



# Sprinter/Jumpers Cycle 3 2011-12



	Week 1	Week 2	Week 3	Week 4
<b>DAY 1</b>	<b>Warmup- Complex # 1</b>	<b>Warmup- Complex # 3</b>	<b>Warmup- Complex # 2</b>	<b>Warmup- Complex # 1</b>
	Front Squat- (75,82.5,80,85,82.5%)	Box Front Squat- (80,85,82.5,87,85%)	Front Squat (85x8%)	"Helen"
	Bar Reverse Lunge R/S- (75,82.5,80,85,82.5%)	Bar Forward Lunge R/S- (75,82.5,80,85,82.5%)	Bar Reverse Lunge to Forward Lunge R/S (80,85,82.5,87,85%)	Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats
	SB Hamstring Curls (22,20,18,16,14)	SB Hamstring Curls- (30,26,22,18,14)	SB SL Hamstring Curls R/S (12,10,8,6)	
	Stretch- Atlas, Roll Calves/IT Band	Stretch- Atlas, Roll Piriformis, Quad	Stretch- Ball Calves, Tri Plane Ham/Quad	
<b>DAY 2</b>	<b>Warmup- Complex # 4</b>	<b>Warmup- Complex # 5</b>	<b>Warmup- Complex # 6</b>	<b>Warmup- Complex # 5</b>
	DB BOR (75,82.5,80,85,82.5%)	DB Alt BOR R/S (75,82.5,80,85,82.5%)	DB Complex BOR- (80,85,82.5,87,85%)	Pillar Circuit #11- 3x15 or 45s
	SB DB Chest Press (75,82.5,80,85,82.5%)	SB DB Swich Alt Chest Press R/S (75,82.5,80,85,82.5%)	SB DB Chest Press- (85x8%)	Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down
	Horizontal Supinated Pullups- (20,18,16,14,12)	Horizontal Prontated Pullups- (20,18,16,14,12)	Feet Elevated Horizontal Pronated Pullups- (20,18,16,14,12)	
	SB A's 2x20	SB T's 2x20	SB Y's 2x20	
Stretch- Atlas, Ball Chest/Lats, Rotator Cuff	Stretch- Atlas, Strap Shoulder, Cat/Camel	Stretch- Atlas, Down/Up Dog, Thread Needle		
<b>DAY 3</b>	<b>Warmup- Complex # 2</b>	<b>Warmup- Complex # 1</b>	<b>Warmup- Complex # 3</b>	<b>Warmup- Complex # 2</b>
	Floor to Above Knee Deadlift - (75,82.5,80,85,82.5%)	Below to Knee to Hip Deadlift R/S- (75,82.5,80,85,82.5%)	Deadlift- (75,82.5,80,85,82.5%)	"Eva"
	Goblet Grip Squat Tuck Jump- (75,82.5,80,85,82.5%)	DB Squat Tuck Jump- (75,82.5,80,85,82.5%)	DB Shoulder Height Squat Tuck Jump- (75,82.5,80,85,82.5%)	Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band
	DB Alt Walking Lunges R/S (75,82.5,80,85,82.5%)	DB Shldr Height Walking Lunge R/S- (75,82.5,80,85,82.5%)	1 DB OH Walking Lunge R/S (75,82.5,80,85,82.5%)	
	Stretch- Atlas, Strap Quad/Hamstring	Stretch- Atlas, IT Band/Groin (Frog)	Stretch- Atlas, Strap Away/Across Hip	