

Track & Field

Sprinter Lifting

Session 1

Olympic Lifts

Parallel Squat

Bench Press

Power Clean

Auxiliary Lifts (2x10)

Military Press

Lat Pull Downs

Bent-Over-Row

Dumbbell Tri-Set

Curls + Lunges

Core

Crunches

Bent-Leg Knee Raise

Oblique V-Up

Prone Hold

Back Extensions

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Session 2

Olympic Lifts

Squat Variation

Bench Variation

Hex Bar

Auxiliary Lifts (2x10)

Leg Curl

Leg Extension

Pull-Ups + Dips (2x Max)

Calf Raises

Tricep Pushdown

Core

Cross-Knee Crunches

Pulse Up

Metronome

Side Prone Holds

Back Extension