

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.

Session 1

Period 1 Circuit train 4 sets

Warm up- 5 minute run, or treadmill

Dumbbell Bench Press x10

Dumbbell Squats x 10

Lunges x10

Crunches x15

Period 2

Warm Up 5 min Run or 10 min. bike

Front Squats X 10

Push ups X 10

Dumbbell Shoulder Press X10

Situps X15

Period 3

Warm Up 5 minute run

40 meter Sprints X 5 , 2minute recovery

Session 2

Period 1

Warm up 5 min. run or 10 minut cycle

Bench Press 3X8

Dumbbell Shoulder Press 3X8

Pull ups 3X8

Planks 3X 1 Minute

Period 2

Warm Up

Back Squats 3X8

Dumbbell Lunges 3X8

Dumbbell Step ups 3X10

Crunches 3X15

Period 3

Warm Up

20 Meter Flys X5 , 1 minute recovery

Sit ups 3X15

Session 3

Period 1

Warm Up

Deadlift 3X6

Period 2

Warm Up

Bench Press 3X8

Period 3

Warm Up

Front Squats 3X8

Period 4

1 mile run under 7 minutes

Jump Squats 3X10
1 Leg Dumbbell Squats 3X8
Planks 3 X 1min.

Barbell Cleans 3X8
Pull Ups 3X8
Crunches 3X15

Box Jumps 3X10
Mountain Climbers 3X10
Sit ups 3X15

or 25 minutes bike