



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
TRACK
and
FIELD

second edition



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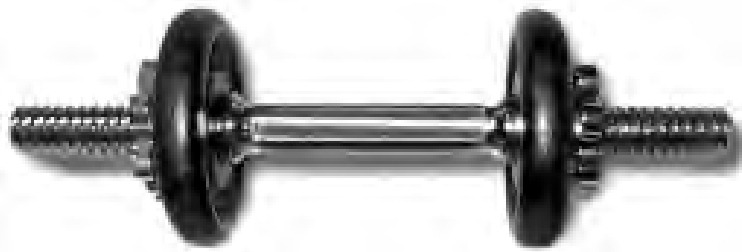
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Part I



Track and Field Specific Training

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Track and Field*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round track and field-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

Athletes today train with weights much more frequently than in previous generations. Because of this, they are stronger and quicker on average than they have ever been in the history of the sport. Undisciplined weight training, however, will not help track and field athletes in their events. Improper training can cause athletes to become too bulky and stiff to remain quick, powerful, and effective. Track and field-specific weight training is the only way to get the results you are looking for, and this book provides you with exactly that.

The true importance of this book lies in the track and field-specific programs. They were created for one reason and one reason only; to improve your track and field potential. They do this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for your event. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with size and strength as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential.

Variation is one of the keys to a great workout program. The most important reason to vary your routines is so you can continue making progress and gains. Your body will eventually adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training look in *The Declaration of Variation*.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

It cannot be stressed enough that during the off-season, you must supplement your weight-training activities with some sort of track & field-specific activities to keep your body in proper shape. You must continue to practice your skills throughout the off-season to help keep your body loose and ready to for the next season.

STRENGTH TRAINING

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained.

Compound Exercises: Each program contains many compound exercises, that is, an exercise (such as squats, bench presses, and lat pull downs) that trains

SPRINT STRENGTH

With strength imbalances addressed and base strength developed, we focus on ways to turn strength into speed. We use plyometrics to help make the transition from base strength to sprint strength in conjunction with targeted weight training, mostly using Olympic lifts.

We have a very structured plyometric program, aimed at getting muscles strong and ready to handle the speed work on the track. Plyometric work usually begins in January and increases in intensity very gradually. We increase the number of touches per session week-by-week rather than jumping into heavy work immediately.

To decrease the risk of injury, we perform many of our plyometric workouts on soft surfaces, such as a synthetic track or dry grass. We emphasize to the athletes the importance of landing on their full foot, not just their toes, and make sure they have plenty of recovery time with a typical work-to-rest ratio of one to five. Typically, we have one plyometric session every four days.

Table One (below) lists some sample plyometric routines that we have used early in the training schedule for athletes who have attained a sufficient base of strength. The number of sets and reps will increase as we progress through the schedule and will be adjusted for individual athletes.

While much of the focus for sprinters is on the lower body and core, it is important to also work on the upper body. If we can make their arms and torso stronger, athletes can move them with more efficiency and relative speed to the lower body and in turn increase sprint performance. This is especially important for female runners who generally do not have the same upper-body strength as males.

RUNNING WORK

When prescribing running workouts for our sprinters, we follow a simple rule—sprinters need to sprint. Sometimes, younger sprinters will tell us they want to run cross country to help them prepare for the track season. It is their decision to make, but our philosophy is that if you train slow, you will run slow.

Although most of these athletes are correct in thinking they have to establish a strong base for the track season, we feel there are much better ways for sprinters to do this than by running cross country. Instead of having them run four or five miles to improve their aerobic base, we have them run 20 to 30 minutes Fartlek style. This is a form of interval training where athletes will sprint, jog, and walk for a specific time or distance.

For example, after warming up they may sprint for 30 seconds, jog for 30 seconds, and walk for one minute. This pattern is then repeated until they reach their desired time. This trains the athlete to run fast at the same time they are building their appropriate speed endurance levels.

Here is an example of running workouts we might use early in the indoor season. Of course the exact workout will vary based on the athlete's fitness level and experience. We begin each workout with a 10-minute jog followed by running drills and dynamic stretching.

Monday: Three sets of three reps of 100-meter form running at 80 percent of max with 15 seconds between each 100 meters and three minutes between each set.

Tuesday: Circuit (below).

Wednesday: 20 to 30 minutes of Fartlek running, with sprint times ranging from 10 seconds to one minute. Athletes should be jogging or walking when not sprinting.

Thursday: Swimming or games, such as water polo, ultimate Frisbee or angle ball after warm up. The goal is to give the legs a chance to recover while still keeping the athletes active.

Friday: Three sets of two reps of 150 meters with each 50 meters getting faster (75 percent, 85 percent, 95 percent). These also provide an opportunity for sprinters to work on running relaxed.