

# S&C Program Phase 2 April 5th-May 2nd 2021

*2 sessions per week with at least 48 hours in between*

## Warm-up/activation exercises

	Exercise	Load /intensity	Sets x Reps	Rest
1	Walking lunge + overhead press	BW	2 x 16	1 min
2	Arabesque windmill	BW	2 x 8 e/s	1 min
3	Drop squat landing	BW	2 x 4	1 min
4	A-skip	BW	3 x 30 sec	1 min
5	Pogo hops	BW	3 x 12	1 min



@marathonmindofficial

## Main program

		Week 1			Week 2			Week 3			Week 4		
	Exercise	Load/ intensity	Sets x Reps	Rest	Load/ intensity	Sets x Reps	Rest	Load/ intensity	Sets x Reps	Rest	Load/ intensity	Sets x Reps	Rest
1	Goblet squat	14 RM	4 x 12	1 min	12 RM	4 x 10	1 min	14 RM	4 x 12	1 min	14 RM	4 x 12	1 min
2	Press-up	BW	3 x 8	1 min	BW	3 x 10	1 min	BW	3 x 11	1 min	BW	3 x 12	1 min
3	Step-up	8 RM	4 x 8 e/s	1 min	8 RM	4 x 8 e/s	1 min	10 RM	4 x 8 e/s	1 min	10 RM	4 x 8 e/s	1 min
4	Dumbellll row	10 RM	3 x 8 e/s	1 min	10 RM	4 x 8 e/s	1 min	12 RM	4 x 10 e/s	1 min	12 RM	4 x 10 e/s	1 min
5	Single leg step calf raise	12 RM	3 x 10 e/s	1 min	12 RM	4 x 10 e/s	1 min	14 RM	4 x 12 e/s	1 min	14 RM	4 x 12 e/s	1 min
6	Weighted deadbug	24RM	3 x 20	1 min	24RM	3 x 20	1 min	28RM	3 x 24	1 min	28RM	3 x 24	1 min

## Notes

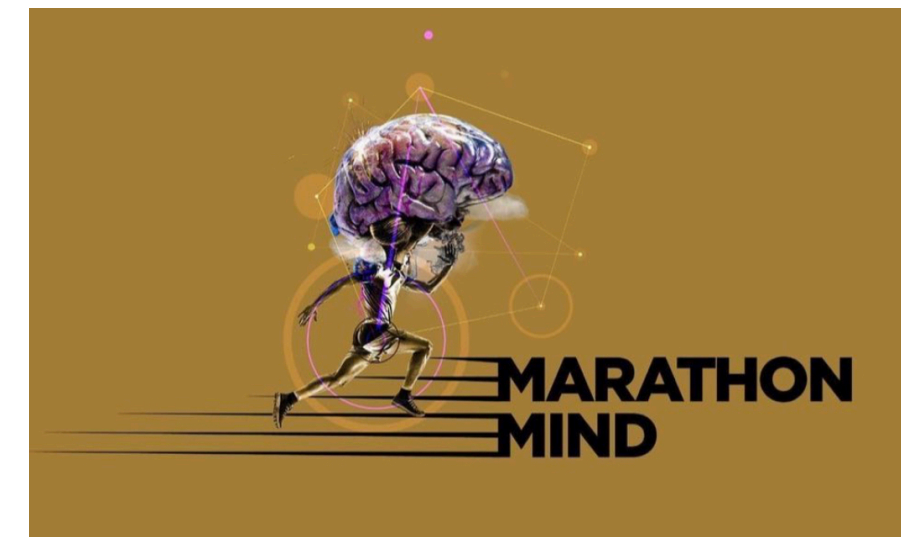
**BW** = bodyweight; **RM** = maximum repetitions (**12 RM** means lift a weight or at the maximum intensity you could life for 12 reps); **e/s** = each side

# Optional conditioning circuit

*Pick an option based on any previous injury sites or areas that require improvement*



@marathonmindofficial



## Option A - Calf circuit

			Week 1	Week 2	Week 3	Week 4
	Exercise	Load/intensity	Reps/duration	Reps/duration	Reps/duration	Reps/duration
1	Single leg calf isometric hold	35 sec RM	30 sec	30 sec	30 sec	30 sec
2	Double leg step calf raises	24RM	20	20	24	24
3	Seated calf raise	24RM	20	20	24	24
			4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest

## Option B - Quad circuit

			Week 1	Week 2	Week 3	Week 4
	Exercise	Load/intensity	Reps/duration	Reps/duration	Reps/duration	Reps/duration
1	Weighted wall sit	35 sec RM	30 sec	30 sec	30 sec	35 sec
2	Step-down	8RM	6 e/s	6 e/s	8 e/s	8 e/s
3	Forward deceleration lunge	10 RM	8 e/s	8 e/s	8 e/s	8 e/s
			4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest

## Option C - Glute/Hamstring circuit

			Week 1	Week 2	Week 3	Week 4
	Exercise	Load/intensity	Reps/duration	Reps/duration	Reps/duration	Reps/duration
1	Hip thrust	10 RM	8 e/s	8 e/s	8 e/s	8 e/s
2	Clamshell	mini band	10 e/s	10 e/s	12 e/s	12 e/s
3	Weighted hamstring bridge	20 sec RM	15 sec e/s	15 sec e/s	15 sec e/s	20 sec e/s
			4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest	4 x sets with 1 min rest