



NAHS Track & Field 2012-13

Strength Training- Sprints/Jumps/Hurdles/Throws

NUMBER OF SETS: 2-3; **Maximum Times:** Per Station = 1:00; Per Set = 9:00

	Station / Workout	Description	Weight	# Reps / Set
1	Lower Back Workout	Tuck legs under holder and rest stomach on pad. With arms behind head, stretch down and back up.	N/A	10-20
2	Squats (leg press)	On leg press machine do reps with both legs, then do calf raiser both single and double leg	B 200-350 G 150-250	5-8
3	Calf Raisers	On leg press machine do calf raiser - both single and double leg	B 200-350 G 150-250	5-8
4	Roman Chair	Do first set of "knees up" lifting knees just past waist line and alternating side to side; next set can be with both legs straight out at 90 degrees to torso (waist level in front of you)	N/A	10-20
5	Curls	With either a dumbbell in each hand or a barbell with weights on each end rest bar on thigh with arms straight down and lift at elbows until weights come to chest	B 40-80 G 35-60 (total weight)	5-8
6	Bench Press – free wts. or shoulder press machine	Have someone spot you for this. You can bend knees and put feet on bench. Don't raise feet or back off bench. Breathe in on the way down and exhale as you push barbell back up. Use shoulder press machine if you like.	B 95-175 G 55-135	5-8
7	Leg Raisers	On machine next to lower back work out bench, hold bench with hands and put front of ankles under pad. Lift with legs	B 70-165 G 55-120	5-8
8	Romanian Dead Lift (works hamstrings)	Get a barbell and lift it off of the ground, bending over take the barbell to the knees then slowly straighten the back and lift the barbell up to almost waist level	B 80-150 G 40-130	5-8
9	Pullups	On one of the cages with a pull up bar – do chin (or pull) ups. Jump up and grab bar and pull up until your chin reaches the bar.	N/A	5-15

Note: The barbell weights approximately 45 pounds.

The purpose is to build strength and explosiveness. You should be capable of lifting a good amount of weight with a lower amount of reps (eg 5-8) and 2-3 sets. So, weight should be 75-90% of the maximum amount you can lift. We are trying to build muscle strength, not necessarily endurance. While waiting for machines you can do either pushups or sit ups.