

# Iron Warhawk Weight Training Schedule

## Monday & Wednesday

TRACK & FIELD

NAME:

LIMITATIONS:

MONDAY	CLEAN				JERK				B. SQUAT				BENCH				WEDNESDAY	SNATCH				FR. SQUAT				INCL BENCH				FB BENCH															
	WEEK 1				WEEK 2				WEEK 3				WEEK 4					WEEK 1				WEEK 2				WEEK 3				WEEK 4															
	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT		PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT				
CLEAN AND JERK	50% 1 x 5	60% 3 x 4			50% 1 x 5	65% 3 x 4			55% 1 x 5	70% 3 x 3			60% 1 x 5	75% 3 x 3			PUSH JERK / SPLIT JERK	50% 1 x 4	65% 3 x 5			50% 1 x 4	70% 3 x 4			60% 1 x 4	75% 3 x 3			60% 1 x 4	80% 3 x 3														
2 min RECOVERY			17				17				14				14		2 min RECOVERY			15				12				9				9													
BACK SQUAT TEMPO = 3 - 0 - X	50% 1 x 5	65% 1 x 5	80% 4 x 3		50% 1 x 5	65% 1 x 5	80% 4 x 4		50% 1 x 5	65% 1 x 5	80% 4 x 5		50% 1 x 5	65% 1 x 5	75% 1 x 5	85% 3 x 5	STEP-UP THIGH SHOULD BE PARALLEL TO FLOOR	60% 3 x 8				65% 3 x 8				70% 3 x 8				75% 3 x 8															
2 min RECOVERY			22				26				30				30		1.5 min RECOVERY			24				24				24				24													
INCLINE DB PRESS TEMPO = 2 - 1 - 1 ON SWISS BALL IF POSSIBLE	60% 3 x 10				60% 3 x 12				60% 3 x 15				60% 3 x 15				BEHIND NECK PRESS	50% 1 x 8	60% 3 x 10			50% 1 x 8	65% 3 x 10			50% 1 x 8	70% 3 x 8			50% 1 x 8	75% 3 x 8														
2 min RECOVERY			30				36				45				45		2 min RECOVERY			30				30				24				24													
BENT-OVER ROW	60% 3 x 10				65% 3 x 10				70% 3 x 8				75% 3 x 8				ROMANIAN DEAD LIFT	60% 3 x 8				65% 3 x 8				70% 3 x 6				75% 3 x 5															
1.5 min RECOVERY			30				30				24				24		1.5 min RECOVERY			24				24				18				15													
BACK EXTENSION WITH WEIGHT	MD 3 x 10				MD 3 x 10				MD 3 x 10				MD 3 x 10				ROT CUFF/ DELT ROUTINE DB SHOULDER PRESS LATERAL RAISE LYING FLY STANDING "L" FLY	MD 2 x 8	MD 2 x 8			MD 2 x 8	MD 2 x 8			MD 2 x 8	MD 2 x 8			MD 2 x 8	MD 2 x 8			MD 2 x 8	MD 2 x 8										
1.5 min RECOVERY			30				30				30				30		0.5 min RECOVERY																												
ABS ROUTINE I KNEE RAISE FIGURE 8 SIDE JACKKNIFE LATERAL LEG RAISE TOE TOUCH V-UP DOUBLE CRUNCH	1 x 15	1 x 15	1 x 20	1 x 10	1 x 30	1 x 20	1 x 20	1 x 15	1 x 15	1 x 20	1 x 10	1 x 30	1 x 20	1 x 20	TRUNK STABILIZATION PRONE LEFT SIDE RIGHT SIDE SUPINE BRIDGE BRIDGE - L LEG EXT BRIDGE - R LEG EXT	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 60 s	1 x 60 s	1 x 60 s	1 x 60 s						
FLEXIBILITY WORK BACK / SHOULDERS			10:00				10:00				10:00				10:00		FLEXIBILITY WORK BACK / SHOULDERS			10:00				10:00				10:00				10:00				10:00									

BODY WEIGHT: \_\_\_\_\_

BODY WEIGHT: \_\_\_\_\_

NOTES:

# Iron Warhawk Weight Training Schedule

## Friday

NAME: \_\_\_\_\_

LIMITATIONS: \_\_\_\_\_

TRACK & FIELD

FRIDAY	CLEAN				JERK				B. SQUAT				BENCH				THURSDAY	SNATCH				FR. SQUAT				INCL BENCH				FB BENCH											
	WEEK 1				WEEK 2				WEEK 3				WEEK 4					WEEK 1				WEEK 2				WEEK 3				WEEK 4											
	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT		PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT
SQUAT CLEAN	50% 1 x 4	65% 3 x 5	50% 1 x 4	70% 3 x 4	60% 1 x 4	75% 3 x 3	60% 1 x 4	80% 3 x 3																																	
2 min RECOVERY	15				12				9				9																												
BENCH PRESS TEMPO = 3 - 0 - X	50% 1 x 5	65% 1 x 5	80% 4 x 3	50% 1 x 5	65% 1 x 5	80% 4 x 4	50% 1 x 5	65% 1 x 5	80% 4 x 5	50% 1 x 5	65% 1 x 5	75% 1 x 5	85% 3 x 5																												
2 min RECOVERY	17				21				25				25																												
BENT-LEG DEAD LIFT	50% 1 x 5	65% 4 x 6	50% 1 x 5	70% 4 x 5	60% 1 x 5	75% 4 x 4	60% 1 x 5	80% 4 x 3																																	
2 min RECOVERY	24				20				0.6 16				12																												
FRONT SQUAT	50% 1 x 5	65% 3 x 6	50% 1 x 5	70% 3 x 5	60% 1 x 5	75% 3 x 4	60% 1 x 5	80% 3 x 3																																	
1.5 min RECOVERY	18				15				12				9																												
GLUTE-HAM RAISE	4 x 10				4 x 10				4 x 10				4 x 10																												
1 min RECOVERY	40				40				40				40																												
ABS ROUTINE II																																									
LEG RAISE/HIP RAISE	1 x 15				1 x 15				1 x 15				1 x 15																												
SCISSORS	1 x 15				1 x 15				1 x 15				1 x 15																												
SIDE LEG RAISE	1 x 20				1 x 20				1 x 20				1 x 20																												
CROSSOVER	1 x 20				1 x 20				1 x 20				1 x 20																												
CRUNCH	1 x 30				1 x 30				1 x 30				1 x 30																												
3-WAY CRUNCH	1 x 20				1 x 20				1 x 20				1 x 20																												
SPRINTER'S SIT-UP	1 x 30				1 x 30				1 x 30				1 x 30																												
FLEXIBILITY WORK LEGS / HIPS	10:00				10:00				10:00				10:00																												

BODY WEIGHT: \_\_\_\_\_

BODY WEIGHT: \_\_\_\_\_

NOTES:

# Iron Warhawk Weight Training Schedule

## Monday & Wednesday

NAME: \_\_\_\_\_

LIMITATIONS: \_\_\_\_\_

TRACK & FIELD

MONDAY	CLEAN				JERK				B. SQUAT				BENCH				WEDNESDAY	SNATCH				FR. SQUAT				INCL BENCH				FB BENCH																	
	WEEK 5				WEEK 6				WEEK 7				WEEK 8					WEEK 5				WEEK 6				WEEK 7				WEEK 8																	
	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT		PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT						
	OFFSEASON II PHASE II				OFFSEASON II PHASE II				OFFSEASON II PHASE II				OFFSEASON II PHASE II					OFFSEASON II PHASE II				OFFSEASON II PHASE II				OFFSEASON II PHASE II				OFFSEASON II PHASE II																	
CLEAN & JERK USE SPLIT JERK	50% 1 x 5	65% 1 x 4	75% 2 x 3	50% 1 x 5	65% 1 x 4	75% 2 x 3	50% 1 x 5	70% 1 x 4	80% 2 x 2	50% 1 x 5	70% 1 x 4	80% 2 x 2	POWER SNATCH + OVERHEAD SQUAT	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5	MD 4 x 5														
2 min RECOVERY	10				10				8				8				1.5 min RECOVERY	20				20				20				20																	
BACK SQUAT TEMPO = 3 - 0 - X	50% 1 x 5	65% 1 x 4	75% 1 x 3	85% 2 x 5	50% 1 x 5	65% 1 x 4	80% 1 x 2	90% 2 x 4	60% 1 x 5	75% 1 x 3	85% 1 x 1	95% 2 x 3	50% 1 x 5	65% 1 x 4	80% 1 x 3	90% 1 x 1	100% 2 x 2	PUSH JERK	50% 1 x 5	65% 1 x 5	75% 1 x 3	85% 2 x 2	50% 1 x 5	60% 1 x 5	70% 1 x 3	80% 1 x 1	90% 2 x 1	50% 1 x 5	65% 1 x 5	75% 1 x 3	85% 1 x 1	95% 2 x 1	50% 1 x 5	65% 1 x 5	75% 1 x 3	80% 1 x 3	85% 1 x 1	93% 1 x 1	100% 2 x 1								
2 min RECOVERY	22				19				15				17				3 min RECOVERY	12				11				11				11																	
DB FLOOR PRESS TEMPO = 2 - 1 - 1	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	80% 3 x AMP	STEP-UP USE BOX THAT PLACES THIGH BELOW PARALLEL	75% 3 x 6	80% 3 x 6	83% 3 x 5	85% 3 x 5	75% 3 x 6	80% 3 x 6	83% 3 x 5	85% 3 x 5	75% 3 x 6	80% 3 x 6	83% 3 x 5	85% 3 x 5	75% 3 x 6	80% 3 x 6	83% 3 x 5	85% 3 x 5	75% 3 x 6	80% 3 x 6	83% 3 x 5	85% 3 x 5														
1 min RECOVERY	18				18				15				15				1 min RECOVERY	18				18				15				15																	
DB ROW	70% 3 x 10	75% 3 x 10	78% 3 x 8	80% 3 x 8	70% 3 x 10	75% 3 x 10	78% 3 x 8	80% 3 x 8	70% 3 x 10	75% 3 x 10	78% 3 x 8	80% 3 x 8	SEATED GOOD MORNING	60% 1 x 6	75% 3 x 6	60% 1 x 6	80% 3 x 6	60% 1 x 6	85% 3 x 5	60% 1 x 6	85% 3 x 5	60% 1 x 6	75% 3 x 6	60% 1 x 6	80% 3 x 6	60% 1 x 6	85% 3 x 5	60% 1 x 6	75% 3 x 6	60% 1 x 6	80% 3 x 6	60% 1 x 6	85% 3 x 5	60% 1 x 6	75% 3 x 6	60% 1 x 6	80% 3 x 6	60% 1 x 6	85% 3 x 5								
1 min RECOVERY	30				30				24				24				1 min RECOVERY	24				24				21				21																	
BACK EXTENSION WITH WEIGHT	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	MD 3 x 12	ROT CUFF/ DELT ROUTINE PLATE RAISE BENT-OVER RAISE LYING FLY LYING "L" FLY	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8	MD 2 x 8
1.5 min RECOVERY	36				36				36				36				0.5 min RECOVERY	36				36				36				36																	
ABS ROUTINE I KNEE RAISE FIGURE 8 SIDE JACKKNIFE LATERAL LEG RAISE TOE TOUCH V-UP DOUBLE CRUNCH	1 x 15	1 x 15	1 x 10	1 x 30	1 x 20	1 x 20	1 x 20	1 x 15	1 x 15	1 x 20	1 x 30	1 x 20	TRUNK STABILIZATION PRONE LEFT SIDE RIGHT SIDE SUPINE BRIDGE BRIDGE - L LEG EXT BRIDGE - R LEG EXT	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	1 x 45 s	
FLEXIBILITY WORK LEGS / HIPS	10:00				10:00				10:00				10:00				FLEXIBILITY WORK LEGS / HIPS	10:00				10:00				10:00				10:00																	

BODY WEIGHT: \_\_\_\_\_ BODY WEIGHT: \_\_\_\_\_

NOTES:



# Iron Warhawk Weight Training Schedule

## Monday & Wednesday

NAME: \_\_\_\_\_  
LIMITATIONS: \_\_\_\_\_

TRACK & FIELD

MONDAY	CLEAN				JERK				B. SQUAT				BENCH				WEDNESDAY	SNATCH				FR. SQUAT				INCL BENCH				FB BENCH											
	WEEK 13				WEEK 14				WEEK 15				WEEK 16					WEEK 13				WEEK 14				WEEK 15				WEEK 16											
	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT		PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT	PCT	SET	REP	WT
	OFFSEASON PHASE IV				OFFSEASON PHASE IV				OFFSEASON PHASE IV				OFFSEASON PHASE IV					OFFSEASON PHASE IV				OFFSEASON PHASE IV				OFFSEASON PHASE IV				OFFSEASON PHASE IV											
CLEAN & JERK USE SPLIT JERK	50% 1 x 5	60% 1 x 4	65% 2 x 3	50% 1 x 5	60% 1 x 4	65% 2 x 3	50% 1 x 5	60% 1 x 4	70% 2 x 3	50% 1 x 5	65% 1 x 4	75% 2 x 2	POWER SNATCH OR SPLIT SNATCH	50% 1 x 4	60% 3 x 3	50% 1 x 4	65% 3 x 3	50% 1 x 4	70% 3 x 3	50% 1 x 4	75% 3 x 3																				
2 min RECOVERY	10				10				10				8				1.5 min RECOVERY	13				13				13				13											
BACK SQUAT TEMPO = 3 - 0 - X	50% 1 x 5	65% 1 x 5	80% 3 x 5	60% 1 x 5	75% 1 x 4	85% 1 x 2	95% 2 x 1	60% 1 x 5	75% 1 x 4	85% 1 x 2	95% 1 x 1	105% 1 x 1	PUSH JERK / SPLIT JERK	50% 1 x 4	60% 1 x 3	70% 3 x 3	50% 1 x 4	65% 1 x 3	80% 1 x 1	80% 1 x 1	50% 1 x 4	65% 1 x 3	80% 1 x 2	90% 1 x 1	103% 1 x 1	50% 1 x 4	65% 1 x 3	80% 1 x 1	80% 1 x 1												
2 min RECOVERY	20				8				8				11				2 min RECOVERY	12				8				7				8											
DB BENCH PRESS TEMPO = 2 - 1 - 1	65% 4 x 5	70% 4 x 5	75% 4 x 5	80% 4 x 5	75% 4 x 5	80% 4 x 5	80% 4 x 5	DB SHOULDER PRESS STANDING ALTERNATE ARMS (8 REPS EA ARM)	70% 3 x 8	70% 3 x 8	70% 3 x 8	70% 3 x 8																													
1.5 min RECOVERY													2 min RECOVERY	24				24				24				24															
SUPINE ROW PLACE FEET ON SWISS BALL OR BOX	3 x 10	3 x 10	3 x 10	3 x 10	3 x 10	3 x 10	3 x 10	ROMANIAN DEAD LIFT	60% 1 x 6	75% 3 x 6	60% 1 x 6	80% 3 x 6	60% 1 x 6	83% 3 x 5	60% 1 x 6	85% 3 x 5																									
1 min RECOVERY	30				30				30				30				1 min RECOVERY	24				24				21				21											
BACK EXTENSION WITH WEIGHT	MD 3 x 15	MD 3 x 15	MD 3 x 15	MD 3 x 15	MD 3 x 15	MD 3 x 15	MD 3 x 15	3-WAY DB RAISE LATERAL RAISE FRONT RAISE BENT-OVER RAISE	MD 3 x 8	MD 3 x 8	MD 3 x 8	MD 3 x 8	MD 3 x 8	MD 3 x 8	MD 3 x 8	MD 3 x 8																									
1.5 min RECOVERY	45				45				45				45				0.5 min RECOVERY																								
MED BALL ROUTINE																	TRUNK ROUTINE																								
TRUNK ROTATION	1 x 10ea	1 x 20	1 x 10ea	1 x 10ea	1 x 10ea	1 x 20	1 x 10ea	PARTNER HIGH FIVE	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea																									
WOOD CHOPPER	1 x 20	1 x 10ea	1 x 10ea	1 x 10ea	1 x 20	1 x 10ea	1 x 10ea	PARTNER LOW FIVE	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea																									
MB SIT-UP W/ TWIST	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1-LEG PARTNER TWIST	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea	3 x 6s ea																									
RUSSIAN TWIST	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	PARTNER K-BOARD	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea																									
V-UP	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	ROCK SINGER	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea																									
REACH-OUT	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1 x 20	1-ARM ROCK SINGER	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea	1 x 8 ea																									
MB X-OVER PUSH-UP	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	1 x 10ea	PLATE FIGURE 8	1 x 15	1 x 15	1 x 15	1 x 15	1 x 15	1 x 15	1 x 15	1 x 15																									
FLEXIBILITY WORK LEGS / HIPS	10:00				10:00				10:00				10:00				FLEXIBILITY WORK LEGS / HIPS	10:00				10:00				10:00				10:00											

BODY WEIGHT: \_\_\_\_\_ BODY WEIGHT: \_\_\_\_\_

NOTES:

