

NOV 9TH – NOV 12TH 2009

WEEK # 1

WDHS POWERLIFTING DAY 1 & 2 CORE LIFTS – WORKOUT A & B

Day 1 & 2 Core lifts are broken down into 3 phases – Usually done on MONDAYS & WED

- 1- Warm Up Sets – These are low weight medium to high sets & reps to get the muscles heated up for a workout
- 2- Transition Sets – These are strength building sets & reps designed to build muscle tone and allow the power workout to occur in the final phase
- 3- Power Sets – These are explosive power sets & reps that prepare the body over time for meets. Lower reps higher weight – this is your actual workout for the day – the other parts are building the pyramid for you to maintain the power you are working towards.

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NOV 23RD & NOV 27TH 2009
T-GIVING BREAK

WEEK # 3

WDHS POWERLIFTING DAY 1 & 2 CORE LIFTS – WORKOUT A & B

Day 1 & 2 Core lifts are broken down into 3 phases – Usually done on MONDAYS & WED

- 1- Warm Up Sets – These are low weight medium to high sets & reps to get the muscles heated up for a workout
- 2- Transition Sets – These are strength building sets & reps designed to build muscle tone and allow the power workout to occur in the final phase
- 3- Power Sets – These are explosive power sets & reps that prepare the body over time for meets. Lower reps higher weight – this is your actual workout for the day – the other parts are building the pyramid for you to maintain the power you are working towards.

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MEET WEEK –
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NOV 30TH – DEC 3RD 2009

WEEK # 4

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