

# Boys Winter Track and Field Lifting

## Beginning of Season to the End of Winter Break

### Lifting Day 1:

10-8-6-5-5 Squats - In Between each squat set, complete 10 barbell pullups

4 x 5 DB Clean and Press

3 x Chin Up to fatigue - In between each chin up set, complete 10 plank to pushup

3 x 10 Lunge Jump - 1 set is 5 left and 5 right, 10 total

3 x 10 Leg Raises

### Lifting Day 2:

10-8-6-5-5 Bench Press

4 x 5 DB Snatch

3 x 10 Bent over Row - In between each row set, complete 5 jump squats

3 x 5 Explosive pushups

3 x 5 Back Hyperextensions

### Lifting Day 3:

10-8-6-5-5 Deadlift

4 x 5 Lat Pull down

3 x 10 Shoulder Circuit with light weights (up in front, out to sides, back to front, down)

3 x 5 reps on stairs with weights, running

### Lifting Day 4

10-8-6-5-5 Hang Clean

4 x 5 Barbell Shrug

3 x 10 leg lifts

3 x 15 Box Jump

3 x 8 Tricep Dlp