HEHS Girls' Track and Field | Throwers 3 Day Lifting | Name:_____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1	/	/	/	/	/	/	/	/
Squat (Core)	6- (80) 6- (80) 6- (80) 6- (80) 6- (80)	6- (80) 6- (85) 6- (80) 6- (80)	6- (80) 5- (85) 6- (80) 5- (85)	6- (80) 5- (85) 5- (85) 5- (85)	6- (80) 4- (85) 5- (80) 4- (85)	5- (85) 3- (90) 4- (85) 3- (93) 4- (90)	4- (85) 3- (90) 3- (85) 2- (90) 3- (90)	3- (90) 2- (95) 3- (93) 2- (95) 3- (93)
Hamstring Curl	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-
Quad Ext.	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-	8L- 8L- 8R- 8R- 8T- 8T-
Med Ball Lunges	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)	(lengths) (lengths) (lengths)
One Leg Squat on Disc Pillow	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-	10R- 10R- 10L- 10L-
Abs Planks	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)	Middle- (sec) Left- (sec) Right- (sec)

Day 2	/	/	/	/	/	/	/	/
Push Press (Olympic)	6- (60) 6- (60) 6- (60)	6- (60) 6- (60) 6- (60)	6- (65) 5- (70) 5- (70) 5- (70)	5- (65) 5- (75) 5- (70) 5- (70)	5- (70) 4- (80) 5- (75) 4- (80)	4- (70) 4- (80) 4- (75) 4- (80) 4- (75)	4- (70) 3- (85) 4- (75) 3- (80)	3- (80) 3- (85) 3- (80) 3- (85) 3- (80)
Bench Press (Core)	6- (80) 6- (80) 6- (80) 6- (80) 6- (80)	6- (80) 6- (85) 6- (80) 6- (80)	6- (80) 5- (85) 6- (80) 5- (85)	6- (80) 5- (85) 5- (85) 5- (85)	6- (80) 4- (85) 5- (80) 4- (85)	5- (85) 3- (90) 4- (85) 3- (93) 4- (90)	4- (85) 3- (90) 3- (85) 2- (90) 3- (90)	3- (90) 2- (95) 3- (93) 2- (95) 3- (93)
Pull-Ups Asst.	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-
Dips Asst.	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-
Med Ball Laying Tosses	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-
Abs with Med Ball	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-	Crunches- Twists-

HEHS Girls' Track and Field | Throwers 3 Day Lifting | Name:_____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 3	/	/	/	/	/	/	/	/
Hang Clean (Olympic)	6- (60) 6- (60) 6- (60)	6- (60) 6- (60) 6- (60)	6- (65) 5- (70) 5- (70) 5- (70)	5- (65) 5- (75) 5- (70) 5- (70)	5- (70) 4- (80) 5- (75) 4- (80)	4- (70) 4- (80) 4- (75) 4- (80) 4- (75)	4- (70) 3- (85) 4- (75) 3- (80)	3- (80) 3- (85) 3- (80) 3- (85) 3- (80)
Incline Bench (Core)	6- (80) 6- (80) 6- (80) 6- (80) 6- (80)	6- (80) 6- (85) 6- (80) 6- (80)	6- (80) 5- (85) 6- (80) 5- (85)	6- (80) 5- (85) 5- (85) 5- (85)	6- (80) 4- (85) 5- (80) 4- (85)	5- (85) 3- (90) 4- (85) 3- (93) 4- (90)	4- (85) 3- (90) 3- (85) 2- (90) 3- (90)	3- (90) 2- (95) 3- (93) 2- (95) 3- (93)
Lat Rows	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-	8- 8- 8-
Heavy Bag Punches	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)	(seconds) (seconds) (seconds)
Med Ball Toe/Hip Tosses	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-	10- 10- 10-
Abs Crunches	20- 20- 20-	20- 20- 20-	20- 20- 20-	20- 20- 20-	20- 20- 20-	20- 20- 20-	20- 20- 20-	20- 20- 20-