NAME:

TRACK AND FIELD PHASE 3 (S/J/H)

TBDL:
BP:
DL:

RATE OF PERCEIVED EXERTION SCALE (RPE) 1-10			
1 to 4	LIGHT EFFORT/WARM UP	8	HARD EFFORT/2 MORE REPS
5	LIGHT EFFORT	9	HARD EFFORT/1 MORE REP
7	MODERATE EFFORT	10	MAXIMAL EFFORT

FOAM	UPPER BACK, GLUTES, HAMS, HIP FLEXORS, I.T. BANDS, GROINS	READINESS & RECOVERY		1 to 5	READINESS & RECOVERY		1 to 5	READINESS & RECOVERY		1 to 5	READINESS & RECOVERY		1 to 5
ACT/MOB	DEADBUG X10 E, 90/90s X10 E, SPIDERMAN 6X E, LAT. LEG RAISES X8EA	SORE			SORE			SORE			SORE		
DYN/SKIP	REV L+ REACH X5 E, WALKOUT X5, A SKIP, DROP STEP, BUTT KICK, DIAG BOUND- STICK,-TEMPO,-CONT	STRESS			STRESS			STRESS			STRESS		
		ENERGY			ENERGY			ENERGY			ENERGY		
		MOOD			MOOD			MOOD			MOOD		
		SLEEP			SLEEP			SLEEP			SLEEP		
		TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)		
	DAY 1	**WK1 (09/25)**		**REST**	**WK2 (10/2)**		**REST**	**WK3 (10/09)**		**REST**	**WK4 (10/16)**		**REST**
A1	HANG CLEAN	RPE 8	4X3	30s		3X3	30s		3X3	30s		3X3	30s
		REC			REC			REC			REC		
A2	MB SPRINTER START CHEST PASS		4X3EA	30s		3X3EA	30s		3X3EA	30s		3X3EA	30s
		REC			REC			REC			REC		
A3	BAND PULL APARTS		4X15	30s			30s			30s			30s
		REC			REC			REC			REC		
B1	BB BENCH PRESS		4X5 @65,75,85,85+%	60s		4X3 @70,80,90,90+%	60S		4X5,3,1,1+ @75,85,95,95+%	1-3 MIN		3X5 @50-60%	1-3 MIN
	(LAST SET IS FOR MAX REPS)	REC			REC			REC			REC		
B2	OSCILLATORY RFESS		4X4 EA @80-85%	30s		4X4 EA @80-85%			4X4 EA @80-85%	30s		4X4 EA @50%	30s
	(3 CONTROLLED BOUNCES AT BOTTOM POSITION)	REC						REC			REC		
				30s						30s			30s
		REC						REC			REC		
C1	BB RDL		3X4	30s		3X4			3X4	30s		3X4	30s
	(RPE 8)	REC						REC			REC		
C2	DB ROW		3X5 E	30s		3X5 E			3X5 E	30s		3X5 E	30s
	(RPE 8)	REC						REC			REC		
C3	SIDE PLANK		3X30 SEC E	30s		3X30 SEC E			3X30 SEC E	30s		3X30 SEC E	30s
		REC						REC			REC		
CONDITIONING													
FOAM	UPPER BACK, GLUTES, HAMS, HIP FLEXORS, I.T. BANDS, GROINS	SORE			SORE			SORE			SORE		
STRETCH/DYN	HIP IR/ER, HAMS, ADDUCTORS, LOW BACK, ANKLES/CALF, FLOOR SLIDES X10, CAT/COW X10 E	STRESS			STRESS			STRESS			STRESS		
SKIPS	LAT SKIP, XOVER SKIP, CARIOCA, PUSH-> BASE, XOVER HOPS X2 E SIDE	ENERGY			ENERGY			ENERGY			ENERGY		
		MOOD			MOOD			MOOD			MOOD		
		SLEEP			SLEEP			SLEEP			SLEEP		
		TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)		
	DAY 2	**WK1 (09/27)**		**REST**	**WK2 (10/04)**		**REST**	**WK3 (10/11)**		**REST**	**WK3 (10/18)**		**REST**
A1	TRAP BAR HIGH PULL	RPE 8	4X3	30s		4X1	30s		4X1	30s		4X1	30s
		REC			REC			REC			REC		
A2							30s			30s			30s
		REC			REC			REC			REC		
A3							30s			30s			30s
		REC			REC			REC			REC		
B1	TBDL		4X5 @65,75,85,85+%	60s		4X3 @70,80,90,90+%	60S		4X5,3,1,1+ @75,85,95,95+%	1-3MIN		3X5@50-60%	1-3MIN
	(LAST SET FOR MAX REPS)	REC			REC			REC			REC		
B2	BB OH PRESS		4X5	30s		4X5			4X5	30s		4X5	30s
	(RPE 7-8)	REC						REC			REC		
B3				30s						30s			30s
		REC						REC			REC		
C1	TRX FEET ELEVATED LOW ROW		3X6-8	30s		3X6-8	30s		3X6-8	30s		3X6-8	30s
		REC			REC			REC			REC		
C2	NORDIC CURLS/SB ROLLOUTS		3X5/10	30s		3X5/10	30s		3X5/10	30s		3X5/10	30s
		REC			REC			REC			REC		
C3	PALLOF PRESS (STANDING)		3X10 E	30s		3X10 E	30s		3X10 E	30s		3X10 E	30s
		REC			REC			REC			REC		
CONDITIONING													
FOAM	UPPER BACK, GLUTES, HAMS, HIP FLEXORS, I.T. BANDS, GROINS	SORE			SORE			SORE			SORE		
ACT/MOB	DEADBUG X10 E, 90/90s X10 E, SPIDERMAN 6X E, LAT. LEG RAISES X8EA	STRESS			STRESS			STRESS			STRESS		
DYN/SKIP	REV L+ REACH X5 E, WALKOUT X5, A SKIP, DROP STEP, BUTT KICK, DIAG BOUND- STICK,-TEMPO,-CONT	ENERGY			ENERGY			ENERGY			ENERGY		
		MOOD			MOOD			MOOD			MOOD		
		SLEEP			SLEEP			SLEEP			SLEEP		
		TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)			TOTAL SLEEP (HRS)		
	DAY 3	**WK1 (09/29)**		**REST**	**WK2 (10/06)**		**REST**	**WK3 (10/13)**		**REST**	**WK3 (10/20)**		**REST**
A1	BB PUSH PRESS	RPE 8	4X3	30s		4X3	30s		4X3	30s		4X3	30s
		REC			REC			REC			REC		
A2				30s			30s			30s			30s
		REC			REC			REC			REC		
A3				30s			30s			30s			30s
		REC			REC			REC			REC		
B1	DB INCLINE PRESS		4X6	60s		4X6	60s		4X6	60s		4X6	60s
	(RPE 7-8)	REC			REC			REC			REC		
B2	OSCILLATING GOBLET SQUAT (RPE 7/8)		4X5	30s		4X5	30s		4X5	30s		4X5	30s
	(3 CONTROLLED BOUNCES AT BOTTOM POSITION)	REC						REC			REC		
				30s			30s			30s			30s
		REC			REC			REC			REC		
C1	CHINUP		3X6-8	30s		3X6-8	30s		3X6-8	30s		3X6-8	30s
	(ADD WEIGHT IF POSSIBLE)	REC						REC			REC		
C2	SL RDL (2 DB)		3X5EA	30s		3X5EA	30s		3X5EA	30s		3X5EA	30s
	(RPE 8)	REC						REC			REC		
C3	HOLLOW ROCK HOLDS		3X30 SEC	30s		3X30 SEC	30s		3X30 SEC	30s		3X30 SEC	30s
		REC			REC			REC			REC		
CONDITIONING													