



# INDIANA SPRINTS/HURDLES

NAME: \_\_\_\_\_

SNATCH:                      CLEAN:                      305                      SQUAT                      F. SQUAT                      B. SPLIT                      BENCH

**DAY 2**

EXERCISE	SEAT	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6						
		DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS		
BARBELL SPLIT JUMPS				6			6			6			6			6			6			6	
3 EACH LEG				6			6			6			6			6			6			6	
*BARBELL ONLY*							6			6			6			6			6			6	
*MAXIMUM HEIGHT EA. JUMP*													6			6			6			6	
PUSH UP				20/10			20/10			20/10			20/10			20/10			20/10			20/10	
				18/8			18/8			18/8			18/8			18/8			18/8			18/8	
										16/6			MAX			MAX			MAX			MAX	
CHINS				10//5			12//6			12//6			M			M			M			M	
				10//5			12//6			MAX			M			M			M			M	
LUNGE TO STEP UP			BW	4			BW	4					4			4			4			4	
*USE BENCH*			BW	4			BW	4					4			4			4			4	
HOLD 1 DB							BW	4					4			4			4			4	
GUY'S: 50LBS MIN/ LADIES: 30LB MIN																							
PERCENTAGES		EX.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%				
		SQUAT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
		CLEAN	120	135	155	170	185	200	215	230	245	260	275	290	305	320	335	350	365				





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**PHASE 2**

SNATCH:                      CLEAN:                      305                      SQUAT                      F. SQUAT                      B. SPLIT                      BENCH

**DAY 2**

EXERCISE	SEAT	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%	GOAL	REPS	DATE:	%
BARBELL SPLIT SQUAT		40	6		40	6		45	6		45	6		45	6		50	6	
3 EACH LEG		40	6		40	6		45	6		45	6		45	6		50	6	
*					<b>40</b>	6		<b>45</b>	6		<b>45</b>	6		<b>50</b>	6		<b>55</b>	6	
											<b>50</b>	6		<b>50</b>	6				
PUSH UP			22/12			22/12			22/12			MAX			MAX			MAX	
			20/10			20/10			20/10			MAX			MAX			MAX	
			18/8			18/8			18/8										
CHINS			MAX			MAX			MAX			MAX			MAX			MAX	
			MAX			MAX			MAX			MAX			MAX			MAX	
LUNGE TO STEP UP			3			3			3			3			3			3	
*USE BENCH*			3			3			3			3			3			3	
HOLD 1 DB						3			3			3			3			3	
GUYS: 60LBS MIN/ LADIES: 40LB MIN																			
PERCENTAGES	EX.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%	
	SQUAT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CLEAN	120	135	155	170	185	200	215	230	245	260	275	290	305	320	335	350	365	



**INDIANA TRACK AND FIELD SPRINTS AND HURDLES MAXES NUMBERS**

<b>NAME:</b>	<b>CLEAN</b>	<b>BACK SQUAT</b>	<b>SPLIT SQUAT</b>
BETH BARNES	125	175	140
RIKKOI BRATHWAITE	275	445	270
NILE BROWN	135	225	150
MICAH CAMBLE	205	275	205
CHRISTIAN GOINES	250	315	185
MEGAN GRABOWSKI	145	240	150
JORDAN HODGE	195	300	205
JANII JENKINS	130	220	140
JORDAN HUDSON	120	165	130
ZUBIN MUNCHERJI	230	320	215
AUSTIN PEERMAN	240	360	210
NATALIE PRICE	165	265	155
DEE ROBERTSON	145	225	145
ALYSSA ROBINSON	115	160	125
WILLIAM SESSION	225	315	235
LAUREN THOMAS	115	175	125
DUSHAWN TUNSTALL	200	425	245
SHATON VAUGHN	200	285	225
ISSIAH WARE	215	445	225

# JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
<b>28</b>	<b>29</b>	<b>30</b>				
	Phase 1: Day 1	OFF				



# JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
5	6	7	8	9	10	11
	Phase 1: Day 1	OFF	Phase 1: Day 2	OFF	Phase 1: Day 3	Steady State Cardio 20mins (Your Choice)
12	13	14	15	16	17	18
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	Steady State Cardio 25mins (Your Choice)
19	20	21	22	23	24	25
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	Steady State Cardio 25mins (Your Choice)
26	27	28	29	30	31	
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	

# AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Steady State Cardio 25mins (Your Choice)
<b>2</b>	<b>3</b> Phase 2: Day 1	<b>4</b> OFF	<b>5</b> Phase 2: Day 2	<b>6</b> OFF	<b>7</b> Phase 2: Day 3	<b>8</b> Steady State Cardio 25mins (Your Choice)
<b>9</b>	<b>10</b> Phase 2: Day 1	<b>11</b> OFF	<b>12</b> Phase 2: Day 2	<b>13</b> OFF	<b>14</b> Phase 2: Day 3	<b>15</b> Steady State Cardio 25mins (Your Choice)
<b>16</b>	<b>17</b> Phase 2: Day 1	<b>18</b> OFF	<b>19</b> Phase 2: Day 2	<b>20</b> OFF	<b>21</b> Phase 2: Day 3	<b>22</b> Steady State Cardio 25mins (Your Choice)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					