

ATHLETE.X Training Program

Sprint Training - Week 1

Day	Session	Workouts	
Day 1	Track	<p style="text-align: center;">Warmup Only</p> Walk/Jog 1-2 Laps Dynamic Mobility Series Dynamic Flexibility Series Sprint Drills	
	Gym	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;">Pulling Strength</p> 1. Deadlift - 3x5 @ 40-50%, 4x5 @ 60-75% 2a. RDL - 4x8 @ 40% of Deadlift Max 2b. Bent Over Row to Stomach - 4x8 3a. Pull-Ups - 3x10 (Alternating Grip Each Set) </td> <td style="width: 50%; border: none; vertical-align: top;"> 3b. Standing Single Arm Cable Row - 3x10 4a. Single Arm Plate Carry - 3x12 Steps 4b. Dead Bugs - 3x10/10 5. Roll & Stretch </td> </tr> </table>	<p style="text-align: center;">Pulling Strength</p> 1. Deadlift - 3x5 @ 40-50%, 4x5 @ 60-75% 2a. RDL - 4x8 @ 40% of Deadlift Max 2b. Bent Over Row to Stomach - 4x8 3a. Pull-Ups - 3x10 (Alternating Grip Each Set)
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Day 2	Track	Off	
	Gym	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;">Upper Body Strength/Conditioning</p> 1. Bench Press - 10-10-8-8-6 up to 70% 2a. DB Front Raise - 4x8/8 2b. Supine DB Pullover on Bench - 4x8 3a. Muscle Snatch - 4x8 w/ Bar+ </td> <td style="width: 50%; border: none; vertical-align: top;"> 3b. Strict Overhead Press - 4x8 w/ Bar+ 4a. Dips - 3x10 4b. Standing Single Arm Cable Press - 3x10 5. Elliptical - 12min @ easy pace 6. Roll & Light Stretch </td> </tr> </table>	<p style="text-align: center;">Upper Body Strength/Conditioning</p> 1. Bench Press - 10-10-8-8-6 up to 70% 2a. DB Front Raise - 4x8/8 2b. Supine DB Pullover on Bench - 4x8 3a. Muscle Snatch - 4x8 w/ Bar+
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Day 3	Track	<p style="text-align: center;">Acceleration Capacity</p> 1. Full Warmup 2. 3-4x Build Up Accelerations to 80% 3. 3x 20m-30m-40m @ 80-85%; Rest = Walk Back/3min **Focus on the 3 P's - Posture, Positioning, Projection	
	Gym		
Day 4	Track	Off or LIGHT Warmup	
	Gym	<p style="text-align: center;">Power Production</p> 1a. Clean Grip High Pull - 5x2 w/ 60-70% of Power Clean Max 1b. Single Leg Box Jump - 5x1/1 2. Power Snatch - 5x2 @ 40% of 1RM	
Day 5	Track	Off or LIGHT Warmup	
	Gym	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;">Bodybuilding & Conditioning</p> 1a. Goblet Squat - 3x10 w/ KB or DB 1b. DB Curl to Press - 3x10 2a. Single Arm DB Row - 4x8/8 2b. Single Arm DB Bench - 4x8/8 </td> <td style="width: 50%; border: none; vertical-align: top;"> 3a. Pull-Ups - 3x10 3b. Dips - 3x10 4. Elliptical: 5x30s @ 75%, 60s @ 50% rest </td> </tr> </table>	<p style="text-align: center;">Bodybuilding & Conditioning</p> 1a. Goblet Squat - 3x10 w/ KB or DB 1b. DB Curl to Press - 3x10 2a. Single Arm DB Row - 4x8/8 2b. Single Arm DB Bench - 4x8/8
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Day 6	Track	<p style="text-align: center;">Long Sprint Capacity</p> 1. Full Warmup 2. 3-4x 100m Build Up Strides to 75% 3. 4x Perimeter Sprints - Run the length of the field, walk the width (8 sprints total)	
	Gym	Off	
Day 7	Track	Off	
	Gym	Off	