TRACK & FIELD

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Beginner** | **Intermediate** | **Advanced** |
| Lower Body | Leg press machine | Bodyweight or Barbell squat | Dumbbell Lunge |
| Lower Body | Seated or standing calf raise | Standing and seated calf raise | One legged dumbbell deadlift |
| Chest | Chest press machine | Barbell bench press  | Dumbbell chest press or standing cable press |
| Lower Back | Hyper extension | Stiff legged dumbbell or barbell deadlift | Reverse hypers |
| Upper Back | Vertical row machine | Seated cable row | Chin ups |
| Upper Back | Lat pull down machine | Lat pull down | Standing bent over dumbbell row |
| Arms | Bicep curl machine | Barbell curl  | Alternating dumbbell curl |
| Arms | Tricep machine | Tricep cable pressdown | Standing dumbbell tricep extension |
| Shoulders | Shoulder press machine | Standing dumbbell shoulder press | Standing alternating dumbbell shoulder press |
| Abs | Ab machine | Weighted swiss ball crunches | Standing cable crunch |
| Abs | Ab bridge | Standing medicine ball oblique twist | Cable wood chop |

**The Program**


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
* Squat - 5x5 View
* Straight legged dead lift - 3x5 View
* 1 leg alternating curls - 3x8 View
* Seated calf raises - 3x8 View
* Ab/Ad machine - 3x8 View

**Tuesday:**

* Dumbbell bench press - 3x10 View
* Dumbbell military press - 3x8 View
* Pull downs - 3x8 View
* Bicep curls - 3x8 View
* Triceps extensions - 3x8 View
* Forearm curls - 3x8 View

**Thursday:**

* Power clean "pulls" - 3x6 View
* Squat - 3x8 View
* Power Shrugs - 2x6 View
* Good mornings - 3x8 View
* Ab/Ad machine - 3x8 View
* Seated calf raises - 3x8 View

**Friday:**

* Bench pull - 5x5 (Like T-Bar rows but by lying on a bench with a barbell underneath.)
* Dumbbell push press - 3x8 View
* Dumbbell bench press - 3x8 View
* Bicep curls - 3x8 View
* Forearm curls - 3x8 View