

McKendree Strength & Conditioning

Track & Field Summer 2020

INTENSITY LEVEL: LIGHT						INTENSITY LEVEL: MODERATE						INTENSITY LEVEL: HIGH						INTENSITY LEVEL: LIGHT					
Day 1 - Monday						Day 1 - Monday						Day 1 - Monday						Day 1 - Monday					
Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 4 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds					
Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift					
1/2 Kneeling Groin Rocks	2	x10ea				1/2 Kneeling Groin Rocks	2	x10ea				1/2 Kneeling Groin Rocks	2	x12ea				1/2 Kneeling Groin Rocks	2	x12ea			
Cat Camels	2	x10				Cat Camels	2	x12				Cat Camels	2	x15				Cat Camels	2	x15			
Weighted Ankle Rocks	2	x12ea				Weighted Ankle Rocks	2	x12ea				Weighted Ankle Rocks	2	x15ea				Weighted Ankle Rocks	2	x15ea			
Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes
1 Jump Squat	3	x5			Reset between reps	1 Jump Squat	3	x3			Reset between reps	1 Jump Squat	4	x4			Reset between reps	1 Jump Squat	3	x3			Reset between reps
2 Backpack Front Squat - Tempo 5 sec	3	x8			Use weighted object	2 Backpack Front Squat - Tempo 5 sec	3	x15			Use weighted object	2 Backpack Front Squat - Tempo 5 sec	4	x15			Use weighted object	2 Backpack Front Squat - Tempo 5 sec	3	x10			Use weighted object
3 Incline Backpack Push-ups - Tempo 3 sec	3	x10			Load Backpack accordingly	3 Incline Backpack Push-ups - Tempo 3 sec	3	x10			Load Backpack accordingly	3 Incline Backpack Push-ups - Tempo 3 sec	4	x12			Load Backpack accordingly	3 Incline Backpack Push-ups - Tempo 3 sec	3	x10			Load Backpack accordingly
4 Weighted Bulgarian Split Squat - Tempo (3sec)	3	x6ea			Use weighted object	4 Weighted Bulgarian Split Squat - Tempo (3sec)	3	x12ea			Use weighted object	4 Weighted Bulgarian Split Squat - Tempo (3sec)	4	x12ea			Use weighted object	4 Weighted Bulgarian Split Squat - Tempo (3sec)	3	x8ea			Use weighted object
5 Single Arm Row - Tempo (3 sec)	3	x10ea			Use weighted object	5 Single Arm Row - Tempo (3 sec)	3	x12ea			Use weighted object	5 Single Arm Row - Tempo (3 sec)	4	x12ea			Use weighted object	5 Single Arm Row - Tempo (3 sec)	3	x8ea			Use weighted object
6 Single Leg Glute Bridge - 3 sec hold ea	3	x12ea				6 Single Leg Glute Bridge - 3 sec hold ea	3	x12ea				6 Single Leg Glute Bridge - 3 sec hold ea	4	x15ea				6 Single Leg Glute Bridge - 3 sec hold ea	3	x12ea			
7 Single Arm Overhead Extension	3	x12ea			Use weighted object	7 Single Arm Overhead Extension	3	x12ea			Use weighted object	7 Single Arm Overhead Extension	4	x12ea			Use weighted object	7 Single Arm Overhead Extension	3	x12ea			Use weighted object
8 Waterbottle Y Raises	3	x12			Each rep hold for 3 seconds	8 Waterbottle Y Raises	3	x12			Each rep hold for 3 seconds	8 Waterbottle Y Raises	4	x15			Each rep hold for 3 seconds	8 Waterbottle Y Raises	3	x12			Each rep hold for 3 seconds
9 RKC Plank	3	x10s			Hold each switch for 2 sec	9 RKC Plank	3	x10s			Hold each switch for 2 sec	9 RKC Plank	4	x10s			Hold each switch for 3 sec	9 RKC Plank	3	x10s			Hold each switch for 3 sec
10 Lying Leg Raises	3	x15				10 Lying Leg Raises	3	x12ea			Hold each switch for 2 sec	10 Lying Leg Raises	4	x15ea			Hold each switch for 3 sec	10 Lying Leg Raises	3	x12ea			Hold each switch for 3 sec
INTENSITY LEVEL: LIGHT						INTENSITY LEVEL: MODERATE						INTENSITY LEVEL: HIGH						INTENSITY LEVEL: LIGHT					
Day 2 - Wednesday						Day 2 - Wednesday						Day 2 - Wednesday						Day 2 - Wednesday					
Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 4 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds					
Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift					
90/90 Hip Flows	2	x6ea				90/90 Hip Flows	2	x8ea				90/90 Hip Flows	2	x10ea				90/90 Hip Flows	2	x10ea			
T-Spine Wall Rotations	2	x12ea				T-Spine Wall Rotations	2	x12ea				T-Spine Wall Rotations	2	x15ea				T-Spine Wall Rotations	2	x15ea			
Downward Dog	2	x10				Downward Dog	2	x10				Downward Dog	2	x12				Downward Dog	2	x12			
Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes
1 Split Squat Jump	3	x5ea			Reset between reps	1 Split Squat Jump	3	x5ea			Reset between reps	1 Split Squat Jump	4	x5ea			Reset between reps	1 Split Squat Jump	3	x3ea			Reset between reps
2 Weighted Step Up	3	x10ea			Use weighted object	2 Weighted Step Up	3	x10ea			Use weighted object	2 Weighted Step Up	4	x8ea	RPE 8		Use weighted object	2 Weighted Step Up	3	6ea	RPE 6		Use weighted object
3 Weighted Single Arm Press	3	x12ea			Load Backpack accordingly	3 Weighted Single Arm Press	3	x12ea			Load Backpack accordingly	3 Weighted Single Arm Press	4	x8ea			Load Backpack accordingly	3 Weighted Single Arm Press	3	x6ea			Load Backpack accordingly
4 Elevated Weighted Reverse Lunge	3	x10ea			Use weighted object	4 Elevated Weighted Reverse Lunge	3	x12ea			Use weighted object	4 Elevated Weighted Reverse Lunge	4	x8ea	RPE 8		Use weighted object	4 Elevated Weighted Reverse Lunge	3	x8ea			Use weighted object
5 Weighted Single Arm Tempo Row	3	x8ea			3 sec on the way down. Use weighted object	5 Weighted Single Arm Tempo Row	3	x10ea			Use weighted object	5 Weighted Single Arm Tempo Row	4	x12ea			Use weighted object	5 Weighted Single Arm Tempo Row	3	x10			Use weighted object
6 Single Leg Hamstring Hold	3	x15s ea				6 Single Leg Hamstring Hold	3	x20s ea				6 Single Leg Hamstring Hold	4	x30s ea				6 Single Leg Hamstring Hold	3	x15s ea			
7 Seated back pack shoulder press	3	x12			Use weighted object	7 Seated back pack shoulder press	3	x12			Use weighted object	7 Seated back pack shoulder press	4	x15			Use weighted object	7 Seated back pack shoulder press	3	x10			Use weighted object
8 Towel face pulls	3	x12			Each rep hold for 3 seconds	8 Towel face pulls	3	x12			Each rep hold for 3 seconds	8 Towel face pulls	4	x15			Each rep hold for 3 seconds	8 Towel face pulls	3	x10			Each rep hold for 3 seconds
9 Kneeling Woodchops	3	x10ea			Use weighted object	9 Kneeling Woodchops	3	x12ea			Use weighted object	9 Kneeling Woodchops	4	x12ea			Use weighted object	9 Kneeling Woodchops	3	x10ea			Use weighted object
10 Sulfase Carry	3	x20yd ea			Use weighted object	10 Sulfase Carry	3	x15ea			Use weighted object	10 Sulfase Carry	4	x15ea			Use weighted object	10 Sulfase Carry	3	x12ea			Use weighted object
INTENSITY LEVEL: LIGHT						INTENSITY LEVEL: MODERATE						INTENSITY LEVEL: HIGH						INTENSITY LEVEL: LIGHT					
Day 3 - Friday						Day 3 - Friday						Day 3 - Friday						Day 3 - Friday					
Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 4 rounds						Directions: Perform in all exercises in a circuit. 20 second rest between each exercise. 2 min rest between rounds. Complete 3 rounds					
Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift						Warm Up: General Dynamic + Prolift					
Fire Hydrant Circles	2	x10ea				Fire Hydrant Circles	2	x12ea				Fire Hydrant Circles	2	x15ea				Fire Hydrant Circles	2	x15ea			
Spidermans w/ T-Spine Rotations	2	x6ea				Spidermans w/ T-Spine Rotations	2	x8ea				Spidermans w/ T-Spine Rotations	2	x10ea				Spidermans w/ T-Spine Rotations	2	x10ea			
Bear Crawl Opposite Raises	2	x10ea				Bear Crawl Opposite Raises	2	x12ea				Bear Crawl Opposite Raises	2	x12ea				Bear Crawl Opposite Raises	2	x15ea			
Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes	Exercise	Sets	Reps	% or RPE	Weight	Notes
1 Diagonal Bounds	3	x5ea				1 Diagonal Bounds	3	x5ea				1 Diagonal Bounds	4	x5ea				1 Diagonal Bounds	3	x3ea			
2 Weighted Tempo RDL - 3 Sec Hold	3	x10			See on the way down. Use weighted object	2 Weighted Tempo RDL - 3 Sec Hold	3	x12			Use weighted object	2 Weighted Tempo RDL - 3 Sec Hold	4	x10			Use weighted object	2 Weighted Tempo RDL - 3 Sec Hold	3	x8	RPE 6		Use weighted object
3 Back pack Single Arm Push Press	3	x8ea			Load Backpack accordingly	3 Back pack Single Arm Push Press	3	x8ea			Load Backpack accordingly	3 Back pack Single Arm Push Press	4	x8ea			Load Backpack accordingly	3 Back pack Single Arm Push Press	3	x6ea			Load Backpack accordingly
4 Cossack Squat	3	x10ea			Use weighted object	4 Cossack Squat	3	x12ea			Use weighted object	4 Cossack Squat	4	x12ea			Use weighted object	4 Cossack Squat	3	x8ea			Use weighted object
5 Inverted Row - Tempo 3 sec	3	x8			Use backsheet on door	5 Inverted Row - Tempo 3 sec	3	x10			Use backsheet on door	5 Inverted Row - Tempo 3 sec	4	x10			Use backsheet on door	5 Inverted Row - Tempo 3 sec	3	x10			Use backsheet on door
6 Weighted Single Leg Calf Raise - 3 sec Hold	3	x15			Use weighted object	6 Weighted Single Leg Calf Raise - 3 sec Hold	3	x15			Use weighted object	6 Weighted Single Leg Calf Raise - 3 sec Hold	4	x15			Use weighted object	6 Weighted Single Leg Calf Raise - 3 sec Hold	3	x6			Use weighted object
7 Weighted Front Raise - 2 sec hold	3	x12			Use weighted object	7 Weighted Front Raise - 2 sec hold	3	x15			Use weighted object	7 Weighted Front Raise - 2 sec hold	4	x15			Use weighted object	7 Weighted Front Raise - 2 sec hold	3	x10			Use weighted object
8 ISO T Hold - 3 sec old	3	x30s			Use weighted object	8 ISO T Hold - 3 sec old	3	x12			Use weighted object	8 ISO T Hold - 3 sec old	4	x12			Use weighted object	8 ISO T Hold - 3 sec old	3	x8			Use weighted object
9 Lying Leg Raises - Tempo 3 sec down	3	x15				9 Lying Leg Raises - Tempo 3 sec down	3	x15				9 Lying Leg Raises - Tempo 3 sec down	4	x20				9 Lying Leg Raises - Tempo 3 sec down	3	x20			
10 Hollow Hold	3	x30s				10 Hollow Hold	3	x30s				10 Hollow Hold	4	x30s				10 Hollow Hold	3	x30s			
RPE SCALE: Rate of Perceived Exertion																							
>6 Easy																							
7 = 3 Reps left in the tank																							
8 = 2 Reps left in the tank																							
9 = 1 Rep left in the tank																							
10 = 0 Reps left in the tank; Maximum Effort																							