

Name: _____

See color assignments for Supersets


All Distance/Endurance

Distance Runners

Distance Swimmers

Distance Sport Off-Season 1


Recommended start weights listed for several exercises on this card are very general - they are meant to offer some support to lifters who are still having trouble guiding their weight selection. For many lifters these weights may be too conservative

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Day 1	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Warm Up	2 & 5 (complete 2x's)	2 & 5 (complete 2x's)	2 & 5 (complete 3x's)	2 & 5 (complete 3x's)	2 & 5 (complete 3x's)	2 & 5 (complete 3x's)	2 & 5 (complete 3x's)
D.B. Bench Press	15 Reps 15 Reps	15 Reps 15 Reps <small>Last few reps are challenging!!</small>	15 Reps 15 Reps <small>increase wt from last wk</small>	18 Reps 18 Reps <small>Same wt from last wk</small>	18 Reps	15 Reps 15 Reps <small>increase wt from last wk</small>	15 Reps
Barbell Bent Over Row	2x12 reps <small>S: 45; M: 55; L:70</small>	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps
I-T Band Roles	1x15 each	2x15 Each	2x15 Each	2x15 Each	2x15 Each	2x15 Each	2x15 Each
Stability Ball Hypers	2x10 reps	2x15 Each	2x15 Each	2x15 Each	2x15 Each	2x15 Each	2x15 Each
Squats	45% (12) 50% (12)	45% (12) 55% (12) 55% (12)	45% (12) 55% (12) 60% (12)	45% (12) 60% (12) 62% (12)	40% (15) 60% (10) 72% (10)	45% (10) 67% (8) 82% (AMRAP)	40% (12) 60% (12) 60% (12)
Hamstring Stretches	1x15 each	2x10 each	2x10 each	2x10 each	2x10 each	2x10 each	2x10 each
Terminal Knee Extensions	1x15 each	2x10 each	2x10 each	2x10 each	2x10 each	2x10 each	2x10 each
Chin Ups	8 Reps	8 Reps	8 Reps	8 Reps	10 Reps	10 Reps	10 Reps
<small>complete all reps with spot if needed</small>	8 Reps	8 Reps	8 Reps	8 Reps	10 Reps	10 Reps	10 Reps
Pilates Style Crunch	2x25 reps	2x25 reps	2x25 reps	2x25 reps	2x25 reps	2x25 reps	2x25 reps
RDL's  <small>use 70% of Squat max to base % assignments</small>	55% (12) 65% (12)	60% (12) 67% (12)	65% (12) 67% (12)	70% (12) 70% (12)	70% (12) 70% (12)	70% (12) 70% (12)	50% (12) 60% (12)
Lateral Raise	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps
Ankle Sequence	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each
Figure 8 <small>(rotator cuff..DVD2)</small>	1x12 each	1x12 each	1x12 each	1x12 each	1x12 each	1x12 each	1x12 each
Chest Fly	15 Reps 15 Reps	15 Reps 15 Reps	15 Reps 15 Reps	15 Reps 15 Reps	15 Reps 15 Reps	15 Reps 15 Reps	15 Reps 15 Reps
<small>Yes - you repeat this exercise</small>	15 Reps	15 Reps	15 Reps	15 Reps	15 Reps	15 Reps	15 Reps
Bosu Blue Irish Jig	2x8 each	2x8 each	2x8 each	2x8 each	2x8 each	2x8 each	2x8 each
Ankle Sequence	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each	1x25 each
Rear Delt Raise on Incline	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps	2x12 reps
Post Lift Injury Prevention							
Flexibility Routine	2x10 reps: AIS Calf and Hamstring (DVD 2)	2x10 reps: AIS Calf and Hamstring	2x10 reps: AIS Calf, Adductor, Hamstring (DVD 2)	2x10 reps: AIS Calf, Adductor, Hamstring	2x10 reps: AIS Calf, Adductor, Hamstring	2x10 reps: AIS Calf, Adductor, Hamstring	2x10 reps: AIS Calf, Adductor, Hamstring
Day 1 Prehab (see next page)	Complete at end of workout	Complete at end of workout	Complete at end of workout	Complete at end of workout	Complete at end of workout	Complete at end of workout	Complete at end of workout

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numbers refer to warmups from Introductory Routine: all athletes do warmup #1, runners complete #2, swimmers #4

Distance Sport Off-Season -- Cycle 1

Day II	Date:			Date:			Date:			Date:			Date:			Date:				
Warm Up	1	2	4	1&6b	2	4	1&6b	2	4	1&6b	2	4	1&6b	2	4	1&6b	2	4		
Bench	50% (10)			50% (10)			55% (8)			62% (8)			55% (8) <i>use new max</i>			55% (10)			55% (12)	
	62% (10)			67% (10)			72% (8)			80% (3)			67% (8)			67% (10)			65% (12)	
	62% (10)			67% (10)			72% (8)			87% (AMRAP)			72% (8)			67% (10)			67% (12)	
Planks on Stab Ball	2 x :40			2 x :40			none			none			none			none			none	
Mixers on Stab Ball	none			none			1 x :30 each way			1 x :30 each way			1 x :30 each way			1 x :30 each way			1 x :30 each way	
Rear Delt Raise on Incline	2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps	
Lunges	10 each	S: 55; M: 75; L: 85		10 each			8 each	increase wt		8 each			8 each	increase wt		10 each	Same weight		12 each	Same weight
	10 each			10 each			8 each	from last wk		8 each			8 each	from last wk		10 each	from last wk		12 each	from last wk
Pullups	2 x 8 reps			2 x 8 reps			2 x 8 reps			2 x 8 reps			2 x 8 reps			2 x 8 reps			2 x 8 reps	
D.B. Incline Press	8 REPS			8 REPS	can you		8 REPS			6 REPS	make sure		6 REPS			6 REPS			6 REPS	
	8 REPS			8 REPS	increase wt?		8 REPS			6 REPS	you increase		6 REPS			6 REPS			6 REPS	
	8 REPS			8 REPS			8 REPS			6 REPS	wt as reps go down		6 REPS			6 REPS			6 REPS	
Lateral raise+Front raise combo	2 x 6 each			2 x 6 each			2 x 6 each			2 x 6 each			2 x 6 each			2 x 6 each			2 x 6 each	
1 leg med ball Pass BosuBlue	1 x 15 each			1 x 15 each			1 x 15 each			1 x 15 each			1 x 15 each			1 x 15 each			1 x 15 each	
Scapular Retraction	2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps			2 x 10 reps	
D.B. 1 Leg Squat	8 each			8 each	can you		6 each	increase wt		8 each	Keep same wt		6 each	increase wt		8 each	Keep same wt		6 each	increase wt
<i>Rear foot on 15"-18" box</i>	8 each			8 each	increase wt?		6 each	from last wk		8 each	from last wk		6 each	from last wk		8 each	from last wk		6 each	from last wk
							6 each						6 each						6 each	
Introductory Warm Up	6a			6b			6b			6a			6a			6b			6b	
IT Band Roles	2 x12 each			2 x12 each			2 x12 each			2 x12 each			2 x12 each			2 x12 each			2 x12 each	
Straight Arm Pulldowns	2 x10 reps			2 x10 reps			2 x10 reps			2 x10 reps			2 x10 reps			2 x10 reps			2 x10 reps	
D.B. Alternating Bent Row	10 each			10 each	can you		10 each			8 each	make sure		8 each			8 each			8 each	
	10 each			10 each	increase wt?		10 each			8 each	you increase		8 each			8 each			8 each	
	10 each			10 each			10 each			8 each	wt as reps go down		8 each			8 each			8 each	
Bicycle Crunch W/ Med Ball (DVD2)	2 x 15 each			2 x 15 each			2 x 15 each			2 x 15 each			2 x 15 each			2 x 15 each			2 x 15 each	
Myofascial Release on foot	2x :40 each			2x :40 each			2x :40 each			2x :40 each			2x :40 each			2x :40 each			2x :40 each	
Doorway stretch	1x6 :05 each			1x6 :05 each			1x6 :05 each			1x6 :05 each			1x6 :05 each			1x6 :05 each			1x6 :05 each	
Day II Prehab (see bottom right)	Complete at end of workout			Complete at end of workout			Complete at end of workout			Complete at end of workout			Complete at end of workout			Complete at end of workout			Complete at end of workout	

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After Completion of this lift card proceed to one of the following options:



A) if you have 19+ weeks til your team's report date, proceed to **DS_2** (embedded in DVD 3)

B) if you have 15,16, 17 or 18 weeks proceed to **DS_2** (embedded in DVD 3) do 2, 3, 4, or 5 weeks from the new card, **then take 2 weeks completely off** before beginning **DS_Pr_1** (found on DVD1)

C) if you are 13-14 weeks out from reporting for preseason, take 1 to 2 weeks **completely off**. Then begin **DS_Pr_1** in conjunction with your coaches assigned training to prepare for preseason

SUCCESS begins with the CONFIDENCE that you are PREPARED for any CHALLENGE that lies ahead

Look at box at bottom left of page to see what you are supposed to do next

Post Lift Injury Prevention (most exercises found on DVD 2)			
Day I	Day II		
Hip Abduction (Balanced)	2x15 each	Terminal Extensions:	2 x 20
Balance on Knees on Stab Ball	2x:30 sec.	Hip Adduction (Balanced)	2x15 each
Hollow Rockers	2x30 reps	1 Leg 18" Box Squats: 	2 x10 each
D.B. Squats on Bosu Blue 	1x15 reps	Pointers (add ankle weights when ready)	2 x 10 each
Shoulder Stabilization on Stab Ball	1x:25 each	Eversion/Inversion:	2x20 each
High Box Step-Ups	2x10 each	Shoulder Supermans	1x20reps