



Three Day Sprinter Workout Program

Day 1:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.
- Squats: 3 sets of 6-8 reps with heavy weight.
- Deadlifts: 3 sets of 6-8 reps with heavy weight.
- Pull-ups: 3 sets to failure.
- Push-ups: 3 sets to failure.
- Calf raises: 3 sets of 15-20 reps.
- Core exercises: planks, sit-ups, or Russian twists, 3 sets of 15-20 reps.

Day 2:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.
- Bench press: 3 sets of 6-8 reps with heavy weight.
- Overhead press: 3 sets of 6-8 reps with heavy weight.
- Barbell rows: 3 sets of 6-8 reps with heavy weight.
- Dips: 3 sets to failure.
- Bicep curls: 3 sets of 15-20 reps.
- Triceps extensions: 3 sets of 15-20 reps.

Day 3:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.
- Front squats: 3 sets of 4-6 reps with heavy weight.
- Back squats: 3 sets of 4-6 reps with heavy weight.
- Lunges: 3 sets of 10-12 reps per leg.
- Leg press: 3 sets of 10-12 reps.
- Hamstring curls: 3 sets of 15-20 reps.
- Calf raises: 3 sets of 20-30 reps.

Here are some additional tips for weight lifting for track and field sprinters:

- Focus on compound exercises that work multiple muscle groups at once.
- Use heavy weights and low reps to build strength.
- Include plyometric exercises to improve power and explosiveness.
- Do not neglect your core. A strong core is essential for sprinting.
- Warm up properly before lifting weights.
- Cool down properly after lifting weights.
- Get enough rest. Your muscles need time to recover in order to build strength and power.