

AC T&F Lifting	3 sets of 6-8 reps				3 sets of 4-6 reps				3 sets of 3-5 reps			
	3/20-3/24		3/27-3/31		4/3-4/7		4/10-4/14		4/17-4/21		4/24-4/28	
Name:												
Day 1	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts
Bench Press												
Tricep Overhead Press												
Tricep Pushdowns												
DB Military Press												
DB Lateral Shoulder Raise												
Day 2	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts
Barbell Squat												
DB Calf Raises												
Seated Calf Raises												
Leg Press												
Dips												
Day 3	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts	Reps	Wts
Deadlift												
Lat Pulldown or Pull Ups												
Weighted Hip Thrusts												
DB Bench Rows												
SL Split Squat Jump												

Do lifts post run/cross train. Running is king to improving, but lifting helps with injury management and strengthening our framework so we can run more. Try to get the first lift listed done first, then do the supplemental lifts that will work on those muscle groups. Start lighter and add weight as you warm up. The goal is strength. Do not change weight more than 10-15% as you increase reps and sets per week. Lift slow and for form.

Key: DB = Dumbbell, BB = Barbell, Rep = number of repetitions in a set, Set = number of times you will perform that number of repetitions ex. 3x10 means 3 sets where you perform 10 repetitions. Main = major lifts (bench, squat), Supplemental = all other lifts, SS = Superset (do exercises back to back without rest)