

THREE DAY SPINTER WORKOUT PROGRAM

STRENGTH, POWER & EXPLOSIVENESS CONDITIONING

This specialized three-day weight lifting program is designed for track and field sprinters to build maximal strength, power, and muscle resilience.

1. DAY 1

Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.

EXERCISE	SETS & REPS
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

2. DAY 2

Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.

EXERCISE	SETS & REPS
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

3. DAY 3

Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches and foam rolling.

EXERCISE	SETS & REPS
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

TRAINING TIPS FOR SPINTERSThis section provides essential training advice for sprinters, covering compound focus, heavy weights, plyometrics, and warm-up/recovery protocols.

- **Compound Focus:** Focus on compound exercises that work multiple muscle groups at once.
- **Heavy Weights:** Use heavy weights and low reps to build strength.
- **Plyometrics & Core:** Include plyometric exercises to improve power and explosiveness, and do not neglect your core.
- **Warm-Up & Recovery:** Warm up properly before lifting, cool down afterwards, and get enough rest so your muscles can recover and build strength and power.

UNCONQUERED. UNBREAKABLE. INVICTUS.

invictussports.org

This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.