



SOUTHEAST LINEMAN TRAINING CENTER

LINEMAN FITNESS PROGRAM

3 WEEK TRAINING PLAN

WEEK 1

Session 1

5 Rounds:
5 push-ups
10 sit-ups
15 squats
Rest
3 Rounds:
10 superman holds
1 minute plank hold

Session 2

6 Rounds:
12 walking lunges (6 each leg)
12 calf raises
10 burpees
Rest
2 Rounds:
25 leg raises
25 sit-ups

Session 3

3 Rounds:
Burpee @30 seconds
Rest @ 10 seconds
Squats @30 seconds
Rest @ 10 seconds

Session 4

Run at least 30 minutes
Cool down and stretch
(Note: Use a walk, jog technique if needed. Look to build mileage over time.)

WEEK 2

Session 1

Complete this circuit as many times as possible in 20 minutes.
5 push-ups
5 pull-ups
10 lunges (5 each leg)
10 jump squats

Session 2

3 Rounds:
Run 800 meters (1/2 mile)
25 Dips
25 Sit-ups
Rest
2 Rounds:
10 superman holds
20 oblique ups

Session 3

4 Rounds:
24 squats
24 lunges (12 per leg)
12 jump squats
12 jump lunges
Rest
4 Rounds:
90 sec plank hold

Session 4

8 - 400 meter runs (1/4 mile)
Cool down and stretch
(Note: Rest time is equal to time taken to complete 400 meters or less.)

WEEK 3

Session 1

5 Rounds:
5 Alternating lunges
10 Burpees
15 Squats
20 Dips
25 Sit-ups
Rest
3 Rounds:
12 superman holds
25 oblique ups

Session 2

6 Rounds:
5 pull-ups
10 push-ups
15 calf raises
200 meter run

Session 3

100 Burpees
(Note: Do this at your own pace. Take as much time as needed and do your best to complete all 100 reps.)

Session 4

10 Hill Sprints
Find a steep hill that takes 60-90 seconds to climb and run at your max effort. Rest and repeat until you complete all 10 sprints. Cool down and stretch

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