

Strength – Conditioning

Day 1

Bench press

Warm up sets x 3

50% x 8

65% x 8

75% x 4

DB press 5 x 10

Cable Flye 3 x 10

Pull ups 3 x fail

Press ups 3 x fail

Day 2

60 min jog

Day 3

Deadlift

Warm up sets x 3

60% x 4

70% x 4

75% x 4

Seated row 4 x 10

Pull 3 x fail

Hanging leg raise 3 x fail

Day 4

Rest

Day 5

Squat

Warm up sets front squat x 3

Back squat

60% x 8

70% x 8

75% x 4

Walking lunge 3 x 10m

Day 6

Rest

Day 7

400m runs x 8 for time

Week	Bench %	Deadlift %	Squat	Notes
1	50/60/75	60/70/75	60/70/75	
2	55/65/80	65/75/80	65/75/80	
3	60/70/90	70/75/85	70/80/85	
4	70/85/95	75/85/95	75/85/95	