

Kennedy Girl's Track Offseason Workouts

* Each Session Is for 6 Weeks.

* 1st Session is Circuit training, each set is a new exercise with no rest. , excluding warm up ,

* Each Period can be done on any day of your choosing.

*if weights aren't available choose a body weight exercise for that muscle group.

* if you are not in performance PE in fall do session 2 and 3

* These workouts will also help you improve in your other sports so please make an effort to stay on track.

* On the other days of the week you want to work on hitting your aerobic system. This means continuous activity of at least 20 minutes or longer.

You are not trying on impacting VO2 max so your length does not have to be anything that you cannot handle. I have some following examples. Use a variety in your workouts.

Mile run	800 meters (2 laps)	Timed run	Keep everything at a total
Key to use a running form	do 2 to 6 reps	go two minutes minimum	of no more than 20 minutes.
Not a shuffle	based on how you feel	don't go more than 10	
	rest between is up to you	reps based on how long you go.	

Session 1

Period 1	Circuit train 4 sets	Period 2	Period 3
Warm up- 5 minute run, or treadmill		Warm Up 5 min Run or 10 min. bike	Warm Up 5 minute run
Dumbbell Bench Press x10		Front Squats X 10	40 meter Sprints X 5 , 2minute recovery
Dumbbell Squats x 10		Push ups X 10	
Lunges x10		Dumbbell Shoulder Press X10	
Crunches x15		Situps X15	

Session 2

Period 1	Period 2	Period 3
Warm up 5 min. run or 10 minut cycle	Warm Up	Warm Up
Bench Press 3X8	Back Squats 3X8	20 Meter Flys X5 , 1 minute recovery
Dumbbell Shoulder Press 3X8	Dumbbell Lunges 3X8	Sit ups 3X15
Pull ups 3X8	Dumbbell Step ups 3X10	
Planks 3X 1 Minute	Crunches 3X15	

Session 3

Period 1	Period 2	Period 3	Period 4
Warm Up	Warm Up	Warm Up	

Deadlift 3X6
Jump Squats 3X10
1 Leg Dumbell Squats 3X8
Planks 3 X 1min.

Bench Press 3X8
Barbell Cleans 3X8
Pull Ups 3X8
Crunches 3X15

Front Squats 3X8
Box Jumps 3X10
Mountain Climbers 3X10
Sit ups 3X15

1 mile run under 7 minutes
or 25 minutes bike
