PHASE 1 NAME:_____

BENCH CLEAN: SNATCH: SQUAT F. SQUAT SPLIT SQ. WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 DAY 1 DATE: DATE: DATE: DATE: DATE: DATE: EXERCISE GOAL GOAL REPS GOAL REPS GOAL REPS GOAL REPS SEAT % REPS % % % % % GOAL REPS CLEAN 40% 40% 40% 55% 60% 60% 4 4 4 4 4 4 40% 40% CLEAN WARMUP 3 3 50% 3 60% 3 60% 3 65% 3 WK 1-3: BAR 40% 2 40% 2 55% 60% 65% 65% 2 2 2 2 45% 45% WK 4-6: 50% 60% 65% 65% 70% 1 1 1 1 1 1 40% 45% 45% 50% 55% 60% BACK SQUAT 5 5 5 4 4 4 40% 5 45% 5 50% 4 55% 4 60% 4 65% 3 40% 45% 55% 65% 70% 5 5 50% 4 4 3 2 75% 55% 3 60% 3 70% 3 1 DB GLUTE BRIDGE ₿W 8 ВW 8 8 8 8 8 ₽W 8 ₿W 8 8 8 8 8 8 8 8 8 EX. 40% 45% 50% 55% 60% 65% 70% 75% 80% 85% 90% 95% 100% 105% 110% 115% 120% SQUAT PERCENTAGES 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 CLEAN 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

NAME:____

		SNATCH:			CLEAN:	3	05	SQUAT			F. SQUAT			B. SPLIT			BENCH		
	'		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6	
DAY 2		DATE:			DATE:			DATE:			DATE:			DATE:			DATE:		
EXERCISE	SEAT	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS
BARBELL SPLIT JUMPS			6			6			6			6			6			6	
3 EACH LEG			6			6			6			6			6			6	
BARBELL ONLY						6			6			6			6			6	
MAXIUM HEIGHT EA. JUMP												6			6			6	
																		6	
DUCH LID			00/10		1	20/10			00/10			90/10		1	90/10		 	20/10	
PUSH UP			20/10 18/8			18/8			20/10 18/8			20/10 18/8			20/10 18/8			18/8	1
			10/0			10/0			16/6			MAX		1	MAX			MAX	
									-,										
CHINS			10//5			12//6			12//6			M			M			M	
			10//5			12//6			MAX			M			M			M	
			_						_		1	 		_	-			_	
LUNGE TO STEP UP		₿₩	4		₿₩	4		<u> </u>	4			4			4		-	4	
USE BENCH		₿W	4		₿₩	4		<u> </u>	4			4			4		-	4	
HOLD 1 DB					₿₩	4		<u> </u>	4			4			4			4	
GUYS: 50LBS MIN/ LADIES: 30LB MIN																			
		EX.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%
PERCENTAGES		UAT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	CI	.EAN	120	135	155	170	185	200	215	230	245	260	275	290	305	320	335	350	365

NAME:

PHASE 1

SNATCH: CLEAN: BENCH SQUAT F. SQUAT SPLIT SQ. WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 DAY 3 DATE: DATE: DATE: DATE: DATE: DATE: EXERCISE SEAT GOAL REPS GOAL. REPS GOAL. REPS GOAL. REPS % GOAL REPS GOAL REPS CLEAN COMBO 40% 2 40% 2 45% 2 45% 2 45% 2 50% 2 1 CLEAN + 40% 40% 45% 45% 50% 50% 2 2 2 2 2 2 1 FRONT SQUAT+ 40% 2 40% 2 45% 2 50% 2 55% 2 55% 2 1 REV. LUNGE EA. LEG 55% 55% 60% CLEAN WARM UP FIRST! BAR 5 BAR 5 40% 5 45% 5 50% 5 55% 5 BAR RDL 5 40% 40% 5 45% 5 50% 5 55% 5 *TAKEN FROM CLEAN* 40% 5 45% 50% 55% 5 5 5 BOX JUMP X8 JUMP ROPE X50 SQUAT JUMPS X10 3 ROUNDS 3 ROUNDS 4 ROUNDS 4 ROUNDS 5 ROUNDS 5 ROUNDS ĒΧ. 40% 45% 50% 55% 60% 65% 70% 75% 80% **85**% 90% 95% 100% 105% 110% 115% 120% SQUAT PERCENTAGES 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 CLEAN 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

PHASE 2

CLEAN: SOUAT F. SOUAT SPLIT SO. BENCH

		SNATCH:			CLEAN:			SQUAT			F. SQUAT			SPLIT SQ.			BENCH		
			WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6	
DAY 1		DATE:			DATE:			DATE:			DATE:			DATE:			DATE:		
EXERCISE	SEAT	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS	%	GOAL	REPS
CLEAN		50	4		50	4		55	4		55	4		60	3		65	3	
CLEAN WARMUP 50%		55	3		55	3		60	3		60	3		65	3		70	2	
		60	2		60	2		65	2		65	2		70	2		75	2	
		65	1		65	1		70	1		70	1		75	1		75	1	
BACK SQUAT		60	5	I	65	5	<u> </u>	65	5	I	60	5		60	5		60	5	1
IMUDE NUME		65	5		65	5		70	5		65	3		70	3		65	3	
		70	5		70	5		75	3		70	3		75	3		70	1	
		10			10			10	-		75	2		80	1		75	1	
																	80	1	
																	85	1	
ar bo ar ime conce		ī	ÁB.	ı	<u> </u>	ÁFI	<u> </u>	I	ÁRI	ı	Ī	ÁRI	ı	.	ÁÐ.			ÁR.	1
SL DB GLUTE BRIDGE			ŚEA.			8ЕА.			8€A.		<u> </u>	ŚEA.			ŚEA.			ŚEA.	
GUYS: 60LBS AND UP			ŚEA.			ŚEA.		1	8EA.		<u> </u>	8EA.			8EA.			8EA.	
LADIES: 30LBS AND UP						8ЕА.			8EA.		<u> </u>	ŚEA.			SEA.			8ΕA.	
	E	X.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%
PERCENTAGES		UAT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	CL	EAN	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

NAME: PHASE 2 BENCH SNATCH: CLEAN: 305 SQUAT F. SQUAT B. SPLIT WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 DAY 2 DATE: DATE: DATE: DATE: DATE: DATE: EXERCISE GOAL REPS GOAL REPS GOAL REPS REPS SEAT % % REPS % GOAL % GOAL % GOAL REPS % BARBELL SPLIT SQUAT 6 6 6 6 6 40 6 45 3 EACH LEG 40 6 6 45 6 50 40 6 45 45 6 6 45 45 55 40 6 6 6 50 6 6 50 6 50 6 PUSH UP 22/12 22/12 22/12 MAX MAXMAX20/10 20/10 20/10 MAXMAXMAX18/8 18/8 18/8 CHINS MAX LUNGE TO STEP UP 3 3 3 3 3 3 3 *USE BENCH* 3 3 3 3 3 HOLD 1 DB 3 3 3 3 3 GUYS: 60LBS MIN/ LADIES: 40LB MIN

EX.

SQUAT

CLEAN

PERCENTAGES

45%

0

135

40%

0

120

50%

0

155

55%

0

170

60%

0

185

65%

0

200

70%

0

215

75%

0

230

80%

0

245

85%

0

260

90%

0

275

95%

0

290

100%

0

305

105%

0

320

110%

0

335

115%

0

350

120%

0

365

PHASE 2

NAME:_ SNATCH: CLEAN: SQUAT F. SQUAT SPLIT SQ. BENCH WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 DAY 3 DATE: DATE: DATE: DATE: DATE: DATE: EXERCISE GOAL REPS GOAL REPS GOAL REPS GOAL REPS GOAL REPS GOAL. SEAT % % % REPS CLEAN PULL 55% 3 60% 3 65% 3 65% 3 65% 3 50% 3 CLEAN WARM UP 50% 60% 3 60% 3 65% 70% 70% 3 50% 3 3 3 65% 3 65% 3 70% 3 70% 75% 3 55% 3 3 50% 55% 60% 65% 65% 55% 5 5 5 5 5 5 55% 60% 65% 65% 5 60% RDL 50% 5 5 5 5 5 *TAKEN FROM CLEAN* 60% 65% 65% 5 60% 5 5 5 SPLIT JUMPS (BW)X10 BIKE (MODERATE)X1 MILE MTN. CLIMBERS X20 3 ROUNDS 3 ROUNDS 4 ROUNDS 4 ROUNDS 5 ROUNDS 5 ROUNDS EX. **85**% 40% 45% 50% 55% 60% 65% 70% 75% 80% 90% 95% 100% 105% 110% 115% 120% SQUAT PERCENTAGES 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 CLEAN 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

INDIANA TRACK AND	FIELD SPR	INTS AND HURDLES	MAXES NUMBERS
NAME:	CLEAN	BACK SQUAT	SPLIT SQUAT
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

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

JULY 2020

		30	ILI ZUZU			
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

		, , , ,	3031 Z0Z			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Steady State Cardio
						25mins (Your Choice
2	3	4	5	6	7	
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	Steady State Cardio
						25mins (Your Choice
9	10	11	12	13	14	1
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	Steady State Cardio
						25mins (Your Choice
16	17	18	19	20	21	2
	Phase 2: Day 1	OFF	Phase 2: Day 2	OFF	Phase 2: Day 3	Steady State Cardio
						25mins (Your Choice
23	24	25	26	27	28	2
30	31					