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TRACK

DAY 1

Legs and Glutes

BLOCK 5
Weeks 9 & 10

Exercise	WEEK 1 Reps	WEEK 1 Weight	WEEK 2 Reps	WEEK 2 Weight	GOAL by end of this Round
Goblet Squat w/ Pulse	12		12		
Weighted Jump Squat	20		2		
Hip Thrust w/ Pulse	15		15		
Walking Lunges	10/leg		10/leg		
Jump Lunges	10/leg		10/leg		
Curtsy Lunge Combo	8/side		8/side		
Weighted Donkey Kicks	20/leg		20/leg		
Bench Burners	30/leg	X	30/leg	X	

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DAY 1

Legs and Glutes

BLOCK 5
Weeks 9 & 10

Exercise	WEEK 1 Reps	WEEK 1 Weight	WEEK 2 Reps	WEEK 2 Weight	GOAL by end of this Round
Single Leg Hip Thrust	15/leg		15/leg		
Up and Overs	90 sec.		90 sec.		

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TRACK Cardio

DAY 2

BLOCK 5 Weeks 9 & 10

5 KM Challenge	WEEK 1: Time	WEEK 2: Time	GOAL by end of this Round
	How I felt after:	How I felt after:	
	Goal speed for next week:		

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TRACK Full-Body

DAY 3

BLOCK 5 Weeks 9 & 10

Exercise	WEEK 1 Reps	WEEK 1 Weight	WEEK 2 Reps	WEEK 2 Weight	GOAL by end of this Round
Split Squats	12/leg		12/leg		
Bounding	25	X	25	X	
Ham Curl to Bridge	10/12	X	10-12	X	
Push-Up Test		X		X	
Bent Over Row	10		10		
Front Extension	20		20		
SB Knee Tucks	15	X	15	X	
Sprinters	12/side	X	12/side	X	
Adv. Leg Lowers	12	X	12	X	

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Upper Body & Cardio

DAY 5

BLOCK 5
Weeks 9 & 10

Exercise	WEEK 1 Reps	WEEK 1 Weight	WEEK 2 Reps	WEEK 2 Weight	GOAL by end of this Round
Spiderman Push Ups	8/side	X	8/side	X	
Shoulder Press	12		12		
SB Toe Taps	1:15	X	1:15	X	
Shoulder Clover	Fail		Fail		
Tricep Push Ups	15	X	15	X	

	WEEK 1 Run Speed	WEEK 2 Run Speed	GOAL by end of this Round
Uphill Climb			

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Metabolic Conditioning

DAY 6

BLOCK 5
Weeks 9 & 10

Exercise	WEEK 1 Reps	WEEK 1 Weight	WEEK 2 Reps	WEEK 2 Weight	GOAL by end of this Round
Bounding	20	x	20	x	
Plank Up Downs	20	x	20	x	
V Sits	20	x	20	x	
Squat Thrusters	20		20		
Burpees	10	x	10	x	
Punches	max		max		
Bench Hops	20	x	20	x	
Up and Overs	max		max		