

NAME **MASTER**

**ISU Mid Distance 2020, Summer 1**

Power Clean	#REF!	Back Squat	#REF!
Front Squat	#REF!	Bench Press	#REF!
Vertical Jump	#REF!	20 yd Sprint	#REF!



**Illinois State University Sports Performance**

Day 1	6/29/2020	7/6/2020	7/13/2020	7/20/2020	Day 2	7/1/2020	7/8/2020	7/15/2020	7/22/2020	Day 3	7/3/2020	7/10/2020	7/17/2020	7/24/2020
<b>Total Body Warm Up: x5/side or 10 total</b> Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm					<b>Total Body Warm Up: x10 each</b> Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm					<b>Total Body Warm Up: x10 each</b> Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm				
<b>Barbell Deadlift</b> <i>*Can Use Trap Bar if have you access to it</i>	Warm Up: Deadlift x 5 Warm Up: Deadlift x 3				<b>Barbell RDL</b>	Warm Up: RDL x 5				<b>Jump Shrug</b> <i>*Above Knee</i>	Warm Up: RDL x 5 Warm Up: Jump Shrug x 5			
	5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x		3 x	3 x	3 x	3 x
	5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x		3 x	3 x	3 x	3 x
	5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x		3 x	3 x	3 x	3 x
		5 x	5 x	5 x			6 x	6 x	6 x			3 x	3 x	3 x
<b>SL Glute Bridge</b>	3 x 10 reps				<b>Glute Bridge Hold</b>	3 x 30 sec				<b>Glute Bridge SL Holds</b>	3 x 20 sec/leg			
<b>ECC. Goblet Squat</b> Tempo 6-1-1 (6 sec on way down)	Warm Up: 1 Set x 5				<b>Bench Press</b>	Warm Up: 1 Set x 5				<b>Front Squat</b>	Warm Up: 1-2 Sets (x5, x3)			
	3 x	3 x	3 x	3 x		5 x	5 x	5 x	5 x		5 x	5 x	5 x	5 x
	3 x	3 x	3 x	3 x		5 x	5 x	5 x	5 x		5 x	5 x	5 x	5 x
	3 x	3 x	3 x	3 x		5 x	5 x	5 x	5 x		5 x	5 x	5 x	5 x
		3 x	3 x	3 x			5 x	5 x	5 x			5 x	5 x	5 x
<b>Deadbug</b>	3 x 20				<b>Rear Delt Raise</b>	3 x 12				<b>Pallof Press</b>	3 x 10/side			
<b>ECC. Push Ups</b> Tempo 5-1-1 (5 sec on way down)	Warm Up: 1 Set x 5 (Hands Elevated)				<b>DB Reverse Lunge</b> *Reps are per leg	Warm Up: 1 Set x 5/leg (Bodyweight)				<b>DB Incline Bench</b>	Warm Up: 1 Set x 5			
	4 x	4 x	4 x	4 x		6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x
	4 x	4 x	4 x	4 x		6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x
	4 x	4 x	4 x	4 x		6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x
<b>Chin Ups</b> *Split total number into as many sets as necessary	18 Total Reps	20 Total Reps	22 Total Reps	24 Total Reps	<b>Inverted Rows</b>	8 x	8 x	8 x	8 x		4 x	5 x	6 x	6 x
						8 x	8 x	8 x	8 x		4 x	5 x	6 x	6 x
						8 x	8 x	8 x	8 x		4 x	5 x	6 x	6 x
<b>Leg Curl</b> *Yoga Ball/Valslide/Machine	8 x	8 x	8 x	8 x	<b>DB Glute Bridge</b> *60lbs+	10 x	10 x	10 x	10 x		8 x	8 x	8 x	8 x
	8 x	8 x	8 x	8 x		10 x	10 x	10 x	10 x		8 x	8 x	8 x	8 x
	8 x	8 x	8 x	8 x		10 x	10 x	10 x	10 x		8 x	8 x	8 x	8 x
<b>Front Plank</b>	3 x 30 sec				<b>Side Plank w/Leg Raise</b>	3 x 20 sec/ea				<b>Front Plank w/Alternating Reach</b>	3 x 20 reps			

**Coach's Notes**

