

MEET WEEK –
R-DALE FOR 11TH &
12TH GRADERS

DEC 7th – DEC 10th 2009

WEEK # 5

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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DEC 14th – DEC 17th 2009
RECOVERY WEEK – UPDATE 1RM

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DEC 21ST & DEC 28th 2009 – WINTER BREAK – BAND WEEK

WEEK # 7

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DELLS HOME MEET
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JAN 4th – JAN 7th 2010
YOU NEED TO BE ON TOP OF YOUR 1RM

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