



Minnesota Strength



Various Track Workouts
Dynamic Warm ups for Track
ab Workout For Track
e Workouts For Track
e Workouts For Track
o Ball Circuit for Track

Post Workout for Track
16 Week Short Sprint Training Plan
Cone Drills
Post workout Recovery

Various Track Workouts
Various Dynamic Warm ups for Track
Prehab Workout For Track
Core Workouts For Track
Plate Workouts for Track
Meb Ball Circuit for Track

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Post Workout for Track
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Cone Drills
Post Workout Recovery
Pre-Partner Balance Stick Fighting 2 X 6
Pre Squat Roller lband
Post-Shake Fish oil and Vits

100%	Day	100.0%				100.0%			
		1-Jun-09		8-Jun-09		15-Jun-09		22-Jun-09	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
480	FRONT SQUAT	5	215 - 265	1	P/w-2 Neck	5	215 - 265	1	P/w-2 Neck
	Pair w/				Roller-I Band				Roller-I Band
480	FRONT SQUAT	3	285 - 310	1	P/w-2 Neck	3	285 - 310	1	P/w-2 Neck
	Pair w/				Roller- HAM				Roller- HAM
480	FRONT SQUAT	1	375 - 385	1	P/w-2 Neck	1	375 - 385	1	P/w-2 Neck
480	FRONT SQUAT	6	335 - 360	5	3:0:0:0	6	335 - 360	5	
	Pair w/				Rest 45				Rest 45
319	Lat Pull Down	10	205 - 225	5		10	205 - 225	5	
	Pair w/				Rest 45				Rest 45
	Cuban PRSS INC F8	10		5		10		5	
240	DB Walking Lunge	8	170 - 180	4	Pause	8	170 - 180	4	Toes
	Pair w/				Toes				Rest 45
149	DB BO Row	10	95 - 105	4		10	95 - 105	4	
	Pair w/				Rest 45				Rest 45
510	Shrug	12	330 - 355	4	Chin Down	12	330 - 355	4	Chin Down
600	RDL	6	450 - 480	4	0:2:0:0	6	450 - 480	4	
	Pair w/				Rest 45				Rest 45
85	Incline Hammer Curls	8	60 - 65	4		8	60 - 65	4	
	Pair w/				Rest 45				Rest 45
	Full BCH Curl Up	8		4		8		4	
	Ball LG Curl	8		3		8		3	
	Pair w/				Rest 45				Rest 45
	90-90 Groin ISO Hold	12		3		12		3	
	Pair w/				Rest 45				Rest 45
170	Ez Bar Curl	10	120 - 130	3		10	120 - 130	3	
510	Shrug	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down
					Rest 45				Rest 45
	Closed Lunge V BND TW	10		3		10		3	
	Pair w/				Rest 30				Rest 30
	Wrist Flexion	10		3	LS Failure	10		3	LS Failure
	Shr Sho Bi Cav Iso	180s		1		180s		1	
					Rest 1:30				Rest 1:30
	Glute Ham Back Cav Iso	180s	60% -	1		180s	60% -	1	
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Rollers Glutes & Hams	120S		1		120S		1	
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	

Monday NOTES

100%	Wednesday	100.0%				100.0%			
		3-Jun-09		10-Jun-09		17-Jun-09		24-Jun-09	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
600	Back Squat	5	270 - 330	1	P/w-2 Neck	5	270 - 330	1	P/w-2 Neck
	Pair w/				Roller-I Band				Roller-I Band
600	Back Squat	3	355 - 390	1	P/w-2 Neck	3	355 - 390	1	P/w-2 Neck
	Pair w/				Roller- HAM				Roller- HAM
600	Back Squat	1	470 - 480	1	P/w-2 Neck	1	470 - 480	1	P/w-2 Neck
600	Back Squat	3	495 - 525	5	0:0:0:0	3	495 - 525	5	
	Pair w/				Rest 1:30				Rest 1:30
149	1 Arm Lat Pull Down	10	95 - 105	5		10	95 - 105	5	
	Pair w/				Rest 45				Rest 45
	Delt Lat Rebound Drop	8		5		8		5	
240	STEP UP	5	190 - 200	4		5	190 - 200	4	
	Pair w/				Rest 45				Rest 45
106	DB Twist	10	70 - 75	4		10	70 - 75	4	
	Pair w/				Rest 45				Rest 45
298	DB Shrug	12	195 - 210	4		12	195 - 210	4	
240	DB RDL InLine	6	180 - 190	4	0:2:0:0	6	180 - 190	4	
	Pair w/				Rest 45				Rest 45
85	Zotman Curl	8	60 - 65	4		8	60 - 65	4	
	Pair w/				Rest 45				Rest 45
	INCLINE SIT UP	8		4		8		4	
	3 - WY Ham PRSS	8		3		8		3	
	Pair w/				Rest 45				Rest 45
170	BAR CURL	10	120 - 130	3		10	120 - 130	3	
	Pair w/				Rest 45				Rest 45
	BND Adduction	12		3		12		3	
510	Shrug	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down
					Rest 45				Rest 45
	PRTNR Abs	10		3		10		3	
	Pair w/				Rest 45				Rest 45
	Bam Bam	10		3		10		3	
	Shr Sho Bi Cav Iso	180s		1		180s		1	
					Rest 1:30				Rest 1:30
	Glute Ham Back Cav Iso	180s	60% -	1		180s	60% -	1	
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Rollers Glutes & Hams	120S		1		120S		1	
	Pair w/								
	Partner Leg Walks	120S		1	Relax Mouth	120S		1	Relax Mouth

Wednesday NOTES

100%	Friday	100.0%				100.0%			
		5-Jun-09		12-Jun-09		19-Jun-09		26-Jun-09	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
520	Deadlift	5	235 - 285	1	P/w-2 Neck	5	235 - 285	1	P/w-2 Neck
	Pair w/				Roller-I Band				Roller-I Band
520	Deadlift	3	305 - 340	1	P/w-2 Neck	3	305 - 340	1	P/w-2 Neck
	Pair w/				Roller- HAM				Roller- HAM
520	Deadlift	1	405 - 415	1	P/w-2 Neck	1	405 - 415	1	P/w-2 Neck
520	Deadlift	8	365 - 390	4		8	365 - 390	4	
	Pair w/				Rest 1:00				Rest 1:00
255	Pull up	8	180 - 190	4		10	165 - 180	5	
	Pair w/				Rest 1:30				Rest 1:30
	Cuban PRSS INC F8	8		5		8		5	
270	Single Leg Squat	5	215 - 225	4	3:0:0:0	5	215 - 225	4	3:0:0:0
	Pair w/				Rest 45				Rest 45
149	DB BO Row	10	95 - 105	4		10	95 - 105	4	
	Pair w/				Rest 45				Rest 45
298	DB Shrug	12	195 - 210	4		12	195 - 210	4	
	Assist Nordic Ham Curl	6		4		6		4	
	Pair w/				Rest 30				Rest 30
85	DB Curl	8	60 - 65	4		8	60 - 65	4	
	Pair w/				Rest 30				Rest 30
	INCLINE SIT UP	8		4		8		4	
	Ball LG Curl	8		3		8		3	
	Pair w/				Rest 30				Rest 30
149	Revs Curl	10	105 - 110	3		10	105 - 110	3	
	Pair w/				Rest 30				Rest 30
	Iso Ball Grion Squeeze	10S		3		10S		3	
425	BENCH PRESS	FFFF	275 - 150	4	Rest Bt 45	FFFF	275 - 150	4	Rest Bt 45
					Rest 1:30				Rest 1:30
106	DB Shoulder Press	FFFF	70 - 35	4	OC Press	FFFF	70 - 35	4	OC Press
					Rest 1:30				Rest 1:30
213	TRI PUSH DOWN	FFFF	140 - 75	4	Rest BT 45	FFFF	140 - 75	4	Rest BT 45
	Shr Sho Bi Cav Iso	180s		1		180s		1	
					Rest 1:30				Rest 1:30
	Glute Ham Back Cav Iso	180s	60% -	1		180s	60% -	1	
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Rollers Glutes & Hams	120S		1		120S		1	
	Pair w/								
	Partner Leg Walks	120S		1	Relax Mouth	120S		1	Relax Mouth

Friday NOTES

Thrower

Shot put Athlete Notes

