OFF-SEASON PROGRAM DESIGN FOR PEAK PERFORMANCE

Mike Durand   CSCS, SCCCC, USAW
Program Design Considerations

What Facilities do you have available

Weight Room

Field Space
Optimal Training vs. Real World Training?

Equipment needs/available

- Before you design your Training Program know what you have available.
- What can you do/What can’t you do with what you have?
Program Design Considerations

Number of athletes in the program

- How many athletes will be in the program? Commitment!

- How many athletes can you have in each training group?

This will depend on Facility size, Equipment available, Number of Coaches.

NSCA – Standards and Guidelines
First, Strength & Conditioning activities should be planned, and the required number of qualified staff should be present, such that recommended guidelines for minimum average floor space allowance per participant (100 ft²), professional-to-participant ratios (1:10 junior high school, 1:15 high school, 1:20 college), and number of participants per barbell or training station (up to 3) are applied during peak usage times (5,7,38,42). In ideal circumstances, this corresponds to one Strength & Conditioning practitioner per 3 – 4 training stations and/or 1,000 ft² area (junior high school); 5 training stations and/or 1,500 ft² area (high school); or 6 – 7 training stations and/or 2,000 ft² area (college), respectively.
How many Training weeks do you have?

- Winter Conditioning /Summer Program

- What are you working towards?
  - Spring Ball – Training Camp

- Will you have a Test Week at the conclusion of the Off-Season/Summer Program?

- What do you want to Test and Why?
  - Performance Indicators
Seasonal Objectives

Off Season (8-15 weeks)
- Increase lean body mass
- Increase work capacity.
- Improve technique of core movements.
  - Maintain sport skills.
- Set specific individual goals.
- Improve Running Mechanics
  - Improve linear speed, lateral speed and agility.
  - Develop strength base.
  - Injury prevention.
- Communicate with Sports Medicine Staff regarding injuries and rehab needs.

Pre Season (8-12 weeks)
- Peak speed, power and agility.
- Peak sport (position) specific conditioning.
  - Incorporate sport skills.
  - Evaluation of goals.
- Continue injury prevention.
During our off-season and pre-season program our basic training schedule will call for four training sessions each week. We will break the teams into small lifting and running groups to provide maximum individual attention. Our weekly schedule will be the following:

**Monday**
- Dynamic Warm up – Mobility work
- Lower Body Plyometrics
- Linear/Lateral Speed Development/Running Mechanics
- Torso Training
- Specific Warm Up
- Strength Training – Ground based power followed by lower body strength and back strength
- Post Workout Flexibility/Restoration

**Tuesday**
- Dynamic Warm up – Mobility Work – Foot Quickness
- Upper Body Plyometrics
- Torso Training
- Specific Warm Up
- Strength Training – Ground based power followed by upper body pressing and posterior chain work
- Change of Direction Conditioning/Strongman Conditioning
- Post Workout Flexibility/Restoration

**Thursday**
- Dynamic Warm up – Mobility work
- Lower Body Plyometrics
- Linear/Lateral Speed and Agility, Running Mechanics
- Torso Training
- Specific Warm Up
- Strength Training – Ground based power followed by lower body strength and back strength.
- Post Workout Flexibility/Restoration

**Friday**
- Dynamic Warm up - Mobility Work – Foot Quickness
- Upper Body Plyometrics
- Torso Training
- Specific Warm Up
- Strength Training – Ground based power followed by upper body pressing and posterior chain work.
- Linear Conditioning/Position Specific Conditioning
- Post Workout Flexibility/Restoration
### Phase 1

#### Week 1

<table>
<thead>
<tr>
<th>Movement</th>
<th>reps/set</th>
<th>total volume</th>
<th>% range</th>
<th>Speed</th>
<th>Tempo/Conditioning</th>
<th>C.O.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic</td>
<td>5's</td>
<td>20 - 25</td>
<td>67.5 - 72.5</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Strength</td>
<td>8's</td>
<td>24 - 30</td>
<td>70 - 75</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Week 2

<table>
<thead>
<tr>
<th>Movement</th>
<th>reps/set</th>
<th>total volume</th>
<th>% range</th>
<th>Speed</th>
<th>Tempo/Conditioning</th>
<th>C.O.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic</td>
<td>5's</td>
<td>20 - 25</td>
<td>75 - 80</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Strength</td>
<td>8's</td>
<td>24 - 30</td>
<td>75 - 77.5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Phase 2

#### Week 3

<table>
<thead>
<tr>
<th>Movement</th>
<th>reps/set</th>
<th>total volume</th>
<th>% range</th>
<th>Speed</th>
<th>Tempo/Conditioning</th>
<th>C.O.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic</td>
<td>3's</td>
<td>15 - 18</td>
<td>82.5 - 85</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Strength</td>
<td>3's</td>
<td>15 - 18</td>
<td>82.5 - 85</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Week 4

<table>
<thead>
<tr>
<th>Movement</th>
<th>reps/set</th>
<th>total volume</th>
<th>% range</th>
<th>Speed</th>
<th>Tempo/Conditioning</th>
<th>C.O.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic</td>
<td>3's</td>
<td>15 - 18</td>
<td>85 - 87.5</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Strength</td>
<td>3's</td>
<td>15 - 18</td>
<td>85 - 87.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phase 3</td>
<td>Movement</td>
<td>reps/set</td>
<td>total volume</td>
<td>% range</td>
<td>Speed</td>
<td>Tempo/Conditioning</td>
</tr>
<tr>
<td>---------</td>
<td>----------</td>
<td>----------</td>
<td>--------------</td>
<td>---------</td>
<td>-------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Week 5</td>
<td><strong>Olympic</strong></td>
<td>5's</td>
<td>20 - 25</td>
<td>75-80</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Strength</strong></td>
<td>5's</td>
<td>20 - 25</td>
<td>80</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td><strong>Olympic</strong></td>
<td>5's</td>
<td>20 - 25</td>
<td>85</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Strength</strong></td>
<td>5's</td>
<td>20 - 25</td>
<td>85</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phase 4</td>
<td>Movement</td>
<td>reps/set</td>
<td>total volume</td>
<td>% range</td>
<td>Speed</td>
<td>Tempo/Conditioning</td>
</tr>
<tr>
<td>Week 7</td>
<td><strong>Olympic</strong></td>
<td>3's</td>
<td>12 - 15</td>
<td>90</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Strength</strong></td>
<td>3's</td>
<td>12 - 15</td>
<td>90</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td><strong>Olympic</strong></td>
<td>2's - 1's</td>
<td>8 - 10</td>
<td>95</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Strength</strong></td>
<td>2's - 1's</td>
<td>8 - 10</td>
<td>95</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Test Week</td>
<td>Movement</td>
<td>reps/set</td>
<td>total volume</td>
<td>% range</td>
<td>Speed</td>
<td>Tempo/Conditioning</td>
</tr>
<tr>
<td>Week 9</td>
<td><strong>Olympic</strong></td>
<td>Test</td>
<td>Max</td>
<td>100</td>
<td>Test 10, 40</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><strong>Strength</strong></td>
<td>Test</td>
<td>Max</td>
<td>100</td>
<td>Pro Agility</td>
<td></td>
</tr>
</tbody>
</table>
Dynamic Warm Up – Mobility

Mobility Work
Hurdle Over/Under, Frontwards/Backwards, Lateral

Stationary Mobility Work
• Front Lunge
• Iron Cross
• Leg Swings
• Knee Tucks
• Scorpions
Linear Speed/Conditioning Day
1. Stride 50 yds x 2
2. Backwards Run 30 yds x 2
3. Shuffle Arm Swing 20 yds x 2
4. Front Lunge Walk 15 yds x 1
5. Backwards Lunge Walk 15 yds x 1
6. High Knee Walk and Grab 15 yds x 1
7. Heel Ups 20 yds x 2
8. High Knee Skip 20 yds x 2
9. High Knee Run 20 yds x 2
10. 90% Build Up 40 yds x 2
Upper Body/Lower Body Plyometrics/Jump Training

First – Teach athletes how to land, teach proper body position upon landing and how to absorb the force of the landing.

Start with the most basic forms of Jump Training
- Double foot hops/jumps
- Simple Jumps with easy (low impact) landing
  - Keep Total Contacts (Volume) Low
  - 20 – 30 contacts total (highest intensity)
- Medicine Ball throws Explosive Push ups for Upper Body Plyos
- Same Volume for Upper Body as Lower Body
Linear Speed Development

Speed Development is NOT Conditioning

Speed Development is Central Nervous System work

To get Quality Speed Development allow for full recovery between every repetition on every drill.

On Linear Speed Development Days allow for 1 minute of recovery for every 10 yards above 90% effort.

Keep Total Linear Speed Volume to no more than 300 yards per workout at your highest Speed Training Volume during your Off-Season Program. As Conditioning Volume increases during the Off-Season Program, reduce the speed volume for each Linear Speed Training session.
Linear Speed Development

The Workout Plan

Review – Teach Running Mechanics

**PAL**

**Posture** – pronounce lean during acceleration to overcome inertia, more erect posture at top speed, triple extension of the ankle, knee and hip

**Arm Action** – amplitude or range of motion of arms during stride. Faster during acceleration, smoothes out at top speed

**Leg Action** – action of the hips and legs relative to the torso and the ground. Hip, knee, and ankle triple extension during acceleration. Quick stops requires bending the ankle, knees and hips to reduce force and to control the stop.

Vern Gambetta – Sports Specific Speed

Teach Starts – Standing, Sprint Start Stance, First 3 steps.

Acceleration Work

Speed/Absolute Speed Work
# Linear Speed Development

## Sample Workout

### Phase 1

**Monday - Jump Training**

**Week 1**

- **Hurdle Hops - Hop & Hold**
  - 1 x 5, 3 x 5
  - Full

**Monday - Linear Speed**

1. **Seated Fast Arms**
   - 3 x 10 sec
   - 30 sec

2. **Partner Knee Drive Drill**
   - 2 x 15 yards
   - 1:00 min

3. **Sprint Starts - 70%, 80%, 90%**
   - 3 x 10 yards
   - 1:00
   - (Teach Sprint Start Technique)

4. **Partner Resistive Sprints**
   - 4 - 6 x 10 yds
   - Full
   - (Sprint Start Stance - No Release)

5. **Sprint Starts - 90% x 1, 100% x 3**
   - 4 x 10 yards
   - Full

6. **Build Ups - Standing Start**
   - 2 x 40 yards
   - Full
   - (Graduale Build Up of Speed over 40 yards, reach 90% to 95% top speed at 40)

(Walk back recovery)
Dynamic Warm Up

Lateral Speed-Agility/Conditioning Day
1. Stride 50 yds x 2
2. Backwards Run 30 yds x 2
3. Shuffle Arm Swing 20 yds x 2
4. Front Lunge Walk x 15 yds x 1
5. Backwards Lunge Walk x 15 yds x 1
6. Lateral Lunge Walk 15 yds x 2
7. Squat Shuffle 15 yds x 2
8. Shuffle 5 yds touch, 5 yds back touch, sprint 20 yds
9. Carioca 10 yds, Sprint 10 yds x 2
10. Shuffle 10 yds, Sprint 10 yds x 2
11. High Knee Skip 20 yds x 2
12. Stride 40 yds x 2
<table>
<thead>
<tr>
<th>Phase 1</th>
<th>Thursday - Jump Training</th>
<th>reps/yds</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>None</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Thursday - Lateral Speed & Agility**

1. Pro Agility Shuttle - Sprint  
   3 each way  
   1:00

2. Pro Agility Shuttle - Shuffle  
   3 each way  
   1:00

3. 4 - Cone Drill - 10 yards apart  
   3 each way  
   1:00  
   (Backpeddle, Sprint, Backpeddle, Sprint)

4. Triangle Cone Drill  
   3 each way  
   1:00  
   (3 point stance start)
### Summer 2012 Strength & Conditioning Warm Up/Torso

#### Phase 1  Weeks 1 & 2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hurdle Mobility</strong> - Outside</td>
<td><strong>Hurdle Mobility</strong> - Inside</td>
<td><strong>Hurdle Mobility</strong> - Outside</td>
<td><strong>Hurdle Mobility</strong> - Inside</td>
</tr>
<tr>
<td><strong>Warm Up - Dynamic Outside</strong></td>
<td><strong>Warm Up - Inside</strong></td>
<td><strong>Warm Up - Dynamic Outside</strong></td>
<td><strong>Warm Up - Inside</strong></td>
</tr>
<tr>
<td><strong>Plyos</strong> - Lower (Outside)</td>
<td>Jump Rope x 3:00 min.</td>
<td><strong>Plyos</strong> - Lower (Outside)</td>
<td>Static Dynamic</td>
</tr>
</tbody>
</table>

#### Warm Up/Torso

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stick</strong></td>
<td><strong>Med Ball</strong></td>
<td><strong>Stick</strong></td>
<td><strong>Med Ball</strong></td>
</tr>
<tr>
<td>1. Giant Circles x 10 each way</td>
<td><strong>Standing</strong></td>
<td>Giant Circles x 5 each way</td>
<td><strong>Standing</strong></td>
</tr>
<tr>
<td>2. Overhead Squats x 10</td>
<td><strong>Standing</strong></td>
<td>Overhead Squats x 10</td>
<td><strong>Standing</strong></td>
</tr>
<tr>
<td>Hammer Throw from the foot x 5 each</td>
<td></td>
<td>Giant Circles x 5 each way</td>
<td>Good Mornings x 10</td>
</tr>
</tbody>
</table>

#### Med Ball

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standing</strong></td>
<td><strong>Seated</strong></td>
<td><strong>Standing</strong></td>
<td><strong>Seated</strong></td>
</tr>
<tr>
<td>Wood Choppers x 10</td>
<td>Crunch w/extension x 15</td>
<td>Wood Choppers x 10</td>
<td>MB Overhead Flat Foot Situp x 15</td>
</tr>
<tr>
<td>Russian Twist x 10 each way</td>
<td>M.B. Side to side taps x 15 each</td>
<td>Russian Twist x 5 each way</td>
<td>Seated Hammer Throw s x 10e</td>
</tr>
<tr>
<td>M.B. Spread Eagle Sit Ups x 15</td>
<td>M.B. Sit Up and Press x 15</td>
<td>Pike Ups x 15</td>
<td>Leg Raises x 15</td>
</tr>
<tr>
<td>M.B. Knees Up Side to Side x 10 each side</td>
<td>Side Plank x 25 sec each</td>
<td>Torso Rotations x 10 each</td>
<td>Elbow Bridge x 40 sec.</td>
</tr>
<tr>
<td>M.B. Toe Touches x 20</td>
<td>Plyos - Upper</td>
<td>Hip Thrusts x 10 each</td>
<td>Plyos - Upper</td>
</tr>
<tr>
<td>M.B. Sit Up and Twist x 10 each side</td>
<td>Kneeling M.B. Throws x 3 x 5</td>
<td>Front Plank x 40 sec.</td>
<td>Backward Med Ball Throws 3 x 5</td>
</tr>
<tr>
<td>Glute-Bridge x 30 sec.</td>
<td>Specific Warm Up - Weight Room</td>
<td>Specific Warm Up - Weight Room</td>
<td>Specific Warm Up - Weight Room</td>
</tr>
</tbody>
</table>

#### Specific Warm Up - Weight Room

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Snatch Grip Bar Complex 1 x 5 each</td>
<td>Clean Grip Bar Complex 1 x 5 each</td>
<td>Snatch Grip Bar Complex 1 x 5 each</td>
<td>Clean Grip Bar Complex 1 x 5 each</td>
</tr>
</tbody>
</table>
Strengthening the torso is paramount in improving physical performance.

Developing a strong torso prevents injuries, increases body control and enhances execution of core lifting exercises, thus improving performance during competition.

We include a comprehensive torso program that addresses five dimensions of movement on a daily basis.

Five Dimensions of Torso Movement
- Flexion, Extension, Lateral Flexion, Rotation and Stabilization.
SPECIFIC WARM UP: “The second portion of the warm up, is often overlooked despite its immediate benefit to your physical training. Specific warm up resembles the training activity, and is sometimes called preliminary practice. This preliminary practice conditions your muscles so they work in an appropriate fashion and at an appropriate time. During specific warm-up, you are reviewing the sensory cues which activate complex coordination of muscles and joints. The more complex the movement you wish to practice, the greater the benefit from specific warm-up”. Vern Gambetta
Specific Warm Up

Clean Complex
- Clean Grip High Pull
- Clean Grip Muscle Snatch
- Squat to a Press
- Good Morning
- Bent Over Row

Snatch Complex
- Snatch Grip High Pull
- Snatch Grip Muscle Snatch
- Snatch Grip Press
- Overhead Squat
- Snatch Grip RDL
# 4 Day Training Template (Off-Season)

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explosive Movement</td>
<td>Explosive Movement</td>
<td>Explosive Movement</td>
<td>Explosive Movement</td>
</tr>
<tr>
<td><strong>Pair 1</strong></td>
<td><strong>Pair 1</strong></td>
<td><strong>Pair 1</strong></td>
<td><strong>Pair 1</strong></td>
</tr>
<tr>
<td>Double Leg Push</td>
<td>Horizontal Press</td>
<td>Double Leg Push Variation</td>
<td>Horizontal Press Variation</td>
</tr>
<tr>
<td>Vertical Pull</td>
<td>Straight Leg Hip Extension</td>
<td>Vertical Pull Variation</td>
<td>Straight Leg Hip Extension</td>
</tr>
<tr>
<td><strong>Pair 2</strong></td>
<td><strong>Pair 2</strong></td>
<td><strong>Pair 2</strong></td>
<td><strong>Pair 2</strong></td>
</tr>
<tr>
<td>Single Leg Push</td>
<td>Vertical Press</td>
<td>Single Leg Push</td>
<td>Vertical Press Variation</td>
</tr>
<tr>
<td>Horizontal Pull</td>
<td>Bent Leg Hip Extension</td>
<td>Horizontal Pull</td>
<td>Bent Leg Hip Extension</td>
</tr>
<tr>
<td>Post Work</td>
<td>Post Work</td>
<td>Post Work</td>
<td>Post Work</td>
</tr>
</tbody>
</table>
### Strength Training

#### Football Summer 2012

**Phase 1  Week 1**

*complete warm up sets prior to each movement/ **pair A's and B's**

*Strength Coach must see LAST Set of CAPITALIZED MOVEMENTS*

<table>
<thead>
<tr>
<th></th>
<th>clean</th>
<th>sqt</th>
<th>bench</th>
<th>pjk</th>
<th>dead</th>
<th>post</th>
<th>bw</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADAMS, CHRIS</td>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td></td>
<td>224</td>
</tr>
</tbody>
</table>

**Monday-warm up/torso**

<table>
<thead>
<tr>
<th>Movement</th>
<th>wt</th>
<th>reps</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>hang snatch</td>
<td>100</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>rest 3:00 min</strong></td>
<td>105</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>115</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>125</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A1 BACK SQUAT</td>
<td>225</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>245</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>265</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>285</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>pair 1:30 rest</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A2 pull ups + weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(overhand grip)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1 bar step ups</td>
<td>110</td>
<td>x5e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>pair 1:30 rest</strong></td>
<td>120</td>
<td>x5e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>130</td>
<td>x5e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B2 db row (one arm)</td>
<td>65</td>
<td>x8e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>75</td>
<td>x8e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>75</td>
<td>x8e</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fat bar barbell curl</td>
<td>4x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tuesday-warm up/torso**

<table>
<thead>
<tr>
<th>Movement</th>
<th>wt</th>
<th>reps</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>HANG CLEAN</td>
<td>150</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>rest 3:00 min</strong></td>
<td>165</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>180</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>195</td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A1 BENCH PRESS</td>
<td>155</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>170</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>180</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>195</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A2 db rdl</td>
<td>65</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>75</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1 bar overhead press</td>
<td>90</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>pair 1:30 rest</strong></td>
<td>110</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>110</td>
<td>x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B2 pause glute-ham raise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>bw</td>
<td>x6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>bw</td>
<td>x6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>bw</td>
<td>x6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>dips + weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4x8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Strength Training

<table>
<thead>
<tr>
<th>clean</th>
<th>sqt</th>
<th>bench</th>
<th>pjk</th>
<th>dead</th>
<th>post</th>
<th>bw</th>
</tr>
</thead>
<tbody>
<tr>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td></td>
<td>224</td>
</tr>
</tbody>
</table>

**Thursday - warm up/torso**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>wt</th>
<th>reps</th>
<th>intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRONT PUSH JERK</td>
<td>140</td>
<td>x5</td>
<td></td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>155</td>
<td>x5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>165</td>
<td>x5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>180</td>
<td>x5</td>
<td></td>
</tr>
<tr>
<td>A1 DEADLIFT + box jumps</td>
<td>275</td>
<td>x5+5</td>
<td>low</td>
</tr>
<tr>
<td>(no rest between deads and box jumps)</td>
<td>295</td>
<td>x5+5</td>
<td>med</td>
</tr>
<tr>
<td></td>
<td>330</td>
<td>x5+5</td>
<td>med</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>340</td>
<td>x5+5</td>
<td>med</td>
</tr>
<tr>
<td>A2 wpg pulldowns</td>
<td>140</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>(wide parallel grip)</td>
<td>165</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>175</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>B1 db split squats</td>
<td>55</td>
<td>x8e</td>
<td></td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>70</td>
<td>x8e</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70</td>
<td>x8e</td>
<td></td>
</tr>
<tr>
<td>B2 barbell row</td>
<td>135</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>(overhand grip)</td>
<td>155</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>155</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>cable rotations</td>
<td>3x8e</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Friday - warm up/torso**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>hang clean &amp; push jerk</td>
<td>130</td>
<td>x4</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>145</td>
<td>x4</td>
</tr>
<tr>
<td></td>
<td>155</td>
<td>x4</td>
</tr>
<tr>
<td>A1 db incline bench press</td>
<td>50</td>
<td>x10</td>
</tr>
<tr>
<td>(bench on 3rd hole)</td>
<td>55</td>
<td>x10</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>60</td>
<td>x10</td>
</tr>
<tr>
<td>A2 pause back ext + weight</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>(pause 2 seconds at top)</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>B1 malak rotation + shoulder press</td>
<td>40</td>
<td>x5e+5e</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>50</td>
<td>x5e+5e</td>
</tr>
<tr>
<td>B2 sb leg curls</td>
<td>x6</td>
<td></td>
</tr>
<tr>
<td>fat bar barbell tricep ext.</td>
<td>3x8e</td>
<td></td>
</tr>
</tbody>
</table>
## Football Summer 2012
### Phase 2  Week 1

*complete warm up sets prior to each movement/ pair A’s and B’s*

*Strength Coach must see LAST Set of CAPITALIZED MOVEMENTS*

<table>
<thead>
<tr>
<th>clean</th>
<th>sqt</th>
<th>bench</th>
<th>pjk</th>
<th>dead</th>
<th>post</th>
<th>bw</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADAMS, CHRIS</td>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td>224</td>
</tr>
</tbody>
</table>

### Monday - warm up/torso

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>one arm db hang snatch</td>
<td>50 x3e</td>
<td>HANG CLEAN</td>
<td>165 x3</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>60 x3e</td>
<td>rest 3:00 min</td>
<td>185 x3</td>
</tr>
<tr>
<td>65 x3e</td>
<td></td>
<td>205 x3</td>
<td></td>
</tr>
<tr>
<td>70 x3e</td>
<td></td>
<td>225 x3</td>
<td></td>
</tr>
<tr>
<td>A1 BACK SQUAT</td>
<td>245 x5</td>
<td>A1 3-BOARD BENCH PRESS</td>
<td>170 x5</td>
</tr>
<tr>
<td>275 x3</td>
<td></td>
<td>195 x3</td>
<td></td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>295 x3</td>
<td>pair 1:30 rest</td>
<td>225 x3</td>
</tr>
<tr>
<td>320 x3</td>
<td></td>
<td>245 x2</td>
<td></td>
</tr>
<tr>
<td>340 x3</td>
<td></td>
<td>260 x2-4</td>
<td></td>
</tr>
<tr>
<td>A2 chin ups + weight</td>
<td>bw x5</td>
<td>A2 bar snatch grip rdl</td>
<td>180 x6</td>
</tr>
<tr>
<td>(underhand grip)</td>
<td>x3</td>
<td>(index finger on ring)</td>
<td>195 x6</td>
</tr>
<tr>
<td>x3</td>
<td></td>
<td>205 x6</td>
<td></td>
</tr>
<tr>
<td>x3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1 db single leg bench squat</td>
<td>60 x5e</td>
<td>B1 db high incline bench press</td>
<td>50 x8</td>
</tr>
<tr>
<td>(bench on 4th hole)</td>
<td>70 x5e</td>
<td></td>
<td>60 x8</td>
</tr>
<tr>
<td>70 x5e</td>
<td></td>
<td>60 x8</td>
<td></td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>105 x8e</td>
<td>pair 1:30 rest</td>
<td>60 x8</td>
</tr>
<tr>
<td>125 x8e</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>125 x8e</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B2 one arm cable row</td>
<td>105 x8e</td>
<td>B2 pause glute-ham raise</td>
<td>bw x6</td>
</tr>
<tr>
<td>alt. db curls</td>
<td>3x8e</td>
<td>suspended pushups</td>
<td>3x10-15</td>
</tr>
<tr>
<td>Thursday- warm up/torso</td>
<td>wt</td>
<td>reps</td>
<td>intensity</td>
</tr>
<tr>
<td>------------------------</td>
<td>------</td>
<td>------</td>
<td>-----------</td>
</tr>
<tr>
<td>A1 DEADLIFT + box jumps</td>
<td>275</td>
<td>5+5</td>
<td>low</td>
</tr>
<tr>
<td></td>
<td>320</td>
<td>3+3</td>
<td>med</td>
</tr>
<tr>
<td></td>
<td>340</td>
<td>3+3</td>
<td>med</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>365</td>
<td>3+3</td>
<td>high</td>
</tr>
<tr>
<td></td>
<td>385</td>
<td>3+3</td>
<td>high</td>
</tr>
<tr>
<td>A2 cpg pulldowns</td>
<td>140</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>(close parallel grip)</td>
<td>165</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>175</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>175</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>B1 bar split squat</td>
<td>135</td>
<td>5e</td>
<td></td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>155</td>
<td>5e</td>
<td></td>
</tr>
<tr>
<td></td>
<td>155</td>
<td>5e</td>
<td></td>
</tr>
<tr>
<td>B2 fat bar barbell row</td>
<td>125</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>(overhand grip)</td>
<td>145</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>145</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>cable lift, rotate &amp; press</td>
<td>2x6e</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Strength Training**

**Football Summer 2012**

**Phase 3  Week 1**

*complete warm up sets prior to each movement/ pair A’s and B’s*

*Strength Coach must see LAST Set of CAPITALIZED MOVEMENTS*

<table>
<thead>
<tr>
<th></th>
<th>clean</th>
<th>sqt</th>
<th>bench</th>
<th>pjk</th>
<th>dead</th>
<th>post</th>
<th>bw</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADAMS, CHRIS</td>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td></td>
<td>224</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday-warm up/torso</th>
<th>wt</th>
<th>reps</th>
<th>Tuesday-warm up/torso</th>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>hang split snatch</td>
<td>100</td>
<td>x2e</td>
<td>hang clean &amp; split jerk combo</td>
<td>130</td>
<td>x2+2</td>
</tr>
<tr>
<td>(alternate foot forward each rep)</td>
<td>115</td>
<td>x2e</td>
<td>(alternate foot forward on jerks)</td>
<td>150</td>
<td>x2+2</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>125</td>
<td>x2e</td>
<td>rest 3:00 min</td>
<td>165</td>
<td>x2+2</td>
</tr>
<tr>
<td>A1 BACK SQUAT</td>
<td>235</td>
<td>x5</td>
<td>A1 2-BOARD BENCH PRESS</td>
<td>170</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>265</td>
<td>x5</td>
<td></td>
<td>195</td>
<td>x3</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>285</td>
<td>x5</td>
<td>pair 1:30 rest</td>
<td>225</td>
<td>x3</td>
</tr>
<tr>
<td></td>
<td>310</td>
<td>x5</td>
<td></td>
<td>250</td>
<td>x2</td>
</tr>
<tr>
<td></td>
<td>320</td>
<td>x5</td>
<td></td>
<td>280</td>
<td>x1-3</td>
</tr>
<tr>
<td>A2 cpg pullups + weight</td>
<td>x5</td>
<td></td>
<td>A2 bar clean grip rdl</td>
<td>180</td>
<td>x6</td>
</tr>
<tr>
<td>(close parallel grip)</td>
<td>x5</td>
<td></td>
<td></td>
<td>195</td>
<td>x6</td>
</tr>
<tr>
<td></td>
<td>x5</td>
<td></td>
<td></td>
<td>205</td>
<td>x6</td>
</tr>
<tr>
<td>B1 single leg squat</td>
<td>x5e</td>
<td></td>
<td>B1 malak t-bar overhead press</td>
<td>155</td>
<td>x10</td>
</tr>
<tr>
<td>(standing on box)</td>
<td>x5e</td>
<td></td>
<td></td>
<td>180</td>
<td>x10</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>x5e</td>
<td></td>
<td>pair 1:30 rest</td>
<td>180</td>
<td>x10</td>
</tr>
<tr>
<td>B2 one arm db row</td>
<td>70 x8e</td>
<td></td>
<td>B2 sb leg curls</td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>85 x8e</td>
<td></td>
<td></td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>85 x8e</td>
<td></td>
<td></td>
<td>x8</td>
<td></td>
</tr>
<tr>
<td>fat bar barbell curls</td>
<td>3x8</td>
<td></td>
<td>dips + weight</td>
<td>3x8</td>
<td></td>
</tr>
</tbody>
</table>
## Strength Training

<table>
<thead>
<tr>
<th>Thursday- warm up/torso</th>
<th>wt</th>
<th>reps</th>
<th>Friday-warm up/torso</th>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>one arm db push jerk</td>
<td>60</td>
<td>x3e</td>
<td>power shrugs</td>
<td>220</td>
<td>x5</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>65</td>
<td>x3e</td>
<td>rest 3:00 min</td>
<td>250</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>70</td>
<td>x3e</td>
<td></td>
<td>275</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>75</td>
<td>x3e</td>
<td></td>
<td>290</td>
<td>x5</td>
</tr>
</tbody>
</table>
| A1 sumo deadlifts       | 245  | x5   | A1 bar incline bench press +
| (feet outside of hands) | 285  | x5   | lying med ball throw
| pair 1:30 rest          | 305  | x5   | (bench on 2nd hole)
|                         | 330  | x5   | pair 1:30 rest
|                         | 330  | x5   |                      |
| A2 fat bar front lat pulldown | 150 | x8   | A2 bar goodmornings
| (overhand grip)         | 175  | x8   | (feet shoulder width)
|                         | 185  | x8   |                      |
| B1 bar split squat      | 145  | x5e  | B1 db alt. shoulder press
| pair 1:30 rest          | 170  | x5e  | pair 1:30 rest
|                         | 180  | x5e  |                      |
| B2 fat bar barbell row  | 125  | x8   | B2 sb single leg bent leg hip ext.
| (overhand grip)         | 145  | x8   | x4e
|                         | 155  | x8   | x4e
| malak rotations         | 55   | 3x6e | close grip bench press
|                         |      |      | 210 4x4 |

### Table:

<table>
<thead>
<tr>
<th>ADAMS, CHRIS</th>
<th>275</th>
<th>410</th>
<th>280</th>
<th>255</th>
<th>455</th>
<th>224</th>
</tr>
</thead>
<tbody>
<tr>
<td>clean</td>
<td>sqt</td>
<td>bench</td>
<td>pjk</td>
<td>dead</td>
<td>post</td>
<td>bw</td>
</tr>
<tr>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td>224</td>
<td>455</td>
</tr>
</tbody>
</table>

**Notes:**
- Rest 3:00 min
- Pair 1:30 rest
- Overhand grip
- Close grip bench press
**Football Summer 2012**  
**Phase 4 Week 1**

*complete warm up sets prior to each movement/ pair A's and B's*

*Strength Coach must see LAST Set of CAPITALIZED MOVEMENTS*

<table>
<thead>
<tr>
<th>clean</th>
<th>sqt</th>
<th>bench</th>
<th>pjk</th>
<th>dead</th>
<th>post</th>
<th>bw</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADAMS, CHRIS</td>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
<td>224</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday-warm up/torso</th>
<th>wt</th>
<th>reps</th>
<th>Tuesday-warm up/torso</th>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>hang snatch</td>
<td>105</td>
<td>x4</td>
<td>HANG CLEAN</td>
<td>165</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>125</td>
<td>x3</td>
<td></td>
<td>195</td>
<td>x4</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>135</td>
<td>x3</td>
<td></td>
<td>220</td>
<td>x3</td>
</tr>
<tr>
<td></td>
<td>145</td>
<td>x3</td>
<td></td>
<td>235</td>
<td>x2</td>
</tr>
<tr>
<td>A1 BACK SQUAT</td>
<td>245</td>
<td>x5</td>
<td>A1 BENCH PRESS</td>
<td>170</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>285</td>
<td>x4</td>
<td></td>
<td>195</td>
<td>x4</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>330</td>
<td>x3</td>
<td></td>
<td>225</td>
<td>x3</td>
</tr>
<tr>
<td></td>
<td>350</td>
<td>x2</td>
<td></td>
<td>240</td>
<td>x2</td>
</tr>
<tr>
<td></td>
<td>370</td>
<td>x1</td>
<td></td>
<td>250</td>
<td>x1</td>
</tr>
<tr>
<td>A2 wpg pullups + weight</td>
<td>x5</td>
<td></td>
<td>A2 db single leg rdl</td>
<td>65</td>
<td>x6e</td>
</tr>
<tr>
<td>(wide parallel grip)</td>
<td>x5</td>
<td></td>
<td></td>
<td>70</td>
<td>x6e</td>
</tr>
<tr>
<td></td>
<td>x5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B1 single leg squat</td>
<td>x5e</td>
<td></td>
<td>B1 fat bar overhead press</td>
<td>110</td>
<td>x6</td>
</tr>
<tr>
<td>(standing on box)</td>
<td>x5e</td>
<td></td>
<td>(bar weight = 20 lbs)</td>
<td>135</td>
<td>x6</td>
</tr>
<tr>
<td>pair 1:30 rest</td>
<td>x5e</td>
<td></td>
<td></td>
<td>145</td>
<td>x6</td>
</tr>
<tr>
<td>B2 malak one arm row</td>
<td>45</td>
<td>x8e</td>
<td>B2 pause glute-ham raise</td>
<td>bw</td>
<td>x5</td>
</tr>
<tr>
<td></td>
<td>50</td>
<td>x8e</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>50</td>
<td>x8e</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>db hammer curls</td>
<td></td>
<td>3x8e</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ADAMS, CHRIS</td>
<td>275</td>
<td>410</td>
<td>280</td>
<td>255</td>
<td>455</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
</tbody>
</table>

**Thursday- warm up/torso**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
<th>intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>front split jerk</td>
<td>140</td>
<td>x2e</td>
</tr>
<tr>
<td>(alternate foot forward each rep)</td>
<td>160</td>
<td>x2e</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>170</td>
<td>x2e</td>
</tr>
<tr>
<td>185</td>
<td>x2e</td>
<td></td>
</tr>
</tbody>
</table>

**A1 DEADLIFT + box jumps**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
<th>intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>235</td>
<td>x5+5</td>
<td>low</td>
</tr>
<tr>
<td>275</td>
<td>x4+4</td>
<td>med</td>
</tr>
<tr>
<td>290</td>
<td>x3+3</td>
<td>md/hi</td>
</tr>
</tbody>
</table>

**pair 1:30 rest**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
<th>intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>320</td>
<td>x3+3</td>
<td>high</td>
</tr>
<tr>
<td>340</td>
<td>x3+3</td>
<td>high</td>
</tr>
</tbody>
</table>

**A2 front lat pulldown**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>160</td>
<td>x8</td>
</tr>
<tr>
<td>185</td>
<td>x8</td>
</tr>
</tbody>
</table>

**B1 db 45 degree front lunge**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>x5e</td>
</tr>
<tr>
<td>60</td>
<td>x5e</td>
</tr>
</tbody>
</table>

**B2 two arm db row**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>55</td>
<td>x8</td>
</tr>
<tr>
<td>65</td>
<td>x8</td>
</tr>
</tbody>
</table>

**cable rotations**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>3x6e</td>
<td></td>
</tr>
</tbody>
</table>

**Friday-warm up/torso**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>hang clean &amp; push jerk</td>
<td>130</td>
</tr>
<tr>
<td>rest 3:00 min</td>
<td>155</td>
</tr>
</tbody>
</table>

**A1 db incline bench press**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>x8</td>
</tr>
</tbody>
</table>

**A2 pause back ext. + weight**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>65</td>
<td>x8</td>
</tr>
</tbody>
</table>

**B1 db split leg shoulder press**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>x6</td>
</tr>
</tbody>
</table>

**B2 sb single leg leg curl**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>65</td>
<td>x4e</td>
</tr>
</tbody>
</table>

**close grip bench press**

<table>
<thead>
<tr>
<th>wt</th>
<th>reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>215</td>
<td>4x3</td>
</tr>
</tbody>
</table>
**Periodization of Training**

- **Undulating Periodization Method**

  Works well with advanced athletes. Allows the athlete to handle greater intensity earlier during the cycle. Each Phase is 2 – 3 weeks in length.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Intensity</th>
<th>Volume</th>
<th>Phase</th>
<th>Intensity</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase 1</td>
<td>70 – 85%</td>
<td>15 to 20</td>
<td>Phase 2</td>
<td>80 – 92.5%</td>
<td>12 to 18</td>
</tr>
<tr>
<td><strong>Olympic Lifts</strong></td>
<td>3 – 4 Sets x 5 Reps</td>
<td>Total Reps</td>
<td>4 – 6 Sets x 3 Reps</td>
<td>Total Reps</td>
<td></td>
</tr>
<tr>
<td>60 – 77.5%</td>
<td>24 to 40</td>
<td>Total Reps</td>
<td>85 – 92.5%</td>
<td>12 to 18</td>
<td></td>
</tr>
<tr>
<td><strong>Strength Lifts</strong></td>
<td>3 – 4 Sets x 8-10 Reps</td>
<td>Total Reps</td>
<td>4 – 6 Sets x 3 Reps</td>
<td>Total Reps</td>
<td></td>
</tr>
<tr>
<td>80 – 87.5%</td>
<td>15 to 25</td>
<td>Total Reps</td>
<td>90 – 100%</td>
<td>5 to 10</td>
<td></td>
</tr>
<tr>
<td><strong>Olympic Lifts</strong></td>
<td>4 – 5 Sets x 5 Reps</td>
<td>Total Reps</td>
<td>4 – 5 Sets x 1 - 2 Reps</td>
<td>Total Reps</td>
<td></td>
</tr>
<tr>
<td>80 – 87.5%</td>
<td>15 to 25</td>
<td>Total Reps</td>
<td>90 – 100%</td>
<td>4 to 12</td>
<td></td>
</tr>
<tr>
<td><strong>Strength Lifts</strong></td>
<td>3 – 5 Sets x 5 Reps</td>
<td>Total Reps</td>
<td>4 – 6 Sets x 1 – 2 Reps</td>
<td>Total Reps</td>
<td></td>
</tr>
</tbody>
</table>
**Conditioning/Energy System Development**

**Tuesday**

*Dynamic Warm Up Lateral Speed-Agility/Conditioning Day*

1. Stride 50 yds x 2
2. Backwards Run 30 yds x 2
3. Shuffle Arm Swing 20 yds x 2
4. Front Lunge Walk x 15 yds x 1
5. Backwards Lunge Walk x 15 yds x 1
6. Lateral Lunge Walk 15 yds x 2
7. Squat Shuffle 15 yds x 2
8. Shuffle 5 yds touch, 5 yds back touch, sprint 20 yds
9. Carioca 10 yds, Sprint 10 yds x 2
10. Shuffle 10 yds, Sprint 10 yds x 2
11. High Knee Skip 20 yds x 2
12. Stride 40 yds x 2

**Ladders x 8**

<table>
<thead>
<tr>
<th></th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Line - 5 back, 10 back</td>
<td>45 sec.</td>
</tr>
<tr>
<td>Semi - 5 back, 15 back</td>
<td>45 sec.</td>
</tr>
<tr>
<td>Skill - 10 back, 20 back</td>
<td>45 sec</td>
</tr>
<tr>
<td>Weighted Sled Push 4 x 20 yards</td>
<td>2:00 min</td>
</tr>
</tbody>
</table>

*5 min rest before Tempo Runs*

**Tempo Runs x 2**

<table>
<thead>
<tr>
<th></th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Line = 9 sec</td>
<td>35 sec</td>
</tr>
<tr>
<td>Semi = 8 sec</td>
<td>35 sec</td>
</tr>
<tr>
<td>Skill = 7 sec</td>
<td>35 sec</td>
</tr>
<tr>
<td><strong>Finishing Exercise</strong> - Tug-o-War</td>
<td>1:00 min</td>
</tr>
</tbody>
</table>

**Friday**

*Linear Speed/Conditioning Day*

1. Stride 50 yds x 2
2. Backwards Run 30 yds x 2
3. Shuffle Arm Swing 20 yds x 2
4. Front Lunge Walk 15 yds x 1
5. Backwards Lunge Walk 15 yds x 1
6. High Knee Walk and Grab 15 yds x 1
7. Heel Ups 20 yds x 2
8. High Knee Skip 20 yds x 2
9. High Knee Run 20 yds x 2
10. Stride 50 yards x 2
Post Training Cool Down - Flexibility

Post Conditioning Cool Down
Bare Foot Dynamic Movements (Done slow tempo...allow for Cool Down)
or
Bare Feet - Walk 200 – 300 yards

Monday & Thursday post Lift Tuesday & Friday post Conditioning

• Active Isolated Stretching w/band
  * 5 reps each side hold for 5 seconds relax 5 seconds
1. Bent Leg Hamstring
2. Straight Leg Hamstring
3. Calves
4. IT Band/Glute Stretch
5. Lying Adductor Stretch
6. Quad/Hip Flexor Stretch

✓ Flexibility is an important factor in prevention of injuries and in efficient skill performance. There are three methods of improving flexibility. We will incorporate Dynamic flexibility (athletic movement through a full range of motion) during our warm up prior to every running and lifting workout. We incorporate Active Isolated Stretching or Partner Assisted stretching post workout while the muscles are warm. Research has show that post workout stretching aids in the recovery process by calming the athlete, restoring the muscles to their resting length, stimulating blood flow and reducing cramping.
During our off-season and pre-season program our basic training schedule will call for four training sessions each week. We will break the teams into small lifting and running groups to provide maximum individual attention. Our weekly schedule will be the following:

<table>
<thead>
<tr>
<th>Day</th>
<th>Dynamic Warm up – Mobility work</th>
<th>Lower Body Plyometrics</th>
<th>Linear/Lateral Speed Development/Running Mechanics</th>
<th>Torso Training</th>
<th>Specific Warm Up</th>
<th>Strength Training – Ground based power followed by lower body strength and back strength</th>
<th>Post Workout Flexibility/Restoration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Dynamic Warm up – Mobility work</td>
<td>Lower Body Plyometrics</td>
<td>Linear/Lateral Speed Development/Running Mechanics</td>
<td>Torso Training</td>
<td>Specific Warm Up</td>
<td>Strength Training – Ground based power followed by lower body strength and back strength</td>
<td>Post Workout Flexibility/Restoration</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>Dynamic Warm up – Mobility Work – Foot Quickness</td>
<td>Upper Body Plyometrics</td>
<td>Torso Training</td>
<td>Specific Warm Up</td>
<td>Strength Training – Ground based power followed by upper body pressing and posterior chain work</td>
<td>Change of Direction Conditioning/Strongman Conditioning</td>
<td>Post Workout Flexibility/Restoration</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>Dynamic Warm up – Mobility work</td>
<td>Lower Body Plyometrics</td>
<td>Linear/Lateral Speed and Agility, Running Mechanics</td>
<td>Torso Training</td>
<td>Specific Warm Up</td>
<td>Strength Training – Ground based power followed by lower body strength and back strength</td>
<td>Post Workout Flexibility/Restoration</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>Dynamic Warm up - Mobility Work – Foot Quickness</td>
<td>Upper Body Plyometrics</td>
<td>Torso Training</td>
<td>Specific Warm Up</td>
<td>Strength Training – Ground based power followed by upper body pressing and posterior chain work</td>
<td>Linear Conditioning/Position Specific Conditioning</td>
<td>Post Workout Flexibility/Restoration</td>
</tr>
</tbody>
</table>
Thank You

mdurand@seaprep.org