



# OREGON TRACK CLUB ELITE

## SPORT TRAINING PLAN - OTCe Middle Distance

Name ANDREW



STRENGTH and EXPLOSIVE POWER TRAINING via PROGRESSIONS

O'LEARY

January

High intensity, volume, mode/method

Medium intensity, volume, mode/method

Evaluational Intensities, modes/methods

lower intensity, volume, mode/method

CORE TRAINING	Week One		Week Two		Week Three		Week Four	
Pillar One	Pick 3	Supine	Pick 3	Pedestal	Pick 3	Supine	Pick 3	Pedestal
Pillar Two	Pick 3		Pick 3		Pick 3		Pick 2	
Pillar Three	Pick 3		Pick 3		Pick 3		Pick 2	Pick 3
Pillar Four	Pick 3		Pick 3		Pick 3		Pick 3	Pick 3
Pillar Five	Pick 3		Pick 3		Pick 3		Pick 3	Pick 3
Sprint Pillar (mtd)					All		All	
Hanging Knee Raises	2x20				2x20			
Hanging Alternate Knee Raises		2x12			2x12			
Hanging Leg Crossovers			2x10				2x10	
Hanging Jackknife				2x5				2x5
Back Extensions/Reverse BkExt	2x10 each				2x10 each			
Good Morning & Overhead Squat		3x5					3x5	Jump
Leg Leg Good Morning & Lunges			3x3					Testing
Russian Deadlift				3x6				Vertical =
Single Leg Deadlift & Clock Lunges					2x8 /each side			
Clean High blocks	4x3				4x3			
High Snatch Pull blocks		3x4			3x4			10 sec Pogo s
Clean Pull blocks			4x4					
Hang Snatch (continental style)				4x3				
Pullups	set 12				set 12			
Step Ups Slow	2x5				2x5			
Step Ups w/ Push off		3x6			3x6			Throws
Step Ups w/ Knee drive			3x6				3x6	Testing
Single Leg Overhead Squat				3x3				
Hip Extensions			2x8				2x8	Overhead Back =
Hip Flexions			2x8				2x8	
Front Squat		3x5			3x5			
Hamstring Sled	1x4				1x4			Overhead Forward =
Overhead Press			2x6					
Stability Press		3x4						
Push Press - behind	3x4							
Push Press						3x4		
Push Jack - behind			3x3					
Push Jack					3x3			
Multi-Throw		Pick 3		Pick 3	Pick 4		Pick 4	
Technical		Acceleration	Speed	Acceleration	Speed	Acceleration	Speed	Acceleration
Technical		Progressions	Progressions	Progressions	Progressions	Progressions	Progressions	Progressions
Barefoot		Sled Work / Towing						
Barefoot		Jump Rope / Matius / In & Outs						

