

# TRACK PRE-SEASON STRENGTH TRAINING

**7 weeks of lifting 2x per week.** As the reps drop, the weight goes up. Each change in sets/reps means you increase your weight. We need to lift heavy to get stronger.

**Weeks 1 & 2 – December 2-15:** 3 sets of 10 reps of each exercise.

**Week 3\* - December 16-22:** 3 sets of 10 reps of each exercise but replace Bulgarian split squats with high box step ups.

\*\*\*\*\* Increase Weights \*\*\*\*\*

**Weeks 4 & 5 – December 23 – January 5:** 3 sets of 8 reps of each exercise.

\*\*\*\*\* Increase Weights \*\*\*\*\*

**Week 6\* - January 6-12:** 4 sets of 6 reps of each exercise but replace Bulgarian split squats with high box step ups.

**Week 7 – January 13-19:** 4 sets of 6 reps of each exercise. Go heavy these last two weeks. This is it. Last weeks, best weeks!

## The Exercises:

1. \* **Bulgarian split squats** holding dumbbells, kettlebells, or plates. Please see variation below for weeks marked with \*.
2. **Hamstring curls on the ball.** Keep hips lifted off the ground in a nice high bridge the entire time. Remember to dig your heels into the top of the ball.
3. **Step back lunges** holding dumbbells, kettlebells, or plates.
4. **Calf raises** holding dumbbells, kettlebells, or plates – this is one (1) set → toes straight ahead, toes pointed in, and toes pointed out.
5. **Seated shin strengtheners** with thick/heavy resistance band.
6. **RDL or Romanian Dead Lift** is a single leg deadlift with the standing leg knee bent and holding dumbbells, kettlebells, or plates.
7. **Push-ups** getting chest all the way to the floor (on knees works until you get stronger). Alternate your sets between triceps push-ups (elbows back towards hips) and regular push-ups.
8. **Plank pull throughs** using one 8-15 pound dumbbell (maybe start with 8 then increase weight as you increase on your other exercises). Plank/push up position with dumbbell next to you and you pull it through to the other side.
9. **Triceps reverse raise** working both arms at once **OR Triceps kick back** working one arm at a time.
10. **Alternating biceps curls** making sure that you go full range of motion (all the way up & down).

\* **Slight variation in weeks marked with \* only:** Please do high box step ups instead of the #1 Bulgarian split squats. High box step ups result in more glute and hamstring recruitment while low box step ups work more quads. We want to do high box step ups for the glutes and hammies.