



Minnesota Strength



Various Track Workouts				
Dynamic Warm ups for Track				
Prehab Workout For Track				
Core Drills				
Post workout Recovery				
Plate Workouts for Track				
Web Ball Circuit for Track				

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

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Post Workout for Track				
16 Week Short Sprint Training Plan				
Core Drills				
Post workout Recovery				
Pre-Partner Balance Stick Lifting 3 x 6, 6, 6w				
Squat Roller / Band				
Post-Shake Fish oil and Vit				

Thrower

		100.0%				100.0%				100.0%							
		1-Jun-09		8-Jun-09		15-Jun-09		22-Jun-09		100.0%							
	REP	LOAD	SETS	NOTES	REP	LOAD	SETS	NOTES	REP	LOAD	SETS	NOTES	REP	LOAD	SETS	NOTES	
480	FRONT SQUAT	5	215 - 265	1 Pw-2 Neck	5	215 - 265	1	Pw-2 Neck	5	215 - 265	1	Pw-2 Neck	5	215 - 265	1	Pw-2 Neck	
	Pair w/			Roller Band				Roller Band				Roller Band				Roller Band	
480	FRONT SQUAT	3	285 - 310	1 Pw-2 Neck	3	285 - 310	1	Pw-2 Neck	3	285 - 310	1	Pw-2 Neck	3	285 - 310	1	Pw-2 Neck	
	Pair w/			Roller HAM				Roller HAM				Roller HAM				Roller HAM	
480	FRONT SQUAT	1	375 - 385	1 Pw-2 Neck	1	375 - 385	1	Pw-2 Neck	1	375 - 385	1	Pw-2 Neck	1	375 - 385	1	Pw-2 Neck	
480	FRONT SQUAT	6	335 - 360	5 30.00	6	335 - 360	5	Rest 45	6	335 - 360	5	Rest 45	6	335 - 360	5	Rest 45	
	Pair w/							Rest 45				Rest 45				Rest 45	
319	Lat Pull Down	10	205 - 225	5	10	205 - 225	5	Rest 45	10	205 - 225	5	Rest 45	10	205 - 225	5	Rest 45	
	Pair w/							Rest 45				Rest 45				Rest 45	
	Cuban PRSS INC FB	10		5					10		5					Toes	
240	DB Walking Lunge	8	170 - 180	4	8	170 - 180	4	Pause	8	170 - 180	4	Toes	8	170 - 180	4	Toes	
	Pair w/											Toes				Rest 45	
149	DB BO Row	10	95 - 105	4	10	95 - 105	4		10	95 - 105	4		10	95 - 105	4		
	Pair w/											Rest 45				Rest 45	
510	Shrug	12	330 - 355	4	12	330 - 355	4	Chin Down	12	330 - 355	4	Chin Down	12	330 - 355	4	Chin Down	
600	RDL	6	450 - 480	4	6	450 - 480	4	0.20.00	6	450 - 480	4	Rest 45	6	450 - 480	4	Rest 45	
	Pair w/							Rest 45				Rest 45				Rest 45	
85	Incline Hammer Curls	8	60 - 65	4	8	60 - 65	4		8	60 - 65	4		8	60 - 65	4		
	Pair w/							Rest 45				Rest 45				Rest 45	
	Full BOH Curl Up	8		4	8		4		8		4		8		4		
	Ball LG Curl	8		3	8		3		8		3		8		3		
	Pair w/							Rest 45				Rest 45				Rest 45	
	90.90 Groin ISO Hold	12		3	12		3		12		3		12		3		
	Pair w/							Rest 45				Rest 45				Rest 45	
170	Ez Bar Curl	10	120 - 130	3	10	120 - 130	3		10	120 - 130	3		10	120 - 130	3		
510	Shrug	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down
	Closed Lunge V BND TW	10		3	10		3		10		3		10		3		
	Pair w/							Rest 45				Rest 45				Rest 45	
	Wrist Flexion	10		3	LS Failure	10		3	LS Failure	10		3	LS Failure	10		3	LS Failure
	Shr Sho Bi Cav Iso	180s		1	Rest 1:30	180s		1	Rest 1:30	180s		1	Rest 1:30	180s		1	Rest 1:30
	Glute Ham Back Cav Iso	180s	60% -	1	180s	60% -	1		180s	60% -	1		180s	60% -	1		180s
	GH HANG	120s		1	Relax Mouth	120s		1	Relax Mouth	120s		1	Relax Mouth	120s		1	Relax Mouth
	Pair w/				Pair w/				Pair w/				Pair w/				Pair w/
	Rollers Glutes & Hams	120s		1	120s		1		120s		1		120s		1		120s
	Pair w/				Pair w/				Pair w/				Pair w/				Pair w/
	Partner Leg Walks	120s		1			1		120s		1		120s		1		120s

Monday NOTES

Thrower

Shot put

Athlete Notes

		100.0%				100.0%				100.0%			
Wednesday		3-Jun-09	LOAD	SETS	NOTES	17-Jun-09	LOAD	SETS	NOTES	24-Jun-09	LOAD	SETS	NOTES
600	<u>Back Squat</u>	5	270 - 330	1	<u>Pw-2 Neck</u>	5	270 - 330	1	<u>Pw-2 Neck</u>				
	Pair w/				Roller Band				Roller Band				
600	<u>Back Squat</u>	3	355 - 390	1	<u>Pw-2 Neck</u>	3	355 - 390	1	<u>Pw-2 Neck</u>				
	Pair w/				Roller HAM				Roller HAM				
600	<u>Back Squat</u>	1	470 - 480	1	<u>Pw-2 Neck</u>	1	470 - 480	1	<u>Pw-2 Neck</u>				
600	<u>Back Squat</u>	3	495 - 525	5	0.0.0	3	495 - 525	5					
	Pair w/				Rest 1:30				Rest 1:30				
149	<u>1 Arm Lat Pull Down</u>	10	95 - 105	5		10	95 - 105	5					
	Pair w/				Rest 45				Rest 45				
	<u>Del Lat Rebound Drop</u>	8		5		8		5					
240	<u>STEP UP</u>	5	190 - 200	4		5	190 - 200	4					
	Pair w/				Rest 45				Rest 45				
106	<u>DB Twist</u>	10	70 - 75	4		10	70 - 75	4					
	Pair w/				Rest 45				Rest 45				
298	<u>DB Shrug</u>	12	195 - 210	4		12	195 - 210	4					
240	<u>DB RDL InLine</u>	6	180 - 190	4	<u>0.20.0</u>	6	180 - 190	4					
	Pair w/				Rest 45				Rest 45				
85	<u>Zotman Curl</u>	8	60 - 65	4		8	60 - 65	4					
	Pair w/				Rest 45				Rest 45				
	<u>INCLINE SIT UP</u>	8		4		8		4					
	<u>3-WY Ham PRSS</u>	8		3		8		3					
	Pair w/				Rest 45				Rest 45				
170	<u>BAR CURL</u>	10	120 - 130	3		10	120 - 130	3					
	Pair w/				Rest 45				Rest 45				
	<u>BND Adduction</u>	12		3		12		3					
510	<u>Shrug</u>	FFFF	330 - 180	4	Chin Down	FFFF	330 - 180	4	Chin Down				
					Rest 45				Rest 45				
	<u>PRTRN Abs</u>	10		3		10		3					
	Pair w/				Rest 45				Rest 45				
	<u>Bam Bam</u>	10		3		10		3					
	<u>Shr Sho Bi Cav Iso</u>	180s		1	Rest 1:30	180s		1					
	<u>Glute Ham Back Cav Iso</u>	180s	60% -	1		180s	60% -	1					
	<u>GH HANG</u>	120s		1	Relax Mouth	120s		1	Relax Mouth				
	Pair w/												
	Rollers Glutes & Hams	120s		1		120s		1					
	Pair w/												
	<u>Partner Leg Walks</u>	120s		1	Relax Mouth	120s		1	Relax Mouth				

Wednesday NOTES

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



Various Track Workouts	Strength Prep Upper 2	WARM-UP	Various Track Workouts	Strength Prep Upper 4	WARM-UP	Short Hurdle Workout	STRENGTH	STRENGTH	Pre-Partner Balance Stick Fighting 2 X 6, Prep Great Roller Band Post-Shake Fish oil and Vit	Thrower
<u>Dynamic Warmups for Track</u>	Delt Lat Rebound Drop 2x15		<u>Various Dynamic Warm ups for Track</u>	EXT Rot Pant Shock 2 x 12		Bike 3 - 5 Minutes	PREP			
<u>ab Workout For Track</u>	3 - WY Ham PRSS 2 x 6		<u>Prehab Workout For Track</u>	Face Band Pull Apart 2 x 6		50 Jump Rope Forward				
<u>Workouts For Track</u>	Cuban PRSS F8 2 x 6		<u>Core Workouts For Track</u>	Box EXT W/ TW 2x6 E-Way		25 Jump Rope Backward				
<u>Workouts for Track</u>			<u>Plate Workouts for Track</u>			Short Hurdle Workout				
<u>Ball Circuit for Track</u>			<u>Med Ball Circuit for Track</u>							

Day		100.0%				100.0%				100.0%				100.0%				100.0%				100.0%				100.0%																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
		2-Jun-09	9-Jun-09	16-Jun-09	23-Jun-09	30-Jun-09	7-Jul-09	14-Jul-09	21-Jul-09	28-Jul-09	4-Aug-09	11-Aug-09	18-Aug-09	25-Aug-09	1-Sep-09	8-Sep-09	15-Sep-09	22-Sep-09	29-Sep-09	6-Oct-09	13-Oct-09	20-Oct-09	27-Oct-09	3-Nov-09	10-Nov-09	17-Nov-09	24-Nov-09	1-Dec-09	8-Dec-09	15-Dec-09	22-Dec-09	29-Dec-09	5-Jan-10	12-Jan-10	19-Jan-10	26-Jan-10	2-Feb-10	9-Feb-10	16-Feb-10	23-Feb-10	1-Mar-10	8-Mar-10	15-Mar-10	22-Mar-10	29-Mar-10	5-Apr-10	12-Apr-10	19-Apr-10	26-Apr-10	3-May-10	10-May-10	17-May-10	24-May-10	31-May-10	7-Jun-10	14-Jun-10	21-Jun-10	28-Jun-10	5-Jul-10	12-Jul-10	19-Jul-10	26-Jul-10	2-Aug-10	9-Aug-10	16-Aug-10	23-Aug-10	30-Aug-10	6-Sep-10	13-Sep-10	20-Sep-10	27-Sep-10	4-Oct-10	11-Oct-10	18-Oct-10	25-Oct-10	1-Nov-10	8-Nov-10	15-Nov-10	22-Nov-10	29-Nov-10	6-Dec-10	13-Dec-10	20-Dec-10	27-Dec-10	3-Jan-11	10-Jan-11	17-Jan-11	24-Jan-11	31-Jan-11	7-Feb-11	14-Feb-11	21-Feb-11	28-Feb-11	6-Mar-11	13-Mar-11	20-Mar-11	27-Mar-11	3-Apr-11	10-Apr-11	17-Apr-11	24-Apr-11	1-May-11	8-May-11	15-May-11	22-May-11	29-May-11	5-Jun-11	12-Jun-11	19-Jun-11	26-Jun-11	3-Jul-11	10-Jul-11	17-Jul-11	24-Jul-11	31-Jul-11	7-Aug-11	14-Aug-11	21-Aug-11	28-Aug-11	4-Sep-11	11-Sep-11	18-Sep-11	25-Sep-11	2-Oct-11	9-Oct-11	16-Oct-11	23-Oct-11	30-Oct-11	6-Nov-11	13-Nov-11	20-Nov-11	27-Nov-11	4-Dec-11	11-Dec-11	18-Dec-11	25-Dec-11	1-Jan-12	8-Jan-12	15-Jan-12	22-Jan-12	29-Jan-12	5-Feb-12	12-Feb-12	19-Feb-12	26-Feb-12	5-Mar-12	12-Mar-12	19-Mar-12	26-Mar-12	2-Apr-12	9-Apr-12	16-Apr-12	23-Apr-12	30-Apr-12	7-May-12	14-May-12	21-May-12	28-May-12	4-Jun-12	11-Jun-12	18-Jun-12	25-Jun-12	2-Jul-12	9-Jul-12	16-Jul-12	23-Jul-12	30-Jul-12	6-Aug-12	13-Aug-12	20-Aug-12	27-Aug-12	3-Sep-12	10-Sep-12	17-Sep-12	24-Sep-12	1-Oct-12	8-Oct-12	15-Oct-12	22-Oct-12	29-Oct-12	5-Nov-12	12-Nov-12	19-Nov-12	26-Nov-12	3-Dec-12	10-Dec-12	17-Dec-12	24-Dec-12	31-Dec-12	7-Jan-13	14-Jan-13	21-Jan-13	28-Jan-13	4-Feb-13	11-Feb-13	18-Feb-13	25-Feb-13	4-Mar-13	11-Mar-13	18-Mar-13	25-Mar-13	1-Apr-13	8-Apr-13	15-Apr-13	22-Apr-13	29-Apr-13	6-May-13	13-May-13	20-May-13	27-May-13	3-Jun-13	10-Jun-13	17-Jun-13	24-Jun-13	1-Jul-13	8-Jul-13	15-Jul-13	22-Jul-13	29-Jul-13	5-Aug-13	12-Aug-13	19-Aug-13	26-Aug-13	2-Sep-13	9-Sep-13	16-Sep-13	23-Sep-13	30-Sep-13	7-Oct-13	14-Oct-13	21-Oct-13	28-Oct-13	4-Nov-13	11-Nov-13	18-Nov-13	25-Nov-13	2-Dec-13	9-Dec-13	16-Dec-13	23-Dec-13	30-Dec-13	6-Jan-14	13-Jan-14	20-Jan-14	27-Jan-14	3-Feb-14	10-Feb-14	17-Feb-14	24-Feb-14	3-Mar-14	10-Mar-14	17-Mar-14	24-Mar-14	31-Mar-14	7-Apr-14	14-Apr-14	21-Apr-14	28-Apr-14	5-May-14	12-May-14	19-May-14	26-May-14	2-Jun-14	9-Jun-14	16-Jun-14	23-Jun-14	30-Jun-14	7-Jul-14	14-Jul-14	21-Jul-14	28-Jul-14	4-Aug-14	11-Aug-14	18-Aug-14	25-Aug-14	1-Sep-14	8-Sep-14	15-Sep-14	22-Sep-14	29-Sep-14	6-Oct-14	13-Oct-14	20-Oct-14	27-Oct-14	3-Nov-14	10-Nov-14	17-Nov-14	24-Nov-14	1-Dec-14	8-Dec-14	15-Dec-14	22-Dec-14	29-Dec-14	5-Jan-15	12-Jan-15	19-Jan-15	26-Jan-15	2-Feb-15	9-Feb-15	16-Feb-15	23-Feb-15	3-Mar-15	10-Mar-15	17-Mar-15	24-Mar-15	31-Mar-15	7-Apr-15	14-Apr-15	21-Apr-15	28-Apr-15	5-May-15	12-May-15	19-May-15	26-May-15	2-Jun-15	9-Jun-15	16-Jun-15	23-Jun-15	30-Jun-15	7-Jul-15	14-Jul-15	21-Jul-15	28-Jul-15	4-Aug-15	11-Aug-15	18-Aug-15	25-Aug-15	1-Sep-15	8-Sep-15	15-Sep-15	22-Sep-15	29-Sep-15	6-Oct-15	13-Oct-15	20-Oct-15	27-Oct-15	3-Nov-15	10-Nov-15	17-Nov-15	24-Nov-15	1-Dec-15	8-Dec-15	15-Dec-15	22-Dec-15	29-Dec-15	5-Jan-16	12-Jan-16	19-Jan-16	26-Jan-16	2-Feb-16	9-Feb-16	16-Feb-16	23-Feb-16	3-Mar-16	10-Mar-16	17-Mar-16	24-Mar-16	31-Mar-16	7-Apr-16	14-Apr-16	21-Apr-16	28-Apr-16	5-May-16	12-May-16	19-May-16	26-May-16	2-Jun-16	9-Jun-16	16-Jun-16	23-Jun-16	30-Jun-16	7-Jul-16	14-Jul-16	21-Jul-16	28-Jul-16	4-Aug-16	11-Aug-16	18-Aug-16	25-Aug-16	1-Sep-16	8-Sep-16	15-Sep-16	22-Sep-16	29-Sep-16	6-Oct-16	13-Oct-16	20-Oct-16	27-Oct-16	3-Nov-16	10-Nov-16	17-Nov-16	24-Nov-16	1-Dec-16	8-Dec-16	15-Dec-16	22-Dec-16	29-Dec-16	5-Jan-17	12-Jan-17	19-Jan-17	26-Jan-17	2-Feb-17	9-Feb-17	16-Feb-17	23-Feb-17	3-Mar-17	10-Mar-17	17-Mar-17	24-Mar-17	31-Mar-17	7-Apr-17	14-Apr-17	21-Apr-17	28-Apr-17	5-May-17	12-May-17	19-May-17	26-May-17	2-Jun-17	9-Jun-17	16-Jun-17	23-Jun-17	30-Jun-17	7-Jul-17	14-Jul-17	21-Jul-17	28-Jul-17	4-Aug-17	11-Aug-17	18-Aug-17	25-Aug-17	1-Sep-17	8-Sep-17	15-Sep-17	22-Sep-17	29-Sep-17	6-Oct-17	13-Oct-17	20-Oct-17	27-Oct-17	3-Nov-17	10-Nov-17	17-Nov-17	24-Nov-17	1-Dec-17	8-Dec-17	15-Dec-17	22-Dec-17	29-Dec-17	5-Jan-18	12-Jan-18	19-Jan-18	26-Jan-18	2-Feb-18	9-Feb-18	16-Feb-18	23-Feb-18	3-Mar-18	10-Mar-18	17-Mar-18	24-Mar-18	31-Mar-18	7-Apr-18	14-Apr-18	21-Apr-18	28-Apr-18	5-May-18	12-May-18	19-May-18	26-May-18	2-Jun-18	9-Jun-18	16-Jun-18	23-Jun-18	30-Jun-18	7-Jul-18	14-Jul-18	21-Jul-18	28-Jul-18	4-Aug-18	11-Aug-18	18-Aug-18	25-Aug-18	1-Sep-18	8-Sep-18	15-Sep-18	22-Sep-18	29-Sep-18	6-Oct-18	13-Oct-18	20-Oct-18	27-Oct-18	3-Nov-18	10-Nov-18	17-Nov-18	24-Nov-18	1-Dec-18	8-Dec-18	15-Dec-18	22-Dec-18	29-Dec-18	5-Jan-19	12-Jan-19	19-Jan-19	26-Jan-19	2-Feb-19	9-Feb-19	16-Feb-19	23-Feb-19	3-Mar-19	10-Mar-19	17-Mar-19	24-Mar-19	31-Mar-19	7-Apr-19	14-Apr-19	21-A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