McKendree Strength & Conditoning

Track & Field Summer 2020

INTENSITY LEVEL: LIGHT

Day 1 - Monday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	1/2 Kneeling Groin Rocks	2	x10ea		
	Cat Camels	2	x12		
	Weighted Ankle Rocks	2	x15ea		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	Power Clean	4	x3	RPE 6		Move bar fast
2	Back Squat	2	x10	RPE 7		
3	DB Incline Bench	2	x10	RPE 7		
4	DB Bulgarian Split Squat	2	x10ea	RPE 7		
5	DB Single Arm Row	2	x12ea			
6	Elevated SL Glute Brige	2	x12ea			
7	DB Single Leg Calf Raise	2	x12ea			- Elevated
8	Defranco Pull Aparts	2	x15			
9	Ab Rollout	3	x12			
10	Lying Leg Raises	3	x15			

INTENSITY LEVEL: MODERATE

Day 1 - Monday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	1/2 Kneeling Groin Rocks	2	x10ea		
	Cat Camels	2	x15ea		
	Weighted Ankle Rocks	2	x15ea		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	Power Clean	5	x3	RPE 7		Move bar fast
2	Back Squat	3	x8	RPE 7		
3	DB Incline Bench	3	x10	RPE 7		
4	DB Bulgarian Split Squat	3	x10ea	RPE 7		
5	DB Single Arm Row	3	x12ea			
6	Elevated SL Glute Brige	3	x12ea			
7	DB Single Leg Calf Raise	3	x15ea			
8	Defranco Pull Aparts	3	x15			
9	Ab Rollout	3	x15			
10	Lying Leg Raises	3	x15ea			

INTENSITY LEVEL: LIGHT

Day 2 - Wednesday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	90/90 Hip Flows	2	x6ea		
	T-Spine Wall Rotations	2	x12ea		
	Downward Dog	2	x12		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	DB Split Squat Jump	3	x3ea			10s rest between reps
2	Front Squat	3	x12	RPE 6		2min rest
3	DB Neutral Grip Bench	2	x12	RPE 7		
4	DB Staggered RDL	2	x8ea	RPE 7		
5	Inverted Row (Legs Straight)	2	x12			
6	DB Power Step Up	2	x6ea			
7	Single Leg Hamstring Bridge	2	x30s ea			
8	Bird Dogs	3	x10ea			
9	Banded/Cable Pallof ISO Hold	3	x10ea			

INTENSITY LEVEL: MODERATE

Day 2 - Wednesday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	90/90 Hip Flows	2	x8ea		
	T-Spine Wall Rotations	2	x12ea		
	Downward Dog	2	x12		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	DB Split Squat Jump	3	x4ea			30s rest between sets
2	Front Squat	3	x8	RPE 7		2min rest
3	DB Neutral Grip Bench	3	x12	RPE 7		
4	DB Staggered RDL	3	x8ea	RPE 7		
5	Inverted Row (Legs Straight)	3	x8			
6	DB Power Step Up	3	x6ea			
7	Single Leg Hamstring Bridge	3	x30s ea			
8	Bird Dogs	3	x10ea			
9	Banded/Cable Pallof ISO Hold	3	x10ea			

INTENSITY LEVEL: LIGHT

Day 3 - Friday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	Fire Hydrant Circles	2	x10ea		
	Spidermans w/ T-Spine Rotations	2	x6ea		
	Bear Crawl Opposite Raises	2	x10ea		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	Diagonal Bounds	3	x5ea			30s rest between sets
2	BB Hang Snatch	2	x5ea	RPE 6		90s rest
3	DB Single Arm Push Press	2	x8ea	RPE 6		90s rest
4	DB Lateral Step Ups	2	x8ea	RPE 7		Step should be at 90 degrees
5	Negative Chin Ups	2	x8			
6	Hamstring Walk Outs	2	x12			Use Cable or Band
7	DB Chest Supported Row	2	x12			
8	Banded Scarecrows	2	x15			
9	MB Side Slam	3	x5ea			
10	Hollow Hold	3	x30s			

INTENSITY LEVEL: MODERATE

Day 3 - Friday

Directions: Perform 2 exercises at a time (superset), alternating back and forth with 1 min rest between sets.

Warm Up: General Dynamic + Prelift

	Fire Hydrant Circles	2	x12ea		
	Spidermans w/ T-Spine Rotations	2	x8ea		
	Bear Crawl Opposite Raises	2	x12ea		

	Exercise	Sets	Reps	% or RPE	Weight	Notes
1	Diagonal Bounds	3	x5ea			30s rest between sets
2	BB Hang Snatch	3	x5ea	RPE 7		90s rest
3	DB Single Arm Push Press	3	x8ea	RPE 7		90s rest
4	DB Lateral Step Ups	3	x8ea	RPE 7		Step should be at 90 degrees
5	Negative Chin Ups	3	x8			
6	Hamstring Walk Outs	3	x12			
7	DB Chest Supported Row	3	x12			
8	Banded Scarecrows	3	x15			
9	MB Side Slam	3	x6ea			
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