

ATHLETEX.US - Weekly Workout Subscription

Cycle 1 - Week 3

Week 3

Optimization

1. Hang Snatch - 3x3
- 2a. MB Squat to Vertical Throw - 4x2
- 2b. Sprint Post In & Out Stretch

Speed Endurance

1. 2x80m Build Up (70%→80%; 80%→90%)
2. 2x2x70m @ 90%; 3min rep rest, 5min set rest

Str/Pwr Endurance

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| <ol style="list-style-type: none"> 1. Frog Hops - 4x8 for height & distance 2a. Conventional Deadlift - 8-8-6-6 2b. Pendlay Row - 4x8 | <ol style="list-style-type: none"> 3a. Cable Anti-Rotation - 4x15s/side 3b. Long Lever Front Plank - 4x2x15s 3c. Dead Bugs w/ DB - 4x10/side |
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N/A

GS Circuit

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| <ol style="list-style-type: none"> 1. KB Goblet Squat - 8 reps 2. In Place Lunge Fwd - 8 reps/side 3. Push-Up - 12 Reps | <ol style="list-style-type: none"> 4. Inverted Row - 12 Reps 5. Side Lunge - 8/side <p><i>Go in order & repeat for 2 sets</i></p> |
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N/A

Optimization

Acceleration (95%)

1. Heavy Sled - 6x15m (50% bw+, aggressive forward lean & shin angle each step)
if no access to a sled
1. Hill Sprints - 6x30m

Power Development

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| <ol style="list-style-type: none"> 1a. Squat Drop to Broad Jump - 4x3 1b. Snatch Grip High Pull from Floor - 4x3 2a. MB Toss for Distance - UHF/UHB/CTF x 5 | <ol style="list-style-type: none"> 2b. Squat Jump - 3x3 3. Roll & Stretch |
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Off

Week 3 is a down week, thus an extra day off.

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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.