

NAME

MASTER

ISU Mid Distance 2020, Summer 2

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	7/27/2020	8/3/2020	8/10/2020	8/17/2020	Day 2	7/29/2020	8/5/2020	8/12/2020	8/19/2020	Day 3	7/31/2020	8/7/2020	8/14/2020	8/21/2020
Total Body Warm Up: x5/side or 10 total 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					Total Body Warm Up: x10 each 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					Total Body Warm Up: x10 each 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				
Barbell Deadlift <i>*Can Use Trap Bar if have you access to it</i>	Warm Up: Deadlift x 5				Jump Shrug <i>*Above Knee</i>	Warm Up: RDL x 5				Hang High Pull <i>*Above Knee</i>	Warm Up: 65 lb Bar Complex			
	Warm Up: Deadlift x 3					Warm Up: Jump Shrug x 5					RDL x5, Jump Shrug x 5			
	5 x	5 x	5 x	5 x		3 x	3 x	3 x	3 x		3 x	3 x	3 x	3 x
	5 x	5 x	5 x	5 x		3 x	3 x	3 x	3 x		3 x	3 x	3 x	3 x
	5 x	5 x	5 x	5 x		3 x	3 x	3 x	3 x		3 x	3 x	3 x	3 x
	5 x	5 x	5 x	5 x		3 x	3 x	3 x	3 x		3 x	3 x	3 x	3 x
SL Glute Bridge SL Hurdle Jump	3 x 10 reps				Glute Bridge Hold Box Jump	3 x 30 sec				Glute Bridge SL Holds Split Squat Jumps	3 x 20 sec/leg			
	4 x 4/leg (consecutive)					4 x 3					4 x 3/leg			
ISO. Goblet Squat <i>Tempo 1-5-1</i> <i>(6 sec Pause @bottom)</i>	Warm Up: 1 Set x 5				Bench Press	Warm Up: 1 Set x 5				Front Squat	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	3 x		5 x	5 x	5 x	5 x		5 x	5 x	5 x	5 x
Deadbug	3 x 20				Rear Delt Raise	3 x 12				Pallof Press Hold	3 x 20 sec/side			
ISO. Push Ups <i>Tempo 1-4-1</i> <i>(4 sec Pause @bottom)</i>	Warm Up: 1 Set x 5 (Hands Elevated)				BB Reverse Lunge <i>*Reps are per leg</i>	Warm Up: 1 Set x 5/leg (45-65 lbs)				DB Incline Bench	Warm Up: 1 Set x 5			
	4 x	4 x	4 x	4 x		5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x
	4 x	4 x	4 x	4 x		5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x
Cluster Chin Ups <i>*Complete 3 reps, wait 20 sec, complete last 3 reps within set.</i>	3+3 x	3+3 x	3+3 x	3+3 x	Inverted Rows <i>*Underhand</i> <i>*2 Ct. Pause @top</i>	6 x	6 x	6 x	6 x	ISO Pull Up Holds <i>*Eyes even with hands and bar</i>	30 s x	30 s x	30 s x	30 s x
	3+3 x	3+3 x	3+3 x	3+3 x		6 x	6 x	6 x	6 x		30 s x	30 s x	30 s x	30 s x
Leg Curl <i>*Yoga Ball/Valslide/Machine</i>	8 x	8 x	8 x	8 x	SL DB Glute Bridge <i>*30lbs+</i> <i>*per leg</i>	8 x	8 x	8 x	8 x	DB RDL	ALAP x	ALAP x	ALAP x	ALAP x
	8 x	8 x	8 x	8 x		8 x	8 x	8 x	8 x		8 x	8 x	8 x	8 x
	8 x	8 x	8 x	8 x		8 x	8 x	8 x	8 x		8 x	8 x	8 x	8 x
Weighted Front Plank	3 x 30 sec				Side Plank w/Leg Raise	3 x 20 sec/ea				Front Plank w/Alternating Reach	3 x 20 reps			

Coach's Notes

