

EXAMPLE PROGRESSIONS: U23 MALE 1500M RUNNER

GENERAL PREP

Session 1

Date	Exercise	Sets	Reps	weight
	Back Squat	4	5	
	Clean from thigh	4	5	
	"round the clock" Lunge	4	10	
	Push Jerk	4	5	

Session 2

Date	Exercise	Sets	Reps	Weight
	Overhead Squat	4	5	
	Heavy pull from thigh	4	5	
	Stiff legged deadlift	4	5	
	Overhead split squat	4	5	

SPECIFIC PREP

Session 1

Date	Exercise	Sets	Reps	weight
	Hang Clean	4	5	
	Back Squat	4	5	
	Viking Throws	4	5	5kg med ball
	Walking Lunge	4	5	

Session 2

Date	Exercise	Sets	Reps	Weight
	Squat Jerk	4	5	
	Clean pull from thigh	4	5	
	Stiff legged deadlift	4	5	
	Step Ups	4	5 Each leg	

COMP PREP

Date	Exercise	Sets	Reps	weight
	Back Squat	4	3	
	Hang clean	4	3	
	Step Up	4	3 each leg	

Complex with 4 x low hurdle hops