

STRATEGIC FITNESS PLAN

Level Four

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-Minute Stretching Routine <i>Chapter 6</i>	10-Minute Stretching Routine		10-Minute Stretching Routine		10-Minute Stretching Routine	Rest
Sprint 8 20 minutes <i>Chapter 8</i>	Plyometrics 20 minutes <i>Chapter 9</i>	<i>Make up day</i>	Sprint 8	Cardio-30 <i>Chapter 7</i>	Sprint 8	
Weights 1 hour <i>Chapter 10</i>	Weights 1 hour		Weights 1 hour		Weights 1 hour	
1 hour 30 minutes	1 hour 30 minutes		1 hour 30 minutes	30 minutes	1 hour 30 minutes	TOTAL WEEK TIME: 6 hours 30 minutes

Before beginning Level Four, you should be experienced in sprinting, weightlifting, and the other components of *Ready, Set, Go! Fitness*.

Note for speed training athletes: If you are training for speed improvement and using Level Four or Level Five, your 10-Minute Stretching Routine should be performed after sprinting workouts so you will not impair sprinting performance during training.

Static stretching builds flexibility, however, it can slightly slow down your running speed for an hour after stretching, which is fine, and even desirable for individuals running the Sprint 8 for fitness improvement.

Athletes training for speed must *train fast to be fast*, so it's important to warm up before sprinting with a dynamic warm up like joint circles and plyometric drills, and perform the 10-Minute Stretching Routine after training.

STRATEGIC FITNESS PLAN

Training Log Level Four Week 1 Date _____

Workout:	Training Plan:		M	T	W	Th	F	Sat	S
10-Minute Stretching	4 x week (M, T, Th, Sat) <i>Chapter 6</i>								
Cardio	30 minutes 1 x week <i>Chapter 7</i> <i>Wednesday or Friday</i>								
Sprint 8	30 minutes 3 x week <i>Chapter 8</i> <i>90-95% speed/intensity. 8 reps 70-yards</i>								
Plyometrics	20 minutes 1 x week <i>Chapter 9</i> <i>Tuesday or Saturday</i>								
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>	<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>						
Chest	Bench press 3/12 Incline press 3/12 Cable flys 3/10 Chest stretch 30 sec								
Back	Pull downs 3/12 T-bar rows 3/12 Up back stretch 30 sec Hyper ext 1/20								
Shoulders	Shoulder press 3/10 Front raises 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 1/15								
Biceps	Curls 3/10 Incl DB curls 3/10								
Triceps	Press downs 3/20 Kick backs 2/20								
Quads	Leg press 3/20 Leg ext 3/20 Lunges 3/10								
Hamstrings	Leg curls 3/20								
Calves	3-way calf raises 3/20 Rev calf raises 1/40								
Abs	Leg raises 3/20 Crunches 2/25								
Obliques	Twists 1/30								

STRATEGIC FITNESS PLAN

Training Log Level Four Week 2 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	4 x week (M, T, Th, Sat) <i>Chapter 6</i>							
Cardio <i>Chapter 7</i>	30 minutes 1 x week <i>Wednesday or Friday</i>							
Sprint 8 <i>Chapter 8</i>	30 minutes 3 x week <i>90-95% speed/intensity. 8 reps 70-yards</i>							
Plyometrics <i>Chapter 9</i>	20 minutes 1 x week <i>Tuesday or Saturday</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 3/12 Decline press 3/12 Chest flys 3/10 Chest stretch 30 sec							
Back	Pull downs 3/12 Cable rows 3/12 Up back stretch 30 sec Hyper ext 1/20							
Shoulders	Shoulder press 3/10 Side raises 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 2/12							
Biceps	Curls 3/10 Incl DB curls 3/10 Forearm curls 2/10							
Triceps	Press downs 3/20 French press 2/20							
Quads	Leg press 3/20 Front squats 2/20 Leg ext 3/10							
Hamstrings	Leg curls 3/20							
Calves	3-way calf raises 3/20							
Abs	Leg raises 3/20 Crunches 2/25							
Obliques	Side bends 1/30							

STRATEGIC FITNESS PLAN

Training Log Level Four Week 3 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	4 x week (M, T, Th, Sat) <i>Chapter 6</i>							
Cardio	30 minutes 1 x week <i>Chapter 7</i> <i>Wednesday or Friday</i>							
Sprint 8	30 minutes 3 x week <i>Chapter 8</i> <i>90-95% speed/intensity. 8 reps 70-yards</i>							
Plyometrics	20 minutes 1 x week <i>Chapter 9</i> <i>Tuesday or Saturday</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 3/12							
	Incline press 3/12							
	Chest flys 3/10							
	Pullovers 1/25							
	Chest stretch 30 sec							
Back	Pull downs 3/12							
	T-bar rows 3/12							
	Up back stretch 30 sec							
	Hyper ext 1/20							
Shoulders	Shoulder press 3/10							
	Front raises 3/10							
	Bent laterals 1/15							
	Shrugs 3/20							
	Shoulder stretch 30 sec							
Rotator cuff 2/15								
Biceps	Curls 3/10							
	Incl DB curls 3/10							
	Bicep 21s 1 set							
Triceps	Press downs 3/20							
	Tricep ext 3/20							
Quads	<i>Leg press superset</i> 3/10							
	<i>Squat jumps</i> 3/10							
	Hip Flex 2/10							
Hamstrings	Leg curls 3/20							
	Stiff dead lift 1/10							
Calves	3-way calf raises 3/20							
Abs	Leg raises 3/20							
	Crunches 2/25							
Obliques	Twists 1/30							

STRATEGIC FITNESS PLAN

Training Log Level Four Week 4 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	4 x week (M, T, Th, Sat) <i>Chapter 6</i>							
Cardio <i>Chapter 7</i>	30 minutes 1 x week <i>Wednesday or Friday</i>							
Sprint 8 <i>Chapter 8</i>	30 minutes 3 x week <i>90-95% speed/intensity. 8 reps 70-yards</i>							
Plyometrics <i>Chapter 9</i>	20 minutes 1 x week <i>Tuesday or Saturday</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 3/12 Incline press 3/12 Dips 3/10 Pullovers 1/25 Chest stretch 30 sec							
Back	Pull downs 3/12 Cable rows 3/12 Up back stretch 30 sec Hyper ext 1/20							
Shoulders	Sh press 3/10 Side raises 3/10 Bent laterals 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 2/15							
Biceps	Curls 3/10 Incl DB curls 3/10 Bicep 21s 1 set Hammer curls 2/12							
Triceps	Press downs 3/20 Tricep ext 2/15 Rev French press 1/15							
Quads	Leg press 3/20 Hack squats 2/15 One-leg leg ext 3/20 Lunges 2/10							
Hamstrings	Leg curls 3/20							
Calves	3-way calf raises 3/20 Rev calf raises 1/40							
Abs	Leg raises 3/20 Crunches 2/25							
Obliques	Side bends 1/30							

NOTES:

NOTE: Continue the Fitness Plan for this Level until you complete your initial Eight-Week Commitment. For program continuation, additional copies of the Strategic Fitness Plans may be obtained from www.readysetgofitness.com/plans.shtml. All purchasers of this book have permission to copy plans for personal use. After the initial eight weeks of training, repeat the Fitness Level adding intensity (more weight, reps, speed), or move to the next Fitness Level.