



COLLEGE OFF-SEASON TRAINING PROGRAM FOR SPRINTERS

12-WEEK STRENGTH, POWER & SPEED DEVELOPMENT

This comprehensive 12-week weight lifting program is designed for college-level track and field sprinters in the off-season. It focuses on building strength, power, and speed through compound movements and isolation exercises, structured to be performed 4 days per week.

WEEKS 1-4: FOUNDATION PHASE

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	4 sets of 6-8 reps (2-3 minutes rest)
Pull-Ups	4 sets of 6-8 reps (2-3 minutes rest)
Overhead Press	3 sets of 8-10 reps (2 minutes rest)
Bent Over Rows	3 sets of 8-10 reps (2 minutes rest)
Bicep Curls	3 sets of 10-12 reps (1.5 minutes rest)
Tricep Dips	3 sets of 10-12 reps (1.5 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	4 sets of 6-8 reps (3 minutes rest)
Deadlifts	4 sets of 6-8 reps (3 minutes rest)
Leg Press	3 sets of 10-12 reps (2 minutes rest)
Hamstring Curls	3 sets of 10-12 reps (1.5 minutes rest)
Calf Raises	3 sets of 15 reps (1.5 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	4 sets of 4-6 reps (3 minutes rest)
Push Press	4 sets of 4-6 reps (2-3 minutes rest)
Box Jumps	3 sets of 10 reps (2 minutes rest)
Sled Pushes	3 sets of 20 meters (2 minutes rest)
Plyometric Lunges	3 sets of 10 reps per leg (1.5 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	4 sets of 6-8 reps (3 minutes rest)
Incline Dumbbell Press	3 sets of 8-10 reps (2 minutes rest)
Lat Pulldowns	3 sets of 10-12 reps (2 minutes rest)
Lateral Raises	3 sets of 12-15 reps (1.5 minutes rest)
Plank	3 sets of 1 minute (1 minute rest)
Russian Twists	3 sets of 20 reps (1.5 minutes rest)

WEEKS 5-8: STRENGTH AND POWER PHASE

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	5 sets of 5 reps (3 minutes rest)
Pull-Ups	5 sets of 5 reps (3 minutes rest)
Overhead Press	4 sets of 6-8 reps (2-3 minutes rest)
Bent Over Rows	4 sets of 6-8 reps (2-3 minutes rest)
Bicep Curls	4 sets of 8-10 reps (2 minutes rest)

EXERCISE	SETS, REPS & REST
Tricep Dips	4 sets of 8-10 reps (2 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	5 sets of 5 reps (3 minutes rest)
Deadlifts	5 sets of 5 reps (3 minutes rest)
Leg Press	4 sets of 8-10 reps (2-3 minutes rest)
Hamstring Curls	4 sets of 8-10 reps (2 minutes rest)
Calf Raises	4 sets of 12 reps (2 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	5 sets of 3-5 reps (3 minutes rest)
Push Press	5 sets of 3-5 reps (3 minutes rest)
Box Jumps	4 sets of 8 reps (2-3 minutes rest)
Sled Pushes	4 sets of 20 meters (2 minutes rest)
Plyometric Lunges	4 sets of 8 reps per leg (2 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	5 sets of 5 reps (3 minutes rest)
Incline Dumbbell Press	4 sets of 6-8 reps (2-3 minutes rest)
Lat Pulldowns	4 sets of 8-10 reps (2-3 minutes rest)
Lateral Raises	4 sets of 10-12 reps (2 minutes rest)
Plank	4 sets of 1 minute (1 minute rest)
Russian Twists	4 sets of 16 reps (2 minutes rest)

WEEKS 9-12: PEAK PHASE

DAY 1: UPPER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Bench Press	6 sets of 4 reps (3 minutes rest)
Pull-Ups	6 sets of 4 reps (3 minutes rest)
Overhead Press	5 sets of 5 reps (2-3 minutes rest)
Bent Over Rows	5 sets of 5 reps (2-3 minutes rest)
Bicep Curls	5 sets of 6-8 reps (2 minutes rest)
Tricep Dips	5 sets of 6-8 reps (2 minutes rest)

DAY 2: LOWER BODY STRENGTH

EXERCISE	SETS, REPS & REST
Squats	6 sets of 4 reps (3 minutes rest)
Deadlifts	6 sets of 4 reps (3 minutes rest)
Leg Press	5 sets of 6-8 reps (2-3 minutes rest)
Hamstring Curls	5 sets of 6-8 reps (2 minutes rest)
Calf Raises	5 sets of 10 reps (2 minutes rest)

DAY 3: POWER AND SPEED

EXERCISE	SETS, REPS & REST
Power Cleans	6 sets of 3 reps (3 minutes rest)
Push Press	6 sets of 3 reps (3 minutes rest)
Box Jumps	5 sets of 6 reps (2-3 minutes rest)
Sled Pushes	5 sets of 20 meters (2 minutes rest)
Plyometric Lunges	5 sets of 6 reps per leg (2 minutes rest)

DAY 4: FULL BODY AND ISOLATION

EXERCISE	SETS, REPS & REST
Hex Bar Deadlifts	6 sets of 4 reps (3 minutes rest)
Incline Dumbbell Press	5 sets of 5 reps (2-3 minutes rest)
Lat Pulldowns	5 sets of 6-8 reps (2-3 minutes rest)

EXERCISE	SETS, REPS & REST
Lateral Raises	5 sets of 8-10 reps (2 minutes rest)
Plank	5 sets of 1 minute (1 minute rest)
Russian Twists	5 sets of 12 reps (2 minutes rest)

PROGRAM NOTES & GUIDELINES

- **Warm-Up:** Always start with a 10-15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression & Recovery:** Gradually increase weight each week. Ensure adequate rest and recovery between workouts to prevent overtraining.

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Never Stop Evolving.