



2014 Summer Strength Development Program



Hello Track Team,

Welcome to another off-season of conditioning and strength training. As you know the sport of track is a very explosive and speed driven. Every year athletes are becoming stronger, and faster. With faster and stronger athletes as your competition you as an intercollegiate athlete you must be prepared. The importance of coming into the fall in the best shape possible is at the utmost priority. By coming into the fall season out of shape you are already behind your competition that has been training for the whole summer. This is what separates the good teams from the mediocre ones. Championship teams and all-Americans come into the season in shape and only improve from then on. Average athletes come into the season out of shape and are always trying to catch up with the winning teams the whole season. Remember you must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for track is critical for the prevention of injuries. The following program will help get you stronger, faster and in shape for the upcoming season and with a little luck will keep you injury free. Remember you can't help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and work hard, good luck and enjoy your time off.

The best teams are in the best shape because they put in the preparation. Any questions I can be reached at 512-799-6472 or email Leevmccormick@yahoo.com

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Strength & Conditioning Coach

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Huston-Tillotson University
Sprinter Summer Phase I
3 DAY SPLIT
June 2nd -July 6th

Day 1, Monday

1. T-Swing Push-ups
2. Lat Pulldowns, 60% of body weight
3. Clean High Pulls w/Bar only!
4. Hang Clean w/Bar only!
5. 1 Arm DB Row, (15-30lbs.)
6. DB Bench Press, 12-15lbs (on strength ball)
7. Rev hypers (on strength ball)
8. Strength ball push-ups (feet on ball)
9. Bench Dips
10. Rollouts

Tuesday- Swimming 25 min.

Day 2, Wednesday

11. MB Kneeling Wood chops, (10-12lbs.)
12. DB Lunge w/Press, (10-15lbs.)
13. Jump Rope (50 rotations)
14. BB Overhead Squats (F-Bar)
15. Kettlebell Swing & Squats, holding (12-20lbs.)
16. Kettlebell catch (10-15lbs.)
17. MB Step-ups, (10-12lbs.)
18. Sit-up w/overhead Twist, (sand bag 10-12lbs.)
19. Clap Push ups

Thursday- Swimming 25 min.

Day 3, Friday-

20. Leg curls w/strength ball
21. Leg raises w/strength ball
22. Knee tucks w/strength ball
23. Bicycle
24. DB side raises (5lbs.)
25. DB front raises (5lbs.)
26. Seated rows (50% of body wt.)
27. Strength ball Rev. hypers
28. MB push-ups
29. Jumping Jacks
30. Ball exchange w/strength ball

****Each exercise should be done in 3 sets 15 reps. Two minute recovery, after each circuit.**



Huston-Tillotson University
Sprinter Summer Phase II
3 DAY SPLIT
July 7th –August 15th

Monday: Speed/Plyos: Jump Rope 300 rotations

DB 1 arm Row,	3x 8ea.
MB Wall Throws,	3x 10 each side
DB Power Jerk, 20-25lbs,	3x 8
Push ups	3x 15
DB Curl & Press 15-30lbs,	3x 8
DB Power Shrug	3x15, your choice of weight
DB Lunges	3x8ea leg
Strength Ball Hypers	3x12
MB sit-ups	3x20

Tuesday: Swimming 25min

Wednesday: Med ball Wall Throws:

(Side, Reverse, Overhead)	3x 10ea. side
Barbell Warm-up x5	
DB 1 arm Hang Snatch,	4x 6, 20-25lbs
Back Squat Body weight	4x 12
DB Front Squat	3x 10
Incline Bench Press 3x 10 60%, or DB Incline Pause 3x8	
Glut Hams Raises	3x 12
Lat Pull Down	3x10 (reverse grip)
MB Russian Twist 4x20	

Thursday: Swimming 25 min.

Friday:

Jump Rope 300 Rotations	
Barbell Warm-up x5	
DB Over Lunge,	3x 8ea 10-15lbs
DB Step-ups,	3x 8 20-25lbs
DB Squat Jumps,	3x 6, 12-15lbs
Dips	3x10
Finger Tip Push-ups,	3x 10
DB Good Mornings	3x5 25/40lbs.
DB Curls	3x 10
Leg Raises 3x20	

Barbell Warmup

- 1) Muscle Snatch - medium grip
- 2) Upright Row (UR) - let it down slower than brought up
- 3) Overhead Squat
- 4) Back Squat to Push Press – Pop hips @ top
- 5) Bent Over Row (BOR) – flat back/ elbow up + forward
- 6) Barbell Overhead Lunges - - 2 x 8ea.



CORE WORK

At the base of every good track athlete there is a solid foundation in the mid-section. Without a strong midsection the transition of power from your hips to your arms may not be as effective thus reducing your jumping power and speed control. Core work can be done at any time during the workout. Preferably it should be done after the workout. Core work can be done every day of the week but a minimum of three days is optimal for core strengthening. Below is the core strengthening workout that will aid in developing your mid-section.

Core Workout:

1. Crunches x50
2. Leg Lifts x30
3. Superman's x20
4. Planks x 1 min, 2x
5. Bridges x 1 min, 2x
6. V-Sit Twists x25 2x

Core Work Explanation

Crunches – Lying flat on your back on a padded surface. Bend your knees keeping your feet flat on the floor and bring them close to your butt. Place your hands either across your chest or behind your head. At that point contract your abdominal muscle so you are bringing your chest towards your knees. Make sure you rise up enough that your shoulder blades come up off the ground. Once you feel them come up off the ground return to your starting position and repeat for the desired number of repetitions. Exhale on the contraction portion of the exercise and inhale when you return to the starting position.

Leg Lifts – Lying flat on your back on a padded surface. Place your hands under your butt, elbows out so the small of your back is pressed against the floor, head up shoulder blades off the floor. Then extend your legs straight out, heels resting on the floor. Use the muscles of your lower AB's to raise your legs until they are perpendicular to the body. Then lower the legs in a controlled motion and repeat for the desired number of repetitions.

Superman's – Lie facedown flat on the floor, leaving your arms at your side. Slowly raise your chest and feet off the floor as high as you comfortably can. Hold for two seconds and come back to the floor slowly and repeat for the desired number of repetitions.

Bridges Core Stabilization – Lie on the floor (on your back) hands at your sides. Push with your feet and shoulder blades to lift your butt off the ground and make a shoulder bridge. Your back should not be overly arched but in a flat neutral position. Hold this position for the desired amount of time.

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Planks- Lie face down on the floor. Position your elbows at your sides with arms bent. Rise up on your forearms so that the only thing touching the floor is your toes and your forearms. Keep your body in a fairly rigid position keeping the butt down. You should look like a flat board from the side not an A frame. Hold for the desired amount of time. A towel or cushion under the arms will aid in the pressure from a hard floor.

V-Sit Twists – Lie flat on your back, legs extended straight (knees unlocked), heels resting on floor, arms extended overhead. Use AB's to simultaneously raise your torso and legs together so you are in a V position balancing on your butt. Rotate your torso to the right and touch the floor beside you while still balancing with your torso and feet in the air. Once you touch one side immediately repeat to the other side. Once you complete both sides that is two repetitions.

Pillar Bridges

To create pillar (shoulder/core/hip) stability and strength

Pillar Bridge (Prone) and Progressions

#1- Prone with leg action and hip flexion

#2- Prone with alternate opposite

#3- Straight arm pillar (Prone)

#4- Straight arm pillars with leg action

Right and Left Pillar Bridge and Progressions

#5- Right and pillar with leg action

#6- Right and left straight arm pillar

#7- Right and left straight arm pillar with leg action