

STACK

Track/Running Summer Workout

Week 1: Day 1



Sponsored by:

sound mind, sound body

Week 1: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Hang Snatch	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	Bar at mid-thigh
Front Squat	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/10	/10	/10					Each leg
Squat Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 1: Day 2



Sponsored by:

sound mind, sound body

Week 1: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Hang Clean	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	Bar at mid-thigh
DB Bench	/10@50%	/10@60%	/10@65%	/10@65%	/10@65%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3					
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 1: Day 3



Sponsored by:

sound mind, sound body

Week 1: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Hang Snatch	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	Bar above knee
Back Squat	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 1: Day 4



Sponsored by:

sound mind, sound body

Week 1: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Hang Clean	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	Bar above knee
Incline Press	/10@50%	/10@60%	/10@65%	/10@65%	/10@65%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 2: Day 1

Sponsored by:



sound mind, sound body

Week 2: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Hang Snatch	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	Bar below knee
Front Squat	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/8	/8	/8					Each leg
Hurdle Hops	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 2: Day 2



Sponsored by:

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Week 2: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Hang Clean	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	Bar below knee
DB Bench	/10@55%	/8@65%	/8@70%	/8@70%	/8@70%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 2: Day 3

Sponsored by:



sound mind, sound body

Week 2: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Snatch from Platform	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Back Squat	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 2: Day 4



Sponsored by:

sound mind, sound body

Week 2: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean from Platform	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Incline Press	/10@55%	/8@65%	/8@70%	/8@70%	/8@70%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 3: Day 1



Sponsored by:

sound mind, sound body

Week 3: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Split Snatch	/5@55%	/4@65%	/3@75%	/3@75%	/3@75%			
Back Squat	/5@55%	/4@65%	/3@70%	/3@70%	/3@70%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/6	/6	/6					Each leg
Box Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 3: Day 2



Sponsored by:

sound mind, sound body

Week 3: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Clean and Jerk	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%			
DB Bench	/10@55%	/8@65%	/6@75%	/6@75%	/6@75%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 3: Day 3



Sponsored by:

sound mind, sound body

Week 3: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
DB Snatch	/5	/4	/3	/3	/3			
Bar Lunges	/5	/4	/3	/3	/3	/3		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 3: Day 4



Sponsored by:

sound mind, sound body

Week 3: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Block Cleans	/5@55%	/4@65%	/3@75%	/3@75%	/3@75%			
DB Incline Press	/10@55%	/8@65%	/6@75%	/6@75%	/6@75%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 4: Day 1



Sponsored by:

sound mind, sound body

Week 4: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Snatch	/5@65%	/4@75%	/2@85%	/2@85%	/2@85%	/2@85%	/2@85%	
Back Squat	/5@65%	/4@75%	/2@85%	/2@85%	/2@85%	/2@85%	/2@85%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/4	/4	/4					Each leg
Double Box Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 4: Day 2



Sponsored by:

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Week 4: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean	/5@65%	/4@75%	/2@85%	/2@85%	/2@85%			
DB Bench	/8@65%	/6@75%	/3@85%	/3@85%	/3@85%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 4: Day 3



Sponsored by:

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Week 4: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Hang Snatch	/5@65%	/4@75%	/2@80%	/2@80%	/2@80%			
Bar Lunges	/5	/4	/2	/2	/2	/2		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/8	/8	/8					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 4: Day 4



Sponsored by:

sound mind, sound body

Week 4: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Block Cleans	/5@65%	/4@75%	/2@80%	/2@80%	/2@80%			
DB Incline Press	/8@65%	/6@75%	/3@80%	/3@80%	/3@80%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 5: Rest Week

Sponsored by:



STACK

Track/Running Summer Workout

Week 6: Day 1



Sponsored by:

sound mind, sound body

Week 6: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Snatch	/5@50%	/5@60%	/5@70%	/5@70%	/5@70%	/5@70%	/5@70%	
Back Squat	/5@50%	/5@60%	/5@70%	/5@70%	/5@70%	/5@70%	/5@70%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/10	/10	/10					Each leg
Squat Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

Track/Running Summer Workout

Sponsored by:

Week 6: Day 2

Week 6: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean	/5@50%	/5@60%	/5@70%	/5@70%	/5@70%	/5@70%	/5@70%	
Bench Press	/10@50%	/10@60%	/10@70%	/10@70%	/10@70%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 6: Day 3



Sponsored by:

sound mind, sound body

Week 6: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Split Snatch	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	
Front Squat	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 6: Day 4



Sponsored by:

sound mind, sound body

Week 6: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Clean and Jerk	/5@50%	/5@60%	/5@65%	/5@65%	/5@65%	/5@65%	/5@65%	
DB Incline Press	/10@50%	/10@60%	/10@65%	/10@65%	/10@65%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 7: Day 2



Sponsored by:

sound mind, sound body

Week 7: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean	/5@55%	/4@65%	/4@75%	/4@75%	/4@75%	/4@75%	/4@75%	
Bench Press	/10@55%	/8@65%	/8@75%	/8@75%	/8@75%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 7: Day 3

Sponsored by:



sound mind, sound body

Week 7: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Split Snatch	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Front Squat	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 7: Day 4



Sponsored by:

sound mind, sound body

Week 7: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Clean and Jerk	/5@55%	/4@65%	/4@70%	/4@70%	/4@70%	/4@70%	/4@70%	
DB Incline Press	/10@55%	/8@65%	/8@70%	/8@70%	/8@70%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 8: Day 1

Sponsored by:



sound mind, sound body

Week 8: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Snatch	/5@55%	/4@65%	/3@75%	/2@85%	/2@85%	/2@85%		
Back Squat	/5@55%	/4@65%	/3@75%	/2@85%	/2@85%	/2@85%		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/6	/6	/6					Each leg
Box Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 8: Day 2



Sponsored by:

sound mind, sound body

Week 8: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean	/5@55%	/4@65%	/3@75%	/2@85%	/2@85%	/2@85%		
Bench Press	/10@55%	/5@65%	/3@75%	/2@85%	/2@85%	/2@85%		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 8: Day 3



Sponsored by:

sound mind, sound body

Week 8: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
DB Snatch	/5	/4	/3	/2	/2	/2		
Bar Lunges	/5	/4	/2	/2	/2	/2		Each leg
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/10	/10	/10					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 8: Day 4



Sponsored by:

sound mind, sound body

Week 8: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Block Cleans	/5@55%	/4@65%	/3@75%	/2@80%	/2@80%	/2@80%		
DB Incline Press	/10@55%	/5@65%	/3@80%	/3@80%	/3@80%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						

STACK

Track/Running Summer Workout

Week 9: Day 1



Sponsored by:

sound mind, sound body

Week 9: Day 1								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Snatch	/5@55%	/4@65%	/3@75%	/2@85%	/1@95%	/1@95%		
Back Squat	/5@55%	/4@65%	/3@75%	/2@85%	/1@95%	/1@95%		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Lunges	/4	/4	/4					Each leg
Double Box Jumps	/10	/10	/10	/10				
Abs with Barbell	/15	/15	/15					
Abs with Pulley	/12	/12						

STACK

Track/Running Summer Workout

Week 9: Day 2



Sponsored by:

sound mind, sound body

Week 9: Day 2								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Power Clean	/5@55%	/4@65%	/3@75%	/2@85%	/1@95%	/1@95%		
Bench Press	/10@55%	/5@65%	/3@75%	/2@85%	/1@95%	/1@95%		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
EZ Bar Pullovers	/10	/10	/10					
DB Shoulder Complex	/10	/10						
Glute-Ham Raise	/10	/10	/10					
Med Ball Rotational Pass	/20	/20						
Med Ball Sit-Ups	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 9: Day 3



Sponsored by:

sound mind, sound body

Week 9: Day 3								Notes
Jump Rope								
Exercise	Set 1	Set 2						
DB Lunges	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Overhead Squat	/10	/8	/6					Set 1 with bar; set 2 with bar and clips; set 3 with 35 kg
Split Snatch	/5@55%	/4@65%	/3@75%	/2@85%	/1@90%	/1@90%		
Bar Lunges	/5	/4	/2	/2	/2	/2		
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
DB Step-Up	/8	/8	/8					Each leg
Box Jumps	/10	/10	/10	/10				
Ab Wheel	/10	/10	/10					
Sit-Up Board with Med Ball	/20	/20	/20					

STACK

Track/Running Summer Workout

Week 9: Day 4



Sponsored by:

sound mind, sound body

Week 9: Day 4								Notes
Jump Rope								
Exercise	Set 1	Set 2						
Double-Jump	/50	/50						
Alternate	/50	/50						
Jumping Jack	/50	/50						
Lunge	/50	/50						
Side-to-Side	/50	/50						
High Knees	/50							
Sprint	/50							
Dynamic Stretch								
Exercise	Set 1							
Knee Hugs	/20 yards							
Lunge Walk	/20 yards							
Side Lunge	/20 yards							
Toe Touch & Kick	/20 yards							
Quad Stretch & Reach	/20 yards							
Hip Stretch	/20 yards							
Spiderman Crawl	/20 yards							
Hurdles								
Exercise	Set 1							
Step-Over One Step	/10 yards							
Step-Over Right Side	/10 yards							
Step-Over Left Side	/10 yards							
Shuffle Under	/10 yards							
Strength								
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	
Bar Warm-Up	/10	/10	/10					
Block Cleans	/5@55%	/4@65%	/3@75%	/2@85%	/1@90%	/1@90%		
DB Incline Press	/10@55%	/5@65%	/3@80%	/1@90%	/1@90%			
Auxiliary Lifts								
Exercise	Set 1	Set 2	Set 3	Set 4				
Pull-Ups	/10	/10	/10					
Dips	/10	/10						
DB Single-Leg RDL	/10	/10						Each leg
Med Ball Rotation Passes on Physioball	/20	/20						Each direction
Med Ball Sit-Ups on Physioball	/20	/20	/20					
Shoulder Tubing Routine	/10	/10						