TRACK & FIELD

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Beginner** | **Intermediate** | **Advanced** |
| Lower Body | [Leg press machine](javascript:popUp('exerpop.php?Name=Leg+Press')) | [Bodyweight or Barbell squat](javascript:popUp('exerpop.php?Name=Barbell+Bench+Press+-+Medium+Grip')) | [Dumbbell Lunge](javascript:popUp('exerpop.php?Name=Dumbbell+Lunges')) |
| Lower Body | [Seated](javascript:popUp('exerpop.php?Name=Seated+Calf+Raise')) or [standing calf raise](javascript:popUp('exerpop.php?Name=Standing+Calf+Raises')) | Standing and seated calf raise | [One legged dumbbell deadlift](javascript:popUp('exerpop.php?Name=One-Arm+Side+Deadlift')) |
| Chest | [Chest press machine](javascript:popUp('exerpop.php?Name=Machine+Bench+Press')) | [Barbell bench press](javascript:popUp('exerpop.php?Name=Barbell+Bench+Press+-+Medium+Grip')) | [Dumbbell chest press](javascript:popUp('exerpop.php?Name=Dumbbell+Bench+Press')) or standing cable press |
| Lower Back | [Hyper extension](javascript:popUp('exerpop.php?Name=Hyperextensions+(Back+Extensions)')) | [Stiff legged dumbbell](javascript:popUp('exerpop.php?Name=Stiff-Legged+Dumbbell+Deadlift')) or [barbell deadlift](javascript:popUp('exerpop.php?Name=Stiff-Legged+Barbell+Deadlift')) | [Reverse hypers](javascript:popUp('exerpop.php?Name=Hyperextensions+With+No+Hyperextension+Bench')) |
| Upper Back | [Vertical row machine](javascript:popUp('exerpop.php?Name=Smith+Machine+Upright+Row')) | [Seated cable row](javascript:popUp('exerpop.php?Name=Seated+Cable+Rows')) | [Chin ups](javascript:popUp('exerpop.php?Name=Chin-Up')) |
| Upper Back | [Lat pull down machine](javascript:popUp('exerpop.php?Name=Wide-Grip+Lat+Pulldown')) | Lat pull down | [Standing bent over dumbbell row](javascript:popUp('exerpop.php?Name=Bent+Over+Barbell+Row')) |
| Arms | [Bicep curl machine](javascript:popUp('exerpop.php?Name=Machine+Preacher+Curls')) | [Barbell curl](javascript:popUp('exerpop.php?Name=Barbell+Curl')) | [Alternating dumbbell curl](javascript:popUp('exerpop.php?Name=Dumbbell+Alternate+Bicep+Curl')) |
| Arms | [Tricep machine](javascript:popUp('exerpop.php?Name=Dip+Machine')) | [Tricep cable pressdown](javascript:popUp('exerpop.php?Name=Triceps+Pushdown')) | [Standing dumbbell tricep extension](javascript:popUp('exerpop.php?Name=Standing+Dumbbell+Triceps+Extension')) |
| Shoulders | [Shoulder press machine](javascript:popUp('exerpop.php?Name=Machine+Shoulder+(Military)+Press')) | [Standing dumbbell shoulder press](javascript:popUp('exerpop.php?Name=Seated+Dumbbell+Press')) | Standing alternating dumbbell shoulder press |
| Abs | [Ab machine](javascript:popUp('exerpop.php?Name=Ab+Crunch+Machine')) | [Weighted swiss ball crunches](javascript:popUp('swissballcrunch.jpg')) | [Standing cable crunch](javascript:popUp('exerpop.php?Name=Cable+Crunch')) |
| Abs | Ab bridge | Standing medicine ball oblique twist | Cable wood chop |

**The Program**  
http://www.bodybuilding.com/fun/i2.gif

The following program can be used during a long distance runner's off season. (5km,10km, half marathon). As mentioned, I have created a base phase, followed by a period where heavier loads, less repetitions and rest periods are incorporated.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Repetitions** | **Sets** | **Rest Periods** |
| Week 1 | 20 | 1 | 1 Min |
| Week 2 | 15 | 2 | 1 Min |
| Week 3 | 15 | 3 | 1 min 30 sec |
| Week 4 | 15 | 3 | 1 min 30 sec |
| Week 5 | 12 | 2 | 2 min |
| Week 6 | 12 | 3 | 2 min |
| Week 7 | 10 | 2 | 3 min |
| Week 8 | 10 | 3 | 3 min |
| Week 9 | 8 | 2 | 4 min |
| Week 10 | 8 | 3 | 4 min |
| Week 11 | 6 | 2 | 4 min |
| Week 12 | 6 | 3 | 4 min |

**Intermediate/Advanced Program**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Repetitions** | **Sets** | **Rest Periods** |
| Week 1 | 20 | 1 | 1 Min |
| Week 2 | 15 | 2 | 1 Min |
| Week 3 | 15 | 3 | 1 min 30 sec |
| Week 4 | 12 | 2 | 1 min 30 sec |
| Week 5 | 12 | 3 | 2 min |
| Week 6 | 10 | 2 | 2 min |
| Week 7 | 10 | 3 | 3 min |
| Week 8 | 8 | 2 | 3 min |
| Week 9 | 8 | 3 | 4 min |
| Week 10 | 6 | 2 | 4 min |
| Week 11 | 6 | 3 | 4 min |
| Week 12 | 4 | 2-3 | 4 min |

**Program 2**

**Weight and reps. Vary dependent upon the athlete**

**Monday:**

* Snatch - 3x6 [View](javascript:popUp('exerpop.php?Name=Snatch'))
* Squat - 5x5 [View](javascript:popUp('exerpop.php?Name=Barbell+Squat'))
* Straight legged dead lift - 3x5 [View](javascript:popUp('exerpop.php?Name=Stiff-Legged+Barbell+Deadlift'))
* 1 leg alternating curls - 3x8 [View](javascript:popUp('exerpop.php?Name=Lying+Leg+Curls'))
* Seated calf raises - 3x8 [View](javascript:popUp('exerpop.php?Name=Seated+Calf+Raise'))
* Ab/Ad machine - 3x8 [View](javascript:popUp('exerpop.php?Name=Thigh+Adductor'))

**Tuesday:**

* Dumbbell bench press - 3x10 [View](javascript:popUp('exerpop.php?Name=Dumbbell+Bench+Press'))
* Dumbbell military press - 3x8 [View](javascript:popUp('exerpop.php?Name=Seated+Dumbbell+Press'))
* Pull downs - 3x8 [View](javascript:popUp('exerpop.php?Name=Wide-Grip+Lat+Pulldown'))
* Bicep curls - 3x8 [View](javascript:popUp('exerpop.php?Name=Barbell+Curl'))
* Triceps extensions - 3x8 [View](javascript:popUp('exerpop.php?Name=Lying+Triceps+Press'))
* Forearm curls - 3x8 [View](javascript:popUp('exerpop.php?Name=Palms-Up+Barbell+Wrist+Curl+Over+A+Bench'))

**Thursday:**

* Power clean "pulls" - 3x6 [View](javascript:popUp('exerpop.php?Name=Power+Clean'))
* Squat - 3x8 [View](javascript:popUp('exerpop.php?Name=Barbell+Squat'))
* Power Shrugs - 2x6 [View](javascript:popUp('exerpop.php?Name=Barbell+Shrug'))
* Good mornings - 3x8 [View](javascript:popUp('exerpop.php?Name=Stiff+Leg+Barbell+Good+Morning'))
* Ab/Ad machine - 3x8 [View](javascript:popUp('exerpop.php?Name=Thigh+Adductor'))
* Seated calf raises - 3x8 [View](javascript:popUp('exerpop.php?Name=Seated+Calf+Raise'))

**Friday:**

* Bench pull - 5x5 (Like [T-Bar rows](javascript:popUp('exerpop.php?Name=Lying+T-Bar+Row')) but by lying on a bench with a barbell underneath.)
* Dumbbell push press - 3x8 [View](javascript:popUp('exerpop.php?Name=Push+Press'))
* Dumbbell bench press - 3x8 [View](javascript:popUp('exerpop.php?Name=Dumbbell+Bench+Press'))
* Bicep curls - 3x8 [View](javascript:popUp('exerpop.php?Name=Barbell+Curl'))
* Forearm curls - 3x8 [View](javascript:popUp('exerpop.php?Name=Palms-Up+Barbell+Wrist+Curl+Over+A+Bench'))