

WEIGHT TRAINING LOG

Name: Daniel Okafor

Block:

Mixed:

Goal:

Linear:

Prilepn:

Month: April 2026

Undulating:

Other:

Scheme / Periodization Model: IT Band Rehab — Hip Abductor Strengthening & Graduated Return to Run

| Monday Hip Abductor Strength | WEEK 2 Date: April 7, 2026 | | | | |
|---------------------------------|-------------------------------|------|------|------|-----|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Side-Lying Hip Abduction | BW | 3 | 20 | 30s | - |
| Clamshells (resistance band) | Light | 3 | 20 | 30s | - |
| Standing Hip Abduction (band) | Light | 3 | 15 | 30s | - |
| Single-Leg Glute Bridge | BW | 3 | 12 | 45s | - |
| Lateral Band Walks | Light | 3 | 15 | 30s | - |

| Tuesday IT Band Mobility | WEEK 2 Date: April 7, 2026 | | | | |
|--------------------------------------|-------------------------------|------|--------|------|-----|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Standing IT Band Stretch (cross-leg) | - | 3 | 45s | 15s | - |
| Foam Roll - IT Band (slow) | BW | 2 | 90s | 30s | - |
| Pigeon Pose (hip opener) | - | 3 | 45s | 15s | - |
| TFL Stretch (figure-4 seated) | - | 3 | 30s | 15s | - |
| Stationary Cycling (low res.) | Low | 1 | 20 min | - | - |

| Wednesday Glute & Quad Strength | WEEK 2 Date: April 7, 2026 | | | | |
|-------------------------------------|-------------------------------|------|------|------|-----|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Romanian Deadlift (single-leg) | BW | 3 | 10 | 60s | - |
| Step-Downs (6-inch step, eccentric) | BW | 3 | 10 | 60s | - |
| Goblet Squat (0-60°) | Light | 3 | 12 | 60s | - |
| Hip Thrust (barbell) | Moderate | 3 | 12 | 60s | - |
| Reverse Lunge | BW | 3 | 10 | 45s | - |

| Thursday Rest & Soft Tissue | WEEK 2 Date: April 7, 2026 | | | | |
|---------------------------------|-------------------------------|------|------|------|-----|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Foam Roll - Quads & TFL | BW | 2 | 90s | 30s | - |
| Foam Roll - Glutes & Piriformis | BW | 2 | 90s | 30s | - |

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|-------------------------------|---|---|-----|-----|---|
| Hip Flexor Stretch (kneeling) | - | 3 | 45s | 15s | - |
| Ankle Mobility Drill | - | 2 | 10 | 20s | - |

| Friday Proprioception & Run Prep | WEEK 2 Date: April 7, 2026 | | | | |
|---|---------------------------------------|-------------|-------------|-------------|------------|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Single-Leg Balance (foam pad) | BW | 3 | 30s | 20s | - |
| Lateral Hops (low amplitude) | BW | 3 | 10 | 45s | - |
| A-Skip Drill | BW | 3 | 20m | 60s | - |
| Walk-Run Intervals (2:1 ratio) | - | 6 | 2 min | - | - |
| IT Band Stretch Post-Run | - | 3 | 45s | 15s | - |

| Saturday Easy Cardio | WEEK 2 Date: April 7, 2026 | | | | |
|---------------------------------|---------------------------------------|-------------|-------------|-------------|------------|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Elliptical (forward motion) | Low | 1 | 25 min | - | - |
| Pool Running (deep water) | - | 1 | 15 min | - | - |
| Calf & Achilles Stretch | - | 3 | 30s | 15s | - |
| Foam Roll Full Lower Body | BW | 1 | 5 min | - | - |

| Sunday Full Rest | WEEK 2 Date: April 7, 2026 | | | | |
|-------------------------------|---------------------------------------|-------------|-------------|-------------|------------|
| Exercise(s) | Wt. | Sets | Reps | Rest | RPE |
| Ice / Contrast Therapy (knee) | - | 2 | 15 min | 1 hr | - |
| Gentle Walking (15 min) | - | 1 | 15 min | - | - |
| Hip Flexor & IT Band Stretch | - | 2 | 30s | 15s | - |

WT. Weight • **SETS/REPS** Sets/Repetitions • **REST** Rest Period • **RPE** Rate of Perceived Exertion

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