline Bench Press - 4x5 (70%) 2a. Low Box Step Up - 4x5 (75%)	2b. Pendlay Row - 4x6 (75%) 3a. 2U1D Ham Curl - 4x6 (75%) 3b. Supine KB Pullover w/ Knee raise/lower - 3x10 3c. Side Planks - 2x3x30sec
Day 6	Track	<b>Tempo Endurance (60%)</b> 1. 2x3x200m Grass Runs - 30s pace or slower; 60s rep rest, 3min set rest	
	Gym	<b>Bodybuilding (50%)</b> 1a. 2U1D Leg Extensions - 3x10 1b. Barbell RDL - 3x10 2a. 3-Way DB Raise - 3x8/8/8	2b. Overhead KB Squat - 3x12 3a. Z-Bar Curls - 3x10 3b. DB Front Squat - 3x10 3c. Seated Row to Chest - 3x10
Day 7	Track	<b>Off</b>	
	Gym	<b>Off</b>	

## 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.

**2D1U RDL:** With weight in your hands, one leg supporting you & knee slightly bent, lower the weight to the ground.

Once lowered, bring the other leg down and stand up with both legs.