

# Indiana Cross Country

800

Name: \_\_\_\_\_

DAY 1		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			
		Date:			Date:			Date:			Date:			Date:			Date:			
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	
Back Squat		6			6			6			5			5			5			5
Front Squat			5			5			5			5			5			5		5
Leg Press						5			5						5					
RDL			6			6			6			6			6			6		6
Hamstring curl			6			6			6			6			6			6		6
Glute Ham						6			6						6					6
Lunge			8			8			8			8			8			8		8
Split Squat			8			8			8			8			8			6		6
Leg Ext/Curl									6			6			6					6
Adduction			10			10			10			10			10			10		10
ss/w Abduction			10			10			10			10			10			10		10
Seated Calf			15			15			15			12			10			10		10
			10			12			12			10			10			10		10
Abs																				
Ankle																				
Low Back																				
Notes/Extra																				

# Indiana Cross Country

800

Name: \_\_\_\_\_

DAY 2		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6				
		Date:			Date:			Date:			Date:			Date:			Date:				
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps		
BB Bench			10			10			10			10			8			8			8
DB Bench			8			8			8			8			8			8			8
Machine Bench						8			8						8						
Hammer Row			8			8			8			8			8			8			8
TRX Inverted Row			8			8			8			8 max			8			8			8
Recline Row						8 max			8 max						8						
DB Incline			10			10			10			10			10			10			10
BB Incline			10			10			10			10			8			8			8
Machine Incline						8			8						8						
Chin-ups			max			max			max			max			max			max			max
Pulldown			max			max			max			max			max			max			max
Push-ups			15			15			15			12			12			12			12
			10			12			12			10			10			10			10
						10			10						10						
Abs																					
Ankle																					
Low Back																					
Notes/Extra																					

# Indiana Cross Country

800

Name: \_\_\_\_\_

DAY 3		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		Date:			Date:			Date:			Date:			Date:			Date:		
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Back Squat			6			6			6			5			5			5	
Front Squat			5			5			5			5			5			5	
Leg Press						5			5						5				
RDL			6			6			6			6			6			6	
Hamstring Curl			6			6			6			6			6			6	
Glute Ham						6			6			6			6			6	
Lunge			8			8			8			8			8			8	
Split Squat			8			8			8			8			6			6	
Leg Ext/Curl									6			6			6			6	
Hammer/TRX Row			max			max			max			max			max			max	
Pulldown/Chin-Ups			max			max			max			max			max			max	
DB Shoulder Press			10			10			10			10			10			10	
BB Shoulder Press			10			10			10			10			8			8	
						8			8			8			8			8	
Abs																			
Ankle																			
Low Back																			
Notes/Extra																			

# Indiana Cross Country

**FRESHMAN**

Name: \_\_\_\_\_

DAY 1		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		Date:			Date:			Date:			Date:			Date:			Date:		
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Back Squat			12			12			12			12			12			10	
Front Squat						12			12			10			10			10	
									12			8			10				
RDL			10			10			10			10			10			10	
						10			10			8			8			8	
									8						8				
DB Bench			8			8			8			8			8			6	
						8			8			6			6			6	
									8			6			6			6	
Hammer Row			10			10			10			10			10			10	
						10			10			8			10			8	
									10 max			8 max			8				
Post Delt			10			10			10			10			10			10	
						10			10			10			10			10	
									10						10				
Abduction			12			12			12			12			10			10	
						10			10						10				
Adduction			12			12			12			12			10			10	
						10			10						10				
Abs																			
Ankle																			
Low Back																			
Notes/Extra																			

# Indiana Cross Country

FRESHMAN

Name: \_\_\_\_\_

DAY 2	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6					
	Date:			Date:			Date:			Date:			Date:			Date:					
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps		
Goblet Squat			10			10			10			10			10			8			8
						10			10			8			8			8			8
									8						8						
3-Way TRX Hamstring			8			8			8			8			8			8			8
						8			8			6			6			6			6
									6						6						6
DB Shoulder Press			10			10			10			10			10			10			10
						10			10			8			8			8			8
									10						8			8			8
Pulldown			10			10			10			10			10			10			10
Chin-ups						10			10			8			8			8			8
									10 Max			8 max			8						
Push-ups			15			15			15			15			15			15			12
						15			15			12			12			12			10
									12						10						
Renegade Row			10			10			10			10			10			10			8
						10			10			8			8			8			8
									10						8			8			
3-Way Weighted Calf			10e			10e			10e			10e			10E			10E			10E
45 degree back			15			15			15			15			15			15			15
Abs																					
Ankle																					
Low Back																					
Notes/Extra																					

# Indiana Cross Country

**DISTANCE**

Name: \_\_\_\_\_

DAY 1	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6				
	Date:			Date:			Date:			Date:			Date:			Date:				
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	
Back Squat			12			12			12			12			12			10		
Front Squat						12			12			10			10			8		
Leg Press									12			8			8					
Step Up																				
RDL			10			10			10			10			10			10		
Hamstring Curl						10			10			8			8			8		
Single Leg Glute Bridge									8			8			8					
DB Bench			8			8			8			8			8			8		
Barbell Bench						8			8			6			6			6		
Machine Bench									8			6			6					
Hammer Row			10			10			10			10			10			10		
TRX Inverted Row						10			10			8			8			8		
Barbell Row									10 max			8 max			8					
Post Delt			10			10			10			10			10			10		
Y,T,W,L						10			10			10			10			8		
Abs																				
Ankle																				
Low Back																				
Notes/Extra																				

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**DISTANCE**

Name: \_\_\_\_\_

DAY 2	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6				
	Date:			Date:			Date:			Date:			Date:			Date:				
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	
3-Way Lunge			10			10			10			10			10			10		
Hammer Ab/Adduction						10			10			8			8			8		
Walking Lunge									10			8			8					
TRX Leg Curl			8			8			8			8			8			8		
RDL x 10						8			8			6			6			6		
DB Shoulder Press			10			10			10			10			10			10		
BB Shoulder Press						10			10			8			8			8		
Machine Shoulder Press									10						8					
Pulldown			10			10			10			10			10			10		
Chin-ups						10			10			8			8			8		
Push-ups			15			15			15			15			15			12		
						15			15			12			10			10		
Renegade Row			10			10			10			10			10			10		
						10			10			8			8			8		
									10			8			8					
3-Way Weighted Calf			10e			10e			10e			10e			10E			10E		
45 Degree Back			15			15			15			15			15			15		
Abs																				
Ankle																				
Low Back																				
Notes/Extra																				

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DAY 1		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		Date:			Date:			Date:			Date:			Date:			Date:		
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Clean Pull ss w/ MB Thruster			3			3			3			3			3			3	
Back Squat			6			6			6			5			5			5	
Front Squat			5			5			5			5			5			5	
Leg Press						5			5						5				
RDL			6			6			6			6			6			6	
Hamstring curl			6			6			6			6			6			6	
Glute Ham						6			6			6			6			6	
Lunge			8			8			8			8			8			8	
Split Squat			8			8			8			8			6			6	
Leg Ext/Curl									6			6			6				
Adduction			10			10			10			10			10			10	
ss/w Abduction			10			10			10			10			10			10	
Seated Calf			15			15			15			12			10			10	
			10			12			12			10			10			10	
Abs																			
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Name: \_\_\_\_\_

DAY 2		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		Date:			Date:			Date:			Date:			Date:			Date:		
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
High Pull ss w/ Broad Jumps			3			3			3			3			3			3	
						3			3			3			3			3	
						3			3			3			3			3	
BB Bench			10			10			10			10			8			8	
DB Bench			8			8			8			8			8			8	
Machine Bench						8			8			8			8			8	
DB Incline			10			10			10			10			10			10	
BB Incline			10			10			10			10			8			8	
Machine Incline						8			8			8			8			8	
Chin-ups			max			max			max			max			max			max	
Pulldown			max			max			max			max			max			max	
Push-ups			15			15			15			12			12			12	
			10			12			12			10			10			10	
						10			10						10				
Abs																			
Ankle																			
Low Back																			
Notes/Extra																			

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Name: \_\_\_\_\_

DAY 3		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6		
		Date:			Date:			Date:			Date:			Date:			Date:		
EXERCISE	Seat	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps	Weight	Goal	Reps
Hang Clean ss w/ Seated Box Jump			3			3			3			3			3			3	
			3			3			3			3			3			3	
						3			3						3				
Back Squat			6			6			6			5			5			5	
Front Squat			5			5			5			5			5			5	
Leg Press						5			5						5				
Lunge			8			8			8			8			8			8	
Split Squat			8			8			8			8			6			6	
Leg Ext/Curl									6			6			6				
Hammer/TRX Row			max			max			max			max			max			max	
Pulldown/Chin-Ups			max			max			max			max			max			max	
DB Shoulder Press			10			10			10			10			10			10	
BB Shoulder Press			10			10			10			10			8			8	
						8			8						8				
Abs																			
Ankle																			
Low Back																			
Notes/Extra																			