

3 Day Training Routine with Drop Sets

Because there is only one leg day in this weight training routine it's a good one to use in order to balance out training for an endurance run.

Notes on Drop Sets:

Start with 1 warm-up set of 12 reps. Rest 1 minute. The remaining 3 sets are actually one BIG drop set.

The drop set will be about 22 reps in total and will require 3 different weights.

Drop Set Strategy:

Go to failure (~10 reps) then drop the weight by 25%, immediately go to failure again (~8 reps) drop the weight by 25% again, immediately go to failure one more time (~4 reps).

Drop sets are best done on machines because it is easy to drop the weight load very quickly.

Upper Body

	Week 1	Week 2	Week 3	Week 4
Incline Dumbbell Press				
Triangle Push-Ups				
Iso-lateral High Row				
Bent Over Dumbbell Row				
Reverse Dumbbell Fly				
Arnold Press				
Barbell Bicep Negatives				
Triceps Push-ups				
Plank				

Lower Body

	Week 1	Week 2	Week 3	Week 4
Stiff Leg Deadlifts				
Curtsy Lunges				
Vertical Leg Press				
Good Mornings				
Lying Leg Curl				
Leg Extensions				
Clam Crunches				
Ab roll				

Upper Body Drop Sets:

	Week 1	Week 2	Week 3	Week 4
Wide Grip Pulldowns				
Chest Press Machine				
Cable Low Row				
Cable Cross-Overs				
Front Raises				
Upright Row				
Machine Preacher Curl				
Cable Tricep Pushdowns				
Captain's Chair				