

# Bethel Track Training Guide

## Off Season

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion in shaded areas.							
<b>Hip Flexors</b>	<b>15 minutes 1 X week</b>							
<b>Plyos</b>	<b>20 minutes 1 X week</b>							
<b>Speed</b>	<b>Run faster than race pace X 8 practicing your running event in thirds - 3 days per week</b>							
<b>Endurance</b>	<b>Endurance athletes run one long run per week, one medium-distance run per week</b>							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
<b>Chest</b>	Chest press 3/10 Chest Flys 2/10							
<b>Back</b>	DB Pullovers 1/10 Machine Rows 3/10							
<b>Shoulders</b>	Shoulder press 3/10 Shrugs 1/20							
<b>Sports Specific Strength</b>	Hang Cleans DB 1/10 Split -leg snatch DB 1/10							
<b>Biceps</b>	Machine curls 3/10							
<b>Triceps</b>	Rope Tricep Ext 3/20							
<b>Leg superset:</b>	Leg press 3/10 (or Overhead squats)							
<b>1. Quads</b>	3 way calf raises 3/10							
<b>2. Calves</b>	pause jumps 3/10							
<b>3. X-jumps</b>								
<b>Hamstrings</b>	Leg curls 3/10							
<b>Superset</b>	Single-leg lunge jump (with rear leg elevated)							
<b>Balance Ball</b>	10 seconds each leg X 3							
<b>Sports Specific</b>	Single-leg box jump 3/8 Overspeed jumps 1/10							
<b>Adductors</b>	Inner-out thigh 1/10 ea							
<b>Tibialis</b>	Reverse calf raises 1/40							
<b>Low back</b>	Hyperextensions 2/15							
<b>Abs</b>	Crunches 4/20 Leg raises 2/20							

Note: When performing one to two sets per exercise (LEVEL ONE), the entire body can worked two times per week.