

S&C Program Phase 5 - June 28th to July 25th 2021

2 sessions per week with at least 48 hours in between



@marathonmindofficial

Warm-up/activation exercises

	Exercise	Load /intensity	Sets x Reps	Rest
1	Side lying leg raise hold	mini band	2 x 6 x 6 sec	1 min
2	Hip lock	2 x 3kg	2 x 8 e/s	1 min
3	Multi-directional lunge	5kg plate	2 x 3 rounds e/s	1 min
4	Single leg drop landing (15-20cm step)	BW	2 x 4 e/s	1 min

Main program - Day 1

		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	Drop jump (use a 20-30cm box height)	Max effort	4 x 3	2 min	Max effort	4 x 4	2 min	Max effort	4 x 4	2 min	Max effort	4 x 4	2 min
2	Box jump	Max effort	4 x 3	2 min	Max effort	4 x 4	2 min	Max effort	4 x 5	2 min	Max effort	4 x 5	2 min
3	Jammer press	10 RM	3 x 8	1 min	10 RM	3 x 8	1 min	12 RM	3 x 10	1 min	12 RM	3 x 10	1 min
4	Reverse lunge	8 RM	4 x 6 e/s	1 min	8 RM	4 x 6 e/s	1 min	10 RM	4 x 8 e/s	1 min	10 RM	4 x 8 e/s	1 min
5	Heavy calf isometric hold (bar or 2 x dumbbells)	35sec RM	4 x 30 sec	1 min	35 sec RM	4 x 30 sec	1 min	35 sec RM	4 x 30 sec	1 min	35 sec RM	4 x 30 sec	1 min

Main program - Day 2

		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	Single leg ankle hops	90% effort	3 x 8 e/s	1 min	90% effort	3 x 10 e/s	1 min	90% effort	4 x 10 e/s	1 min	90% effort	4 x 10 e/s	1 min
2	Front squat (if gym access)	8RM	4 x 6	2 min	8 RM	4 x 6	2 min	7RM	4 x 5	2 min	7 RM	4 x 5	2 min
3	1/2 kneeling cable row	10RM	3 x 8	1 min	10RM	3 x 8	1 min	12 RM	3 x 10	1 min	12 RM	3 x 10	1 min
4	Step-up with barbell	8 RM	3 x 6 e/s	1 min	8 RM	3 x 6 e/s	1 min	7 RM	3 x 5 e/s	1 min	7 RM	3 x 5 e/s	1 min
5	Hamstring bridge (with weight)	15 sec RM	6 x 10 sec e/s	30 sec	15 sec RM	6 x 10 sec e/s	30 sec	20 sec RM	6 x 15 sec e/s	30 sec	20 sec RM	6 x 15 sec e/s	30 sec

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