

WARM-UP

Prior to every training session whether it is strength training, conditioning, or agilities session a complete warm-up and flexibility session must be done. A proper warm-up will:

- *Increase the body temperature prior to training*
- *Prepare the major joints for strenuous activity through all ranges of motion*
- *Increase flexibility of specific joints for increased range of motion*
- *Mentally prepare an athlete for the training that is about to be done*

General Warm-Up

The following activities can be done prior to any workout:

Light Jog - 5-10 minutes of continuous jogging at a moderate pace

Jump Rope - 3- 5 minutes of continuous jumping or See Agility/Footwork Section for specific jump rope programs

Bike/Stairmaster/Cross Trainer - 5-10 minutes at a moderate intensity and pace

An indication of a good warm-up is a light sweat. Follow the general warm-up with a brief stretch and then move onto the specific warm-up. A longer, more complete flexibility session should be done after the specific warm-up

Flexibility

Flexibility is an important variable in athletic development. Flexibility can aid in the increase of speed, power, agility, quickness, and strength. Flexibility is also a key component in the prevention of injuries. A greater range of motion in joint can reduce the chance of muscle tears, ligament strain, and injury to connective tissue. Also a greater range of motion that a joint has, the more efficient the muscles, tendons, ligaments and the joint itself will be when they are put through strenuous activity.

Flexibility is joint specific so every major joint structure must be stretched regularly in order to maximize the effects of a program. In addition to static and dynamic stretching programs, proper strength training may increase flexibility. Current research demonstrates that strength training through a full and safe range of motion can lead to increases in joint flexibility,

Points of Emphasis:

1. Always perform a general warm-up prior to stretching.
2. Be relaxed while stretching
3. Begin all stretches slowly; ease into position, hold, ease out of stretch
4. Hold all stretches for 10-15 seconds
5. Do not bounce. This could cause injury and prevent flexibility development by not allowing the muscle being stretched to relax.
6. Do not stretch so far that you experience joint pain.
7. Always stretch before and after workouts. Stretching post-exercise will prevent soreness and accelerate recovery.

Feet Together (Standing)

- Feet together, reach hands toward toes.
- Relax low back.
- Do not bounce.



Legs Spread

- Spread feet as wide as possible, while maintaining balance.
- Reach with both hands to ankle.
- Complete a rep to the left, right and middle.



Lean Left – Right

- Feet slightly narrower than previous stretch.
- Lean to side with toes pointing forward and feet flat.
- Keep chest up and back flat.



Hip Flexor

- Keep 1 ½ to 2 feet of space between heel and knee.
- Push hips down and forward.
- Keep chest up and back flat.



Hip Flexor – Twist Over

- Same as Hip Flexor stretch.
- Put opposite elbow on knee and twist.
- Try to get shoulders parallel to thigh of front leg.



Squat Stretch

- Take a position with your feet slightly wider than shoulder width.
- Keep your heels on the ground and chest up.
- Back should be flat.
- Push out on knees.



Quad Stretch

- Remain on side.
- Slowly pull back on foot.
- Keep hips in extension to stretch hip flexor.



Calf Stretch

- Keep legs straight.
- Keep heel on ground.
- Keep hips high.



Feet Together (Seated)

- Feet together, reach
- hands toward toes
- Relax low back
- Do not bounce



Groin Stretch

- Pull the heels as close to the body as possible
- Push out on the knees with the elbows



Legs Over Head

- Relax the low back
- Try to extend legs
- until straight with toes pointed down
- Do not bounce



Knees to Chest

- Pull the knee to the chest
- Opposite leg should be straight



Extend the Leg

- Grab high on the calf
- Extend the leg by pushing the heel to the sky



Leg Over

- Keep the shoulders and hips flat on the ground
- The leg across should be perpendicular to the torso



Modified Hurdler

- Bring heel to leg
- Keep leg straight and flat on ground
- Reach with both hands



Spinal Twist

- Apply pressure to leg with elbow
- Turn shoulders to 90 degrees
- Foot of bent leg must be flat



Strength Training

STRENGTH TRAINING FOR FOOTBALL

Strength is an important variable as it pertains to football conditioning. Strength is the basis for all components of physical training. Stronger athletes have an advantage as it pertains to competition, everything else being equal. Strength fits into the equation for power and speed development, agility and quickness, conditioning, and flexibility. Strength training can also help each athlete's confidence, help minimize injuries, decrease rehabilitation time, and give meaning to the entire team or program.

Philosophy of Training

The philosophy of training is based on a precise, year round plan. This plan is well thought out and involves various activities that will develop each individual into the best football player possible. The strength training plan is based on the progressive overload principle. Athletes will improve in strength by slowly and periodically adding resistance to the body. The body adapts to these stresses by becoming stronger.

Utilizing multi-joint, ground based exercises performed with proper techniques and progressively overloaded will help enable each athlete to gain the needed total body strength to 1) enhance athletic performance, 2) be more resilient to injury, and 3) improve self confidence.

Strength is the foundation of all other trained components. It is very important to develop a great base of strength training prior to extensive specific training.

Key Elements of Productive Training:

Intensity: The prime aspect of a successful training program. In order to achieve goals an athlete must have training passion rather than just getting through the workout.

Consistency: Remaining consistent throughout a training program, before, during and after workouts. Preparing the body to train with good eating habits, proper rest and recovery as well as training with a high level of intensity day in and day out.

Accountability: Being accountable to teammates to show up each day with a high level of intensity and mental readiness. Also being accountable to yourself for lack of intensity and poor eating and recovery habits.

Mental Toughness: Training hard each and every day is not easy, neither is being a champion. In order to reach goals you must be mentally ready to compete each workout and mentally strong enough to push through.

PRINCIPLES

Warm-up

Every strength training workout should be preceded by a warm-up and stretching session (see warm-up section of this manual). The warm-up should take a minimum of 5 minutes and the athlete should break a sweat. Follow the full stretching program given in this manual.

Frequency/ Duration

Post season 3 x week, off season 3-4 x week, pre season 3 x week, in season 2 x week on non-consecutive days. The second strength training workout should be at least 48 hours pre competition. Workout length during the off season should not exceed 1 hour, inseason training may only last 30 minutes. Each major body part should be trained 2-3 x week on non consecutive days, 8-12 exercises per day, 1-3 work sets per exercise, 10-20 total work sets per workout.

Full range exercise

Every rep of every exercise should be performed through a full range of motion (all the way up, all the way down). This will strengthen the whole length of the muscle as well as adding functional flexibility.

Use strict exercise form on all exercises

Make the muscles do the work. Eliminate all bouncing, arching and throwing the weight. If you have to cheat to perform a rep then the weight is momentarily too heavy. Do not count cheated reps.

Emphasize the lowering of the weight

It should take you twice as long to lower a weight as it did to raise it. The same muscle that lifts a weight also lowers it. You can lower approximately 40% more than you can raise so do not waste this part of the exercise.

Record all workouts

In order for you to get stronger you must attempt to do more repetitions with a given weight or increase the weight. This must be done on a regular basis for you to achieve results. Recording workouts allows you to challenge yourself and keep progress of your gains, otherwise your training will be haphazard and unproductive.

How many reps?

Any repetition range from 5-20 will work well as long as you are consistent in your form and effort. Avoid changing rep ranges too frequently, as this will not allow your body to adapt to a specific stimulus. On the other hand a change in reps may be all you need to break out of a strength plateau.

How much weight?

As much weight as possible. The weight used should be heavy enough to make the set very hard but not too heavy where you are unable to reach the goal number without assistance or cheating on a rep.

How many sets?

The number of work sets can vary from 1-6. This does not include warm-up sets. We use a wide variety of sets and reps to achieve variety and different adaptations. The key ingredient in each is perfect form and intensity.

How much time between sets and exercises?

Rest 1:00-2:00 minutes between sets of the same exercise. Rest between exercises should be minimal but allow enough time to mentally prepare for a maximum effort. Do not waste time chatting or socializing during a workout. This reduces intensity and negates the conditioning effect.

How many workouts per week?

Superior results can be obtained from strength training every other day. You may split your workouts into lower and upper body but no more than 4 strength training sessions per week are necessary. Train each part of the body 2 x week. Remember that strength training is only one part of developing the total athlete.

What exercises and in what order should they perform?

Perform exercises for the entire body, done in a balanced fashion. An exercise where you "push" should be complimented with one where you "pull". In general, you should exercise larger muscle groups before small ones. Perform exercises for the hips, thighs, back, chest and shoulders before working the calves, arms, forearms and grip.

Warm-up Sets

Listed on the card as "wup". To prepare your muscles, tendons, ligaments and mind for intense training it is sometimes necessary to do a few warmup sets. These sets need to be done before a multi joint exercise which is performed early in the workout (ie. Bench Press, Squat, Deadlift), and should prepare you, not tire you out. Progressively add weight to each warmup set and perform between 1-8 reps as needed. The heavier your first work set, the more warmup sets you will need. Example for a squat workout where 405 lbs x 10 is the first work set: 135 lbs x 8, 225 lbs x 5, 275 lbs x 3, 315 lbs x 1, 365 lbs x 1, 405 lbs (work set) x 10.

Work Sets

Listed by total # (ie. 20), goal # (ie. 10) or a range # (ie. 8-12). Use a weight which is as heavy as possible to meet your goal, while performing perfect reps. Record only full and perfect reps on your workout card. The rep does not count if it is not performed correctly. Use the particular rep scheme instruction to find your starting weight, calculate the percentage of your estimated one rep max if necessary. Once you satisfy the rule given for that particular scheme increase the resistance in the next workout.

SET/REP SCHEMES

The following set/rep schemes will be used during the off-season or pre-season strength training workouts. The specific set/rep scheme for each exercise is listed on the card. If no indication is given, use the heaviest weight possible to complete the given number of reps for each set. The weight may have to be decreased for each additional set in order to achieve the goal number.

Range Sets (10-15, 8-12, 6-10)

Perform maximum reps using a weight that the reps achieved fall into the rep range. If two or three sets are required, lower the weight by 10-15% to achieve the reps within the range. Once the top number of reps are achieved on the first set, add 5-10% for the next workout.

Advanced Techniques

Use the following techniques immediately after the range sets

50% Sets: After performing the 1st set to failure, rest 1:30 and use the same weight for a second set. Again perform as many reps as possible; the goal is to complete 50% of the reps achieved on the 1st set.

Regression Sets: After performing the 1st set to failure, rest 1:30 and reduce the weight by 25%. Again perform as many reps as possible, with the goal being reps achieved in the same range as the 1st set.

Breakdown Sets: After performing as many reps as possible, immediately reduce the weight by 25% and continue performing reps to failure. Rest should be minimal. With the range sets, perform the breakdown on the last set only.

Total Rep Sets (40 Total, 20 Total)

Perform sets of 8-10 reps until the desired total number of reps is achieved. Take 30-40 seconds rest between each set. Once all reps are achieved with a minimum number of sets, add weight.

Same Weight Sets

3 x 10, 3 x 6: Use the same weight for all sets. Once all reps are achieved add 5-10% for next workout.

15/10: Use a weight that 15 is difficult and could not be repeated. Once 15 and 10 are completed add 5-10% for next workout

CHART PROGRAMS

The following exercises utilize a chart for progression. The charts enable these exercises to have a consistent progression. For each exercise use an estimated max or find a max with a 5-9 rep max test. Set and rep schemes for all other exercises directly follow.

Bench Press

3 x 10 - 4 x 8 - 4 x 6 - 4 x 5 - 5/3/3/3

Once an estimated max has been found, complete the workouts using that max for the duration. When shown, perform the phase for two weeks before progressing to the next.

Assault 5

Once an estimated max is found, complete the first workout using that max. The last set (5+) is as many reps as possible. If all sets are completed, progress the max by 5lb.

225/185 Max

If a 225/185 Max is done as a test, it must be done during training. The 225/185 Max can be done on a second upper body day or as a replacement for a bench workout.

Barbell Incline Press

10/8/6/4

Using an estimated max, follow the chart to complete the workout. If a workout is successfully completed progress the max by 5lb for the next week.

5 x 5

Reduce the working max by 10-20lbs when changing from 10/8/6/4 to acclimate. When each workout is successfully completed, progress max by 5lbs.

DB Incline / DB Shoulder Press

12/10/8 – 10/8/6

Using an estimated max, begin with 12/10/8. Keep the same max to complete 10/8/6 the following week. If successfully completed progress max by 5lbs.

Squat

3 x 10 - 4 x 8 - 4 x 6 - 4 x 5 - 5/3/3/3

Once an estimated max has been found, complete the workouts using that max for the duration. When shown, perform the phase for two weeks before progressing to the next.

8/6/4/2

Once an estimated max has been found, complete the workout. If the workout is successfully completed progress the max by 5lbs.

Old School Squat Routine

This is a work set chart. Use the set of 2 from the previous week as the work set. Try to perform as many perfect reps as possible with the work set. When form begins to falter IMMEDIATELY rack the weight.

Strength Training **Specific Warm-up**

Prior to each strength training workout, complete the following specific warm-up exercises. These exercises have been designed to properly prepare each athlete for heavy, intense strength training. On upper body days perform the upper body warm-up followed by the static shoulder stretches. On the lower body days, perform the lower body warm-up exercises followed by the static stretches for the lower body. The exercises should be enough to get the body properly warmed up. A good indication of a good warm-up is a light sweat.

Prior to Lifting

UPPER BODY WARM-UP EXERCISES

Front Shoulder Rolls

Back Shoulder Rolls

Stick Stretches

1:00 jump rope

2 x 10 yd Front Crawl

2 x 10 yd Back Crawl

2 x 10 yd Side Crawl

Static Shoulder Stretches

*Perform the crawl in a slow controlled manner, with the butt higher than the shoulders. This exercise will help in the stabilization of the shoulder region. Be sure to keep the butt higher than the shoulders. The majority of weight should be on the arms.

Prior to Lifting

LOWER BODY WARM-UP EXERCISES

1:00 Speed Jump Rope

Crossover Hip Walk

Back Pedal 2 x 10 yd

Carioca 2 x 10 yd

Butt Kicks 2 x 10 yd

High Knees 2 x 10 yd

Wall Exercises:

Hip Flexion/Extension

Continuously drive knee as high as possible, followed by driving the leg down and back into hip extension under control. Stand tall and avoid leaning forward.

Abduction/Adduction

Leg swings continuously back and forth across body in a controlled manner, while pivoting on the ground foot. Leg height should be emphasized.

Over/Under Hurdles 4-6 hurdles 36-60"

Standing sideways, step over the hurdles driving the knee up to chest height. After both legs are over the hurdle, step under the next hurdle in a squat position, while keeping the torso in an upright position. Alternate hurdles.

Lower Body Static Stretches

Exercise Description

SQUAT



Starting Position: Position the bar on the trapezius muscles. Adjust hands comfortably, wider than shoulder width. Lift the bar off the rack and take one step back. Position your feet slightly wider than shoulder width and flare the toes out at a 45 degree angle. Legs should be wide enough to allow to squat at a proper depth but not too wide so that the knees come inward when squatting.

Movement: Keep heels flat on the floor, chest out and chin up. Begin the descent by flexing at the hips, sticking the rear end out slightly and bending the knees. Keep the head up and chest out throughout the movement. Squat until the thighs are parallel to the floor. Do not bounce in the bottom. Rise from the bottom position forcefully but under control. Imagine pushing the heels through the floor. The shoulders must rise before the hips so that the body stays in the correct position. The back should be flat but angled forward slightly. Rise the hips and chest at the same time. Slow down near the top to maintain control. Settle at the top, take a couple of breaths and perform another rep.

DEADLIFT



Starting Position: Position the feet the same as squatting. Position the body over the weight with the knees bent, chest out and chin up. When using a Trap Bar or dumbbells, the hands should be at the heels with palms facing one another. With a straight bar, position the bar close to or against the shins with a one hand over, one under grip.

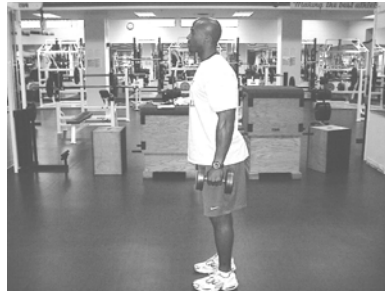
Movement: Keep the heels flat on the floor, chest out, chin up. Lift the weight using the hips and thigh muscles. The shoulders will rise before the hips. Imagine pushing the heels through the floor as the weight is lifted. The back should be flat but angled forward slightly. The hips should come forward as they rise. Come all the way to the top so the body is standing erect. Lower the weight back to the floor in the reverse manner that it is lifted. Do not bounce the bar off the floor.

LEG PRESS:



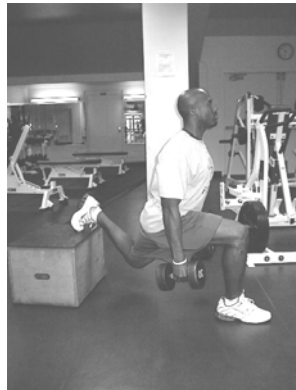
Starting Position: Position feet on the platform so that the knees do not come over the toes when doing the exercise. Keep your rear end all the way down in the seat. Position the seat close to allow for a full range of motion and so the carriage does not contact the bumpers before reaching a thigh parallel position.

WALKING LUNGE



Movement: Hold dumbbells in both hands. Step out with the right foot and bend the right leg until it is parallel to the floor. Keep the torso near vertical throughout the rep, chest out, chin up. Step out far enough so that at the bottom the shin is perpendicular to the floor. Stand up straight then step out with the left foot (this is one rep) and repeat alternating legs until completing the required number of reps. Can also be done for distance.

SINGLE LEG SQUAT



Starting Position: Place the back foot on a bench with the front leg out. Hold dumbbells in both hands. The front leg should be out far enough so that the shin will be perpendicular to the ground in the bottom position.

Movement: With the upper torso vertical, chest out, chin up, lower yourself until the thigh of the front leg is parallel to the ground. The back leg should be bent. Down slow, pause at the bottom, and up under control. At the top, the front leg should not be locked out.

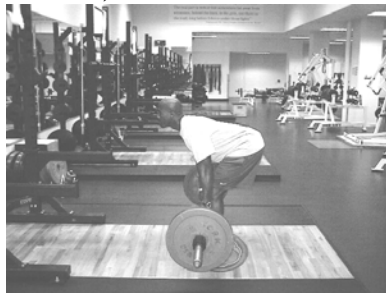
STEP-UP



Starting Position: Use a box that allows the front leg to be bent at 90 degrees. Place front leg on the top of box with foot flat. Stay tall with chest out and chin up.

Movement: Using predominantly the front leg, drive up onto the box keeping the upper torso vertical with chest out chin up. Slowly return the back leg to the floor and repeat. The reps can also be done with alternating the up leg. Simply switch the leg that remains up every rep.

RDL (Romanian Deadlift)



Starting Position: Place hands in an overhand grip slightly wider than shoulder width. Align the feet under the armpits. At the top, slightly bend the knees and tilt the pelvis so the rear end is extended. Retract the shoulder blades.

Movement: While keeping the back flat, chest out, and head up, tilt over with the bar traveling down the legs until the chest is parallel to the floor. Keep the same slight bend in the knee through the entire movement. Keep the rear end high and push the hips back. Weight should be on the heels. Return to the top under control and repeat. Do not round the back during the movement! Only go down as far as parallel. The movement is not at the waist, but rather at the hips. The hips must rotate backwards.

LEG CURL



Starting Position: Adjust the seat to allow for a full range of motion and so the back does not arch excessively.

Movement: Slowly curl the heels towards the rear end, pause in the contracted position. Be sure to lift the weight and not throw it! Lower the weight slowly all the way down to the starting position.

BENCH PRESS



Starting Position: Grip the bar at shoulder width or slightly wider. Thumbs wrapped around the bar, hands evenly spaced. Position the bar above the eyes at the start, arms straight. The feet must remain on the floor, rear end on the bench, and the head and shoulder stationary. Squeeze the shoulder blades together, put the head flat on the bench and feet flat on the floor. Make sure that there are secure collars on each side of the bar and that it is evenly loaded.

Movement: Lower the bar slowly to the nipples. Keep the elbows under the bar. Touch the chest lightly making sure not to bounce. Forcefully, but under control, press the bar back up to arm length. Be sure not to raise the rear end off the bench while pressing. Slow the bar down when nearing the top so that control is maintained. The elbows must be under and inward slightly of the bar. If they flare out this will put excessive strain on the shoulder joint.

BARBELL INCLINE PRESS



Starting Position: Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Position the bar above the eyes at the start, arms straight. The feet must remain flat on the floor, rear end on the bench, and the head and shoulders stationary. Squeeze the shoulder blades together, put the head flat on the bench and feet flat on the floor. Make sure that there are secure collars on each side of the bar and that it is evenly loaded.

Movement: Lower the bar slowly to a point just below the clavicles and just higher than the nipples. Keep the elbows under the bar. Touch the chest lightly making sure not to bounce. Forcefully, but under control, press the bar back up to arm length. Be sure not to raise the rear end off the bench while pressing. The elbows must be under and inwards slightly of the bar, to prevent excessive strain on the shoulder joint.

DUMBBELL INCLINE PRESS



Starting Position: Grasp two dumbbells of even weight. Set them upright on the thighs. Slowly lie back onto the bench and position the dumbbells at nipple level. Squeeze the shoulder blades together, put the head flat on the bench and feet flat on the floor. Hand placement can vary from a standard "bench press" grip to one where the hands are angled inwards slightly.

Movement: Press the dumbbells upward under control. When pressing, allow the dumbbells to come towards the mid-line so that they touch lightly at the top. Pause and lower them back to the starting position. Do not stretch excessively at the bottom. Another version of this exercise has the palms turning toward each other as you press upwards. At the top the palms are facing each other and they rotate away from each other as the dumbbells are lowered. When the set is complete, set the dumbbells back on the thighs upright. Sit up with dumbbells carefully and return them to the rack.

PARALLEL BAR DIPS



Starting Position: Begin at the top, elbows locked, feet off the ground, chest out and the eyes focused straight ahead.

Movement: Lower the body by bending at the elbow and shoulder joint until triceps of parallel to the floor. Move up and down under control and slowly. Come all the way until the arms are straight. Do not let the feet touch the ground. Attach extra weight to the waist once the required number of reps can be completed.

BARBELL OR DUMBBELL PUSH PRESS



Starting Position: Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Begin the exercise with the bar on the upper chest (clavicles). Keep the elbows under the bar. Keep the torso erect and tight. Eyes face straight ahead. Keep the feet flat and solid underneath the body, slightly wider than shoulder width.

Movement: Begin the movement with a slight bend of the knees. Use the strength of the legs, shoulders and arms to forcefully press the weight overhead. As the bar passes the eyes, slowly push the head “through” to keep the torso erect. Do not lean backwards when pressing. Pause at the top before lowering the barbell back to the shoulders slowly. When using a barbell, it is easiest to take the bar from a rack set at chest height. When using dumbbells, CLEAN them to the shoulders.

DUMBBELL SHOULDER PRESS



Starting Position: Sit on the 90 degree bench with the dumbbells held upright on the thighs. The lifter should use the thighs to “kick” the dumbbells up to the shoulders. Alternatively the spotter can assist the lifter in getting the dumbbells to this position. The torso should be upright and the tail should be all the way to the back of the bench. The dumbbells can be held like a barbell with the palms facing away from the lifter. Alternatively, the lifter can turn their palms inward slightly or have them turned in entirely so that the palms are facing each other.

Movement: Press the dumbbells forcefully, but under control, to a position overhead. At the top, the arms should be straight and the torso erect. Do not lean backwards or arch the back excessively when pressing. Pause at the top, then slowly lower the bar back to the starting position at the shoulders. The dumbbells can come towards each other while pressing. Care must be taken not to bang the dumbbells into each other, which may result in a loss of balance.

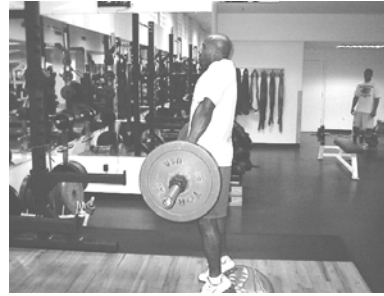
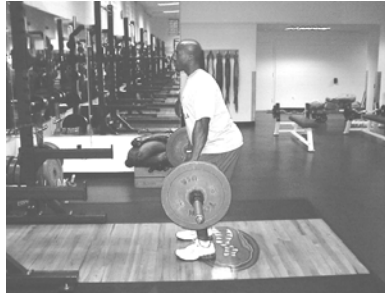
BARBELL SHOULDER PRESS



Starting Position: Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Begin the exercise with the bar at the upper chest (clavicles). Keep the elbows under the bar. Keep the torso erect and tight. Eyes facing straight ahead. Keep the feet flat on the floor and the rear end against the back of the bench.

Movement: Press the bar forcefully, but under control, to a position overhead. At the top, the arms should be straight and the torso erect. Do not lean backwards or arch the back when pressing. Pause at the top, then slowly lower the bar back to the starting position at the chest.

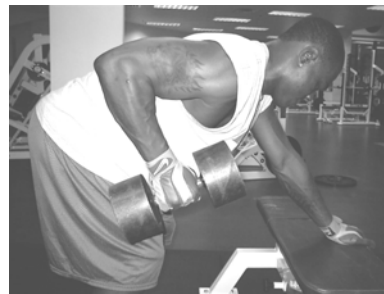
POWER SHRUG



Starting Position: Hold the weight with straight arms. Bend the knees and hips to get the bar directly above the knees. Lock into a flat, arched position. Chest out, chin up.

Movement: This is a simultaneous movement of extending the ankles, knees, and hips and shrugging the shoulders forcefully upward as high as possible. Pause at the top before lowering the weight, under control, to the starting position. Care should be taken to avoid low back rounding or bending with the arms.

DUMBBELL ROWS



Starting Position: Place the opposite hand on a bench for support. Place feet slightly behind the hips with the knees slightly bent and “soft.” Keep the rear end up through the entire movement. Back flat and head up. Grasp the dumbbell in one hand.

Movement: Begin the exercise with the weight at arm length. Slowly pull the weight to the chest while squeezing the shoulder blades together. Attempt to pull the elbows behind the body. Think of the hands as hooks and pull the weight with the upper back muscles. Pause the weight at the chest and slowly lower the weight to the starting position. Avoid using the lower back muscles by not swinging or throwing the weight at the top.

PULL-UPS



Starting Position: Grasp the bar with an overhand grip, palms facing away from the body. The hands should be evenly spaced and shoulder width apart.

Movement: Begin the exercise with the arms straight. Pull the chin over the bar, attempt to touch the chest to it, pause briefly at the top and lower the body slowly until the arms are straight. Do not kick or swing the legs.

UPRIGHT ROW



Starting Position: Standing straight. Grasp the bar with a grip that is less than shoulder width. Keep the bar close to the body.

Movement: Pull bar under chin, keeping elbows higher than the hands. Pause briefly at the top. Lower the bar slowly. Keep bar close to the body through the entire rep. Do not arch back.

DUMBBELL SIDE RAISE



Starting Position: Begin with arms hanging by the side of the body, thumbs pointed straight ahead.

Movement: With arms straight, but not locked at the elbow, raise the arms out to the side until hands are parallel with the shoulders. Pause at the top and lower weight. Do not rest at the bottom. Do not swing the weight at the top.

PLATE RAISE



Starting Position: Begin with arms hanging between legs. Thumbs pointed toward the ceiling.

Movement: With arms straight, but not locked at the elbow, raise plate until arms are parallel with the ground. Pause at the top and lower weight.

EZ BAR TRICEP EXTENSION



Starting Position: Lie back firmly on bench. Hold the bar evenly on the inside curve with palms facing out.

Movement: Lower the bar slowly to the top of the head with elbows pointing towards the ceiling. Feel a stretch in the triceps before extending upwards and outwards until once again in starting position.

Strength Training Workouts

OFF- SEASON

9 WEEKS

MID-JANUARY TO MID-MARCH

4 Day Upper/Lower Split
Monday/Thursday - Upper
Tuesday/Friday - Lower

OR

3 Day Upper/Lower/Total Split
Monday - Upper
Wednesday - Lower
Friday - Total

PHASE I - 4 DAY UPPER/LOWER
EXERCISES

OFF-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT
EXPLOSIVES - Choose 1														
BOX JUMPS	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5	
OR														
CONE HOPS	3 x 10			3 x 10			3 x 10			3 x 10			3 x 10	
NECK	FT 2x10			FT 2x10			FT 2x10			FT 2x10			FT 2x10	
	RT 2x10			RT 2x10			RT 2x10			RT 2x10			RT 2x10	
	LT 2x10			LT 2x10			LT 2x10			LT 2x10			LT 2x10	
	BK 2x10			BK 2x10			BK 2x10			BK 2x10			BK 2x10	
LEG PRESS	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8	
<i>Chart</i>	WUP x5			WUP x 5			WUP x5			WUP x5			WUP x5	
	3 x 10			3 x 10			4 x 8			4 x 8			4 x 6	
RDL	2 x 12			2 x 12			2 x 12			2 x 10			2 x 10	
Lt Wt.														
DB LUNGE	2 x 15			2 x 15			2 x 15			2 x 20			2 x 20	
	steps			steps			steps			steps			steps	
INNER THIGH	2 x 15			2 x 15			2 x 15			2 x 15			2 x 12	
CALF RAISE	50			50			50			50			50	
ANKLE FLEXION	10			10			10			10			10	
<i>MR</i>														
MED BALL ABS	100			125			125			150			150	

PHASE I - 4 DAY UPPER/LOWER
EXERCISES

OFF-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
INCLINE <i>Chart</i> BARBELL OR DUMBBELL													Bench		
	10/8/6/4			10/8/6/4			10/8/6/4			10/8/6/4			Press		
													225/185		
	12/10/8			10/8/6			12/10/8			10/8/6			2 x Max		
PULL UPS	2 x 6-12			2 x 6-12			2 x 6-12			2 x 6-12			2 x 6-12		
CLOSE GRIP BENCH PRESS	2 x 12			2 x 12			2 x 10			2 x 10			2 x 10		
SHRUGS	3 x 15			3 x 15			3 x 15			3 x 12			3 x 12		
UPRIGHT ROWS	2 x 15			2 x 12			2 x 12			2 x 12			2 x 10		
DB SIDE RAISES	2 x 12			2 x 12			2 x 10			2 x 10			2 x 10		
TRICEP EXTENSION	2 x 12			2 x 12			3 x 10			3 x 10			3 x 10		
BICEP CURLS	2 x 12			2 x 12			3 x 10			3 x 10			3 x 10		
BODY WEIGHT ABS	150			150			150			200			200		

PHASE II - 4 DAY UPPER/LOWER
EXERCISES

OFF-SEASON

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS		WEIGHT	REPS
EXPLOSIVES - Choose 1															
JAMMER EXTENSION	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
BOX JUMP	3 x 10			3 x 10			3 x 10			3 x 10			3 x 10		
NECK	FT 2x10			FT 2x10			FT 2x10			FT 2x10			FT 2x10		
	RT 2x10			RT 2x10			RT 2x10			RT 2x10			RT 2x10		
	LT 2x10			LT 2x10			LT 2x10			LT 2x10			LT 2x10		
	BK 2x10			BK 2x10			BK 2x10			BK 2x10			BK 2x10		
SQUAT	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
	WUP x5			WUP x5			WUP x5			WUP x5			WUP x5		
Chart															
	4 x 6			4 x 5			4 x 5			5/3/3/3			5/3/3/3		
RDL	2 x 10			2 x 10			2 x 8			2 x 8			2 x 8		
DB LUNGE	2 x 20			2 x 20			2 x 20			2 x 20			2 x 20		
	steps			steps			steps			steps			steps		
INNER THIGH	2 x 15			2 x 15			2 x 15			2 x 15			2 x 12		
CALF RAISE	50			50			50			50			50		
ANKLE FLEXION	10			10			10			10			10		
MR															
MED BALL ABS	175			175			200			200			200		

PHASE II - 4 DAY UPPER/LOWER
EXERCISES

OFF-SEASON

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS	WEEK 10	WEIGHT	REPS
INCLINE BARBELL DUMBBELL										Bench					
	5 x 5			5 x 5			5 x 5			Press			5 x 5		
	10/8/6			3 x 8			3 x 8			225/185 2 x Max			3 x 8		
PULL UPS	2 x 6-12			2 x 6-12			2 x 6-12			2 x 6-12			2 x 6-12		
CLOSE GRIP BENCH PRESS	2 x 10			2 x 8			2 x 8			2 x 8			2 x 8		
SHRUGS	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
UPRIGHT ROWS	2 x 10			2 x 10			2 x 8			2 x 8			2 x 8		
DB SIDE RAISES	2 x 10			2 x 12			2 x 15			2 x 15			2 x 15		
TRICEP EXTENSION	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
BICEP CURLS	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
BODY WEIGHT ABS	200			225			225			250			250		

PHASE I - 3 DAY UPPER/LOWER/TOTAL
EXERCISES

OFF-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
EXPLOSIVES - Choose 1	ALL 3 x 5			ALL 3 x 5			ALL 3 x 5			ALL 3 x 5			ALL 3 x 5		
SHRUG PULL															
MED BALL BP															
BENCH PRESS	WUP x 8			WUP x 8			WUP x 8			WUP x 8			WUP x 8		
<i>Chart</i>	WUP x 5			WUP x 5			WUP x 5			WUP x 5			WUP x 5		
	3 x 10			3 x 10			4 x 8			4 x 8			4 x 6		
ROWS															
	3 x 10-15			3 x 8-12			3 x 8-12			3 x 8-12			3 x 8-12		
PUSH PRESS <i>Same Wt.</i>	3 x 6			3 x 6			3 x 6			3 x 5			3 x 5		
OR															
SHOULDER PRESS	12/10/8			10/8/6			12/10/8			10/8/6			12/10/8		
SHRUGS															
	3 x 15			3 x 15			3 x 15			3 x 12			3 x 12		
PULLDOWNS															
	2 x 10-15			2 x 8-12			2 x 8-12			2 x 8-12			2 x 8-12		
TRICEP EXTENSION															
	2 x 12			2 x 12			3 x 10			3 x 10			3 x 10		
BICEP CURLS															
	2 x 12			2 x 12			3 x 10			3 x 10			3 x 10		
GRIP/FOREARM															
BODY WT. ABS	150			150			150			200			200		

PHASE I - 3 DAY UPPER/LOWER/TOTAL
EXERCISES

OFF-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
EXPLOSIVES - Choose 1															
JAMMER EXTENSION	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
BOX JUMP	3 x 10			3 x 10			3 x 10			3 x 10			3 x 10		
NECK	FT 2x10			FT 2x10			FT 2x10			FT 2x10			FT 2x10		
	RT 2x10			RT 2x10			RT 2x10			RT 2x10			RT 2x10		
	LT 2x10			LT 2x10			LT 2x10			LT 2x10			LT 2x10		
	BK 2x10			BK 2x10			BK 2x10			BK 2x10			BK 2x10		
SQUAT	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
Chart	WUP x5			WUP x 5			WUP x5			WUP x5			WUP x5		
	3 x 10			3 x 10			4 x 8			4 x 8			4 x 6		
RDL	2 x 12			2 x 12			2 x 12			2 x 10			2 x 10		
DB LUNGE	2 x 15			2 x 15			2 x 15			2 x 20			2 x 20		
	steps			steps			steps			steps			steps		
INNER THIGH	2 x 15			2 x 15			2 x 15			2 x 15			2 x 12		
CALF RAISE	50			50			50			50			50		
ANKLE FLEXION	10			10			10			10			10		
MR															
MED BALL ABS	100			125			125			150			150		

PHASE II - 3 DAY UPPER/LOWER/TOTAL

OFF-SEASON

EXERCISES

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS		WEIGHT	REPS
EXPLOSIVES - Choose 1	ALL 3 x 5			ALL 3 x 5			ALL 3 x 5			ALL 3 x 5			ALL 3 x 5		
SHRUG PULL															
MED BALL BP															
BENCH PRESS	WUP x 8			WUP x 8			WUP x 8			WUP x 8			WUP x 8		
Chart	WUP x 5			WUP x 5			WUP x 5			WUP x 5			WUP x 5		
	4 x 6			4 x 5			4 x 5			5/3/3/3			5/3/3/3		
ROWS															
	3 x 6-10			3 x 6-10			3 x 6-10			3 x 6-10			3 x 6-10		
PUSH PRESS <i>Same Wt.</i>	4 x 5			4 x 5			4 x 5			4 x 5			4 x 5		
OR															
SHOULDER PRESS	10/8/6			10/8/6			3 x 8			3 x 8			3 x 8		
SHRUGS															
	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
PULLDOWNS	2 x 6-10			2 x 6-10			2 x 6-10			2 x 4-7			2 x 4-7		
TRICEP EXTENSION	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
BICEP CURLS	3 x 10			3 x 10			3 x 8			3 x 8			3 x 8		
GRIP/FOREARM															
BODY WT. ABS	200			225			225			250			250		

PRE- SEASON

9 WEEKS

JUNE-AUGUST

3 Day Upper/Lower/Total Split

Monday - Upper

Wednesday - Lower

Friday - Total

PHASE I - 3 DAY UPPER/LOWER/TOTAL
EXERCISES

PRE-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
EXPLOSIVES															
JAMMER EXTENSION <i>Superset w/</i>	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
BOX JUMP	3 x 10			3 x 10			3 x 10			3 x 10			3 x 10		
NECK	FT 2x10			FT 2x10			FT 2x10			FT 2x10			FT 2x10		
	RT 2x10			RT 2x10			RT 2x10			RT 2x10			RT 2x10		
	LT 2x10			LT 2x10			LT 2x10			LT 2x10			LT 2x10		
	BK 2x10			BK 2x10			BK 2x10			BK 2x10			BK 2x10		
SQUAT <i>Chart</i>	WUP x8			WUP x8			WUP x8								
	WUP x5			WUP x 5			WUP x5			Old			8/6/4/2		
										School			Chart		
	3 x 10			4 x 8			4 x 6			Chart					
RDL	2 x 12			2 x 12			2 x 12			2 x 10			2 x 10		
DB LUNGE	2 x 15			2 x 15			2 x 15			2 x 20			2 x 20		
	steps			steps			steps			steps			steps		
INNER THIGH	2 x 15			2 x 15			2 x 15			2 x 15			2 x 12		
CALF RAISE	50			50			50			50			50		
ANKLE FLEXION <i>MR</i>	10			10			10			10			10		
MED BALL ABS	100			125			125			150			150		

PHASE II - 3 DAY UPPER/LOWER/TOTAL
EXERCISES

PRE-SEASON

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS		WEIGHT	REPS
EXPLOSIVES															
JAMMER EXTENSION <i>Superset w/</i>	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
BOX JUMP	3 x 10			3 x 10			3 x 10			3 x 10			3 x 10		
NECK	FT 2x8			FT 2x8			FT 2x8			FT 2x8			FT 2x8		
	RT 2x8			RT 2x8			RT 2x8			RT 2x8			RT 2x8		
	LT 2x8			LT 2x8			LT 2x8			LT 2x8			LT 2x8		
	BK 2x8			BK 2x8			BK 2x8			BK 2x8			BK 2x8		
SQUAT															
<i>Chart</i>	Old						Old						Old		
	School			8/6/4/2			School			8/6/4/2			School		
	Squat			Chart			Squat			Chart			Squat		
	Chart						Chart						Chart		
RDL	2 x 10			2 x 10			2 x 8			2 x 8			2 x 8		
DB LUNGE	2 x 20			2 x 20			2 X 25			2 X 25			2 X 25		
	steps			steps			steps			steps			steps		
INNER THIGH	2 x 15			2 x 15			2 x 15			2 x 15			2 x 12		
CALF RAISE	50			50			50			50			50		
ANKLE FLEXION <i>MR</i>	10			10			10			10			10		
MED BALL ABS	175			175			200			200			200		

IN-SEASON

2 Day Total/Upper Split
Sunday or Monday - Total
Wednesday or Thursday - Upper

PHASE I - 2 DAY TOTAL/UPPER
EXERCISES

IN-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
NECK	FT 1x8			FT 1x8			FT 1x8			FT 1x8			FT 1x8		
	RT 1x8			RT 1x8			RT 1x8			RT 1x8			RT 1x8		
	LT 1x8			LT 1x8			LT 1x8			LT 1x8			LT 1x8		
	BK 1x8			BK 1x8			BK 1x8			BK 1x8			BK 1x8		
SQUAT OR LEG PRESS <i>Same Wt.</i>							WUP x8			WUP x8			WUP x8		
							2 x 8			2 x 8			2 x 8		
LEG CURL <i>Same Wt.</i>						2 x 8			2 x 8			2 x 8-12			
CALF RAISES						50			50			50			
BENCH PRESS <i>Same Wt.</i>	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
	2 x 8			2 x 8			2 x 8			2 x 8			3 x 6		
ROWS	2 x 8			2 x 8			2 x 8-12			2 x 8-12			2 x 8-12		
	<i>Same Wt.</i>						<i>Rep Range</i>								
SHRUGS	2 x 10			2 x 10			2 x 10			2 x 15			2 x 15		
DIPS	2 x 8			2 x 8			2 x 8			2 x 8			2 x 8		
BICEP CURLS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
TRICEP EXTENSIONS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		

PHASE I - 2 DAY TOTAL/UPPER
EXERCISES

IN-SEASON

	WEEK 1	WEIGHT	REPS	WEEK 2	WEIGHT	REPS	WEEK 3	WEIGHT	REPS	WEEK 4	WEIGHT	REPS	WEEK 5	WEIGHT	REPS
EXPLOSIVES - Choose 1															
JAMMER EXTENSION	BOTH			BOTH			BOTH			BOTH			BOTH		
SHRUG PULL	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
NECK															
INCLINE	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
SAME WT.	2 x 8			2 x 8			2 x 8			2 x 8			3 x 6		
PULL UPS	2 x MAX			2 x MAX			2 x MAX			2 x MAX			2 x MAX		
SHRUGS	2 x 10			2 x 10			2 x 10			2 x 15			2 x 15		
ROWS	2 x 8 Same Wt.			2 x 8			2 x 8-12 Rep Range			2 x 8-12			2 x 8-12		
SIDE RAISE	2 x 8			2 x 8			2 x 8			2 x 8			2 x 8		
REAR DELT MR	10			10			10			10			10		
BICEP CURLS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
TRICEP EXTENSIONS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		

PHASE II - 2 DAY TOTAL/UPPER
EXERCISES

IN-SEASON

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS	WEEK 10+	WEIGHT	REPS
NECK	FT 2x8			FT 2x8			FT 2x8			FT 2x8			FT 2x8		
	RT 2x8			RT 2x8			RT 2x8			RT 2x8			RT 2x8		
	LT 2x8			LT 2x8			LT 2x8			LT 2x8			LT 2x8		
	BK 2x8			BK 2x8			BK 2x8			BK 2x8			BK 2x8		
SQUAT OR LEG PRESS	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
<i>Same Wt.</i>	3 x 6			3 x 6			3 x 6			3 x 6			3 x 6		
	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
LEG CURL <i>Same Wt.</i>	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
CALF RAISES	50			50			50			50			50		
BENCH PRESS <i>Same Wt.</i>	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
	3 x 6			3 x 6			3 x 5			3 x 5			3 x 5		
ROWS	2 x 6-10			2 x 6-10			2 x 6-10			2 x 6-10			2 x 6-10		
SHRUGS	2 x 15			2 x 15			2 x 15			2 x 15			2 x 15		
DIPS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
BICEP CURLS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
TRICEP EXTENSIONS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		

PHASE II - 2 DAY TOTAL/UPPER
EXERCISES

IN-SEASON

	WEEK 6	WEIGHT	REPS	WEEK 7	WEIGHT	REPS	WEEK 8	WEIGHT	REPS	WEEK 9	WEIGHT	REPS	WEEK 10+	WEIGHT	REPS
EXPLOSIVES - Choose 1															
JAMMER EXTENSION	BOTH			BOTH			BOTH			BOTH			BOTH		
SHRUG PULL	3 x 5			3 x 5			3 x 5			3 x 5			3 x 5		
NECK	FT 2x8			FT 2x8			FT 2x8			FT 2x8			FT 2x8		
	RT 2x8			RT 2x8			RT 2x8			RT 2x8			RT 2x8		
	LT 2x8			LT 2x8			LT 2x8			LT 2x8			LT 2x8		
	BK 2x8			BK 2x8			BK 2x8			BK 2x8			BK 2x8		
INCLINE	WUP x8			WUP x8			WUP x8			WUP x8			WUP x8		
	3 x 6			3 x 8			3 x 8			3 x 8			3 x 8		
SAME WT.															
PULL UPS	2 x MAX			2 x MAX			2 x MAX			2 x MAX			2 x MAX		
SHRUGS	2 x 15			2 x 15			2 x 15			2 x 15			2 x 15		
ROWS	2 x 6-10			2 x 6-10			2 x 6-10			2 x 6-10			2 x 6-10		
SIDE RAISE	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
REAR DELT	10			10			10			10			10		
MR															
BICEP CURLS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		
TRICEP EXTENSIONS	2 x 10			2 x 10			2 x 10			2 x 10			2 x 10		

Speed Training

SPEED TRAINING

Speed is the body's ability to go from point A to point B in the shortest time

KEYS TO SPEED:

- 1. Stride Length**
- 2. Stride Frequency**

Speed is a critical component of the game of football. Football players must react to certain stimulus, accelerate to maximum speed, change directions, decelerate, reaccelerate, and maintain maximum speed.

Football is a game of short explosive bursts lasting on an average of 5 seconds. Players also need to readjust in space, redirect to a different stimulus, and at different. This is football speed.

PHASES OF SPEED

- 1. Starts(Reaction):** The ability to respond to certain stimulus and to get the body moving from a pre-snap position or on the run.
- 2. Acceleration:** The ability to reach maximum speed as fast as possible. 40% of maximum velocity is achieved in 5 yards. 75% is achieved in 1st 10 yards, and 90% within 25 – 30 yards
- 3. Maximum Speed:** Maximum speed is achieved 40-60 yards.
- 4. Speed Endurance:** The ability to maintain true speed over a period of time. 1st quarter to 4th quarter.

TRAINING VARIABLES THAT AFFECT SPEED IMPROVEMENT

1. **STRENGTH** – improvement in strength will help improve force capability. Arm drill, knee drive and starts will all be improved.
2. **FLEXIBILITY**- increases in flexibility will help to improve the stride length and help to prevent injuries
3. **POWER**-increases in power will help develop the start and the acceleration
4. **CONDITIONING**-increases in anaerobic conditioning will help the speed endurance phase

5. SPEED PROGRAM

- A. General Warm-up/Static Flexibility
- B. Dynamic Flexibility
- C. Speed Improvement Drills/Technique
- D. Phase Workout
 1. Starts
 2. Acceleration
 3. Maximum Speed
 4. Speed Endurance

A. GENERAL WARM-UP/FLEXIBILITY

The body must be properly warmed-up before high intense exercise is performed. Light jogging, easy movement runs, (carioca, back pedal, etc.) Static flexibility exercises should be performed after the body's core temperature is elevated.

SEE STATIC FLEXIBILITY SECTION

B. DYNAMIC FLEXIBILITY

These exercises are to be performed before the speed workout. These drills are designed to promote flexibility.

DESCRIPTION OF DRILLS

- 1. WALKING KNEES TO CHEST:** Standing in an upright position walking forward, pull the knee up to the chest. Alternate each leg.
- 2. WALKING LUNGES:** Step out with the right foot and bend right leg until parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot.
- 3. WALKING STRAIGHT LEG RAISE:** Walk forward keeping toes and leg extended in front of the body. Try and touch the opposite hand, Alternate each leg.
- 4. SIDE LUNGES:** Moving laterally reach out with the lower leg until it is straight. Once the leg is straight pull the body toward the extended leg.
- 5. LEG SWINGS:** Stand parallel to a wall or your partner so you can swing the legs freely front to back. Drive the straight leg as high as possible and back without hyperextending the low back. Control this motion and perform the prescribed reps. Also perform the leg swings from side to side.
- 6. HIP ABDUCTION:** Lie on your side with the legs straight and the body in line. Drive the top leg away from the ground as high as possible, then return. Repeat with the other leg.
- 7. KNEE TO CHEST/ EXTEND:** Lie on your back with legs fully extended. Bring the right knee towards chest, then extend the lower leg. Drive the straight leg down towards the ground.
- 8. BUTT KICKS:** Maintain good running posture with hands on hips. Alternating swing of the heel of each foot back towards the butt. Action is quick and smooth.
- 9. HIGH KNEE CROSSOVERS:** Moving laterally drive same leg up and over the opposite leg. Maintain same leg for required distance.
- 10. QUICK PACE RUNS:** Short quick pace running, avoid plodding feet into the ground, stay loose and keep feet moving quickly.
- 11. QUICK SHUFFLE:** Moving laterally take short quick steps with both feet keeping feet 12-18" apart.
- 12. FAST FEET:** Bend at the waist with arms hanging down in front of the body. Buzz feet as quick as possible while slowly moving forward. Buzz feet for 10 yards, then accelerate for 10 yards.
- 13. GROIN SKIP:** In a skipping motion alternate each leg. Drive the knee towards the chest, but out to the side.
- 14. HIGH KNEES:** Drive knees high towards the chest, keeping good posture. Keep elbows bent at 90 degrees.
- 15. TAPIOCA:** Same drill as carioca, but use short quick movements.
- 16. BACK PEDAL:** Same motion as quick pace, except backward. The chest should lean over the toes.

C. SPEED IMPROVEMENT DRILLS

1. **STATIONARY ARM ACTION:** Sit on the ground or stand in place. With the elbows locked at 90 degrees, hands relaxed, and good posture, drive the elbows back so the hands go past the butt. On the upswing of the arms, the hands should not go above the shoulders.
2. **SPEED SKIPS:** In a skipping motion drive knees up and out while maintaining good running form. Keep elbows and knees bent at a 90 degree angle. Be sure to keep an upright position.
3. **LATERAL SPEED SKIPS:** Same skipping motion as speed skips, except drive knee out to the side.
4. **BACKWARD SKIPPING:** Same skipping motion as speed skips, except backward.
5. **ANKLE FLIPS:** Bounce upward and forward on the toes, while keeping the legs straight. Do not lock the knees.
6. **SPEED VOCAB SYSTEM:** Speed improvement is evident when the mechanisms of speed are properly applied. This speed system is based on a one word vocabulary that is in reference to each body part. The system (McNair System) must be mastered at ½ speed, ¾ speed, the finally at full speed.

FOCUS: Eyes straight ahead at conversation level. Avoid head tilt. Head down will cause the bodt to lean too much. Head back will cause too much vertical component.

FIX / ROTATE: Elbows fixed at a 90 degree angle at all times. Arm swing at shoulder joint.

HAMMERING: Violent action of the arms downward. Hands through pocket past butt as if you were pounding a nail into wall.

DRIVE DOWN: Knees drive out forward , not up. Drive thighs down hard and back underneath the hips.

D. PHASE WORKOUT

STARTS

1. SPEED STANCE/STARTS:

Speed Stance

A. Front foot 3-5" behind starting line. Front leg flexed at a 90 degree angle

B. Opposite hand should be placed directly behind the starting line, with thumb and index finger opened and parallel to the line

C. Opposite hand should be placed just above the hip and forward leg

D. Back foot should be 4-8" behind lead heel of foot, 2-4 " to the side

E. Hips above shoulders

F. Shoulders slightly over the starting line, majority of weight distribution on lead hand and foot

G. Eyes back toward feet

H. Remain at a paused set for at least a one count

Speed Start

Pushing off the front leg, pull the back leg forceful through with quick step

Straighten front leg explosively, driving body forward and out

Bring lead elbow forcefully up and back

Hip hand driven straight up and forward
Hips forward keeping head down
Relax hands, face, neck

2. PUSH-UP STARTS: The athlete performs a push-up then gets into a hard, low hard, while focusing on driving out hard and low. This drill will help the athlete drive out using fast hard steps.

3. GROUND STARTS: The athlete lies on the ground, either on the back or on the stomach. On a command the athlete pops up and drives out of the stance as hard and quick as possible.

4. POSITION STARTS: Get set in the football position required. On movement or a sound explode for 5-10 Yds Staying in the position required stance

5. BALL DROP STARTS: A partner stands 5-10 yards away holding two tennis balls out away from their body. The other athlete is in either a speed stance or a position stance. The partner drops one of the ball, and the athlete attempts to catch the ball before in bounces twice.

6. RESISTIVE STARTS: One athlete holds a towels or band around the other athletes waist. The working athlete is in a speed stance or position stance and begins driving out of the stance against the resistance for about 3-5 yards. At that point the partner releases the towel and the athlete sprints to the finish.

ACCELERATION

- 1. STICK DRILL:** The athlete begins in a speed stance. Sticks are laid out in front of the body with the first stick 12" from the start, the next stick is 18" from the first stick 24", then 30" adding 6" up to 10 yards. The object is to drive the feet on the sticks.
- 2. SLED/TIRE PULL:** With a sled or tire connected to a harness or belt, the athlete will accelerate 10-25 yards. The weight of the tire/sled should be no more than 15% of body weight.
- 3. HARNESS RUNNING:** With a speed harness the athlete will perform a perfect technique run of 10-20 yards. The partner will apply enough resistance to get work , but not too much to hinder the technique.
- 4. WALL DRILLS:** Stand facing a stationary object or a wall, with both hands positioned on the wall in front of the body. With a body lean of 45-55 degrees begin to drive the right knee up towards the chest, then drive the right thigh down and back underneath the hips As the right leg drives down, the left leg drives up. Continue the drill for 10 seconds.

SPEED

- 1. BUILD –UPS:** Gradually increase acceleration for 20-30 yards, until full speed is achieved
- 2. STRAIGHT SPRINTS:** Full speed sprinting 40-60 yards.
- 3. IN-OUTS:** Gradually accelerate for 20-30 yards to full speed, then decelerate for 20-30 yards. Sprint full speed for 20-30 yards, then decelerate for 20-30 yards, then reaccelerate for 20-30 yards.
- 4. FLY'S:** Gradual build-up to maximum speed , then maintenance of maximal velocity for desIgnated distance usually 20-30 yards.

SPEED ENDURANCE:

Perform a series of sprints with 20-25 seconds rest. The goal is to build up maintenance of speed for a period of time.

Phase I Speed Prep/ General Format

I. General Warm-up/Flexibility

General Movement Runs/Dynamic Flexibility

- A. Backward Running 2 x 20yds
- B. Carioca 2 x 20yds
- C. High Knee 2 x 20yds
- D. Butt Kicks 2 x 20yds
- E. Knees to Chest 1 x 20yds
- F. Straight Leg Walk 1 x 20yds
- G. Lunge 1 x 20yds
- H. Side Lunge 1 x 10yds(flip)

STRETCH

II. 3 Station Specific Warm-up

4:00 per station

A. Movement Drills x 15 yards

Back pedal
Carioca
Shuffle/downhill shuffle
360 degree high knees
tapioca

decelerators
line touches

B. Athleticism

Speed ladders
Front/side/back crabbing
Hopping: dbl leg/single leg
Leap Frog
Box Kicks
Movement Jump Rope

C. Mobility

Leg swings
Hurdle drills
Leg exercises
-fire hydrant
-flex/extend
-abduction

III. Speed Development

- 3x5:00 stations

- A. Form Run
Seated Arms
Walking Arms

- B. Form Runs
 - 1. Body Posture
 - 2. Leg Drive
 - 3. Knee Drive

IV. Conditioning

300 yd shuttles
2x(3x100) :52/:54/:56 sec
2x(60x5) : 56/:60/:64 sec

- Backward Running

- C. Stance/Starts
 - Teach Speed Start
 - Position Starts
 - Ground Starts

Phase II Speed / Agility

General Format

SPEED/POWER EMPHASIS

I. General Warm-up/Flexibility

General Movement Runs/

Dynamic Flexibility

- A. Backward Running 2 x 20yds
- B. Carioca 2 x 20yds
- C. Groin Skip 2 x 20yds
- D. Butt Kicks 2 x 20yds
- E. Knees to Chest 1 x 20yds
- F. Straight Leg Walk 1 x 20yds
- G. Lunge 1 x 20yds
- H. Side Lunge 1 x 10yds(flip) Stretch

II. Warm-up Speed Drills

- Quick Pace Run 2 x 20
- Butt Kicks 2 x 20
- High Knees 2 x 20
- Backward Run 2 x 20
- A skips 2 x 20
- Backward Run 2 x 20
- Leg Swings 10 x

III. Speed Warm-up

Stretch

4 x 40 @50 %

Stretch

4 x 40 @ 75%

Stretch

4 x40 @90%

Stretch

2 x 60 Build –ups

IV. Speed Groups

4 x 15-40 yd

V. Power/Agility/ Stations

3 x 2:00-4:00

Sled Push

Bag Hop/Sprint

4 Corner Cone

Agility Runs/T Drill

Mat Drills

Open Hip Drill

Wave Drill

Squirm Drill

VI. Stretch/Cool-down

Phase II Speed / Quickness

General Format

Acceleration/Quickness EMPHASIS

I. General Warm-up/Flexibility

General Movement Runs/

Dynamic Flexibility

- | | | |
|----------------------|-----------------|---------|
| A. Backward Running | 2 x 20yds | |
| B. Carioca | 2 x 20yds | |
| C. Groin Skip | 2 x 20yds | |
| D. Butt Kicks | 2 x 20yds | |
| E. Knees to Chest | 1 x 20yds | |
| F. Straight Leg Walk | 1 x 20yds | |
| G. Lunge | 1 x 20yds | |
| H. Side Lunge | 1 x 10yds(flip) | Stretch |

II. Speed Development Stations

3 x 5-10 minutes

- A. Ground Plyos
- B. Stance/Starts
- C. Acceleration
 - resistive
 - stick drill

III. Quickness Stations

3 x 5-10 minute stations

- Short 4 Cone
- Mirror Dodge
- Speed ladders
- Football Position
- Mat Drills
- Cone Knock Down

IV. Conditioning

- Position Shuttles (10)

- | | | |
|-----------|--------|------------|
| Skill | 4 x 20 | 15 sec |
| Big skill | 4 x 15 | 12 sec |
| Line | 4 x 10 | :9/:11 sec |

- Backward Running

- 8 x 20-40 yd
- 20-line, 30-bskill, 40-skill

110's or Half Gassers

Quickness Training

Quickness Training

Quickness is the ability to move the feet as fast as possible in a variety of different patterns. These patterns can involve double leg or single leg movements. Improved coordination, balance, and developing quick rapid movements are all goals of the quickness programs.

The following are guidelines and descriptions of various quickness drills. This description is not all encompassing. The drills you chose should be as sport specific as possible and provide for a variety of movement patterns. Do each repetition of each drill at full speed! Jog back to the start and repeat another rep at full speed. Complete the assigned number of reps and sets for each drill chosen.

Guidelines

Frequency

During the off season quickness training can be done 1-3 x week. The pre season can include even more sessions (up to 4 x week). Quickness drills can be done on opposite days from strength training or on the same day. Care should be taken to not do quickness drills after a lower body strength training session. If this is the case, do the quickness training before strength training the lower body.

Form

Every rep of every drill must be done at full speed for you to get the benefits from it. Full speed also means under control and staying within the context of the drill.

Surface

Always do quickness drills on a even surface that is not slippery. It would be ideal to do the drills on the same surface that you play or practice on. Be aware of holes, divots and slippery areas.

Warm-up

Always complete the full warm-up and flexibility routine given in this manual before beginning the quickness drill workout.

Volume

A simple progression plan should be used for quickness training. This will allow the athlete to acclimate themselves to the rigors of quickness training. Progress from 1 to 5 sets of 3 to 7 reps. Begin with 2 drills and move to 4 to 5. A quickness plan should take 3-6 weeks.

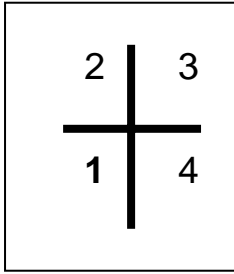
Duration

Drills should be sport specific and each rep will last between 3-10 seconds. The entire quickness workout should last between 5-15 minutes.

Rest

Rest should be sport specific to train the specific conditioning aspect of the sport. Rest should be minimal between reps and 2 minutes between sets. Rest long enough to ensure quality work.

FAST FEET



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Move feet as fast as possible while keeping proper technique
- All drills are :10 with :10 recovery
- Begin drills with feet in the first number of the pattern and follow the number sequence for the entire :10
- Begin all single foot drills with a shoulder width stance and stay low

BOTH FEET

side/side

1-4

TECHNIQUE

both feet together / maintain balance / do not touch line

front/back

1-2

pick up feet / do not slide

diagonal (right/left)

1-3 / 4-2

hips facing forward / stay square

up/up - back/back

1-2/4-3

left up, right up - left back, right back
complete drill twice; change lead foot

SINGLE FOOT

side/side

both in 1, then 4

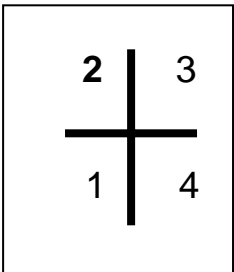
complete each foot / stay low / wide base

front/back

feet in 1 and 4

complete each foot/ pick up foot (do not drag or slide)

CROSS DRILL



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Hop as fast as possible while keeping proper technique
- All drills are :10 with :10 recovery
- Begin drills with feet in the first number of the pattern and follow the number sequence for the entire :10
- All drills can be done with a single foot as well as both feet

Around the World

1-2-3-4

1-4-3-2

Figure 8

1-3-2-4

4-2-3-1

PATTERNS

Triangles

1-2-4

1-4-2

1-3-4

V's

2-1-3-1

3-4-2-4

1-2-4-2

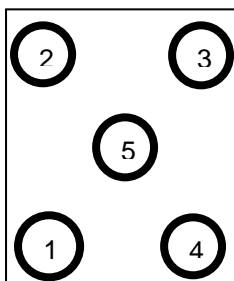
4-3-1-3

Corners

4-1-2-1

1-4-3-4

DOT DRILL



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Move feet as fast as possible while keeping proper technique
- Learn patterns slowly and speed up once the pattern is perfected
- Begin with basic patterns and progress to more complex slowly
- All drills are :10 with :10 recovery

PATTERNS

Out-In-Out (PLYO)

Starting Position: Left foot 1, Right foot 4

Direction: Both feet to 5, out to 2 and 3. Continue forward and backward, always facing the direction you started.

Progression: When feet get to 2 and 3 spin hop and continue. Go forward for the entire drill.

Variation: Running rather than hopping. Same pattern, left lead, then switch to right lead.

Figure 8

Starting Position: Both feet on 1

Direction: With both feet, follow 4-5-2-3-5 pattern.

Progression: Single foot

Slalom

Starting Position: Both feet on 1

Direction: With both feet, follow 5-2-3-5-4 pattern

Progression: Single Foot

JUMP ROPE PROGRAM

- Use Jump Rope Program for agility program or as a general warm-up
- A wooden basketball floor is the ideal surface for jumping rope
- Always remain on the balls of the feet with a slight bend in the knees
- A proper length jump rope should reach the armpits with the rope centered under the feet.

Agility / Footwork

All Drills done for :15 with :30 recovery

Both Feet

Side/Side (2 feet)

Side/Side (1 foot)

Ali Shuffle (Both feet alternating up/back)

Front/Back (2 feet)

Front/Back (1 foot)

Foot Speed / Endurance

Continuous jumping - Start at 5:00 and add 1:00 each workout

:30 sprints - Sprint for :30 with :30 recovery. Start with 8 sprints and add a sprint each workout.

:10 sprints - Sprint for :10 with :10 rest Start with 10 sprints and add 2 sprints each workout.

QUARTER EAGLES

Equipment: Any firm surface can be used.

Start: Begin with feet shoulder width and knees bent.

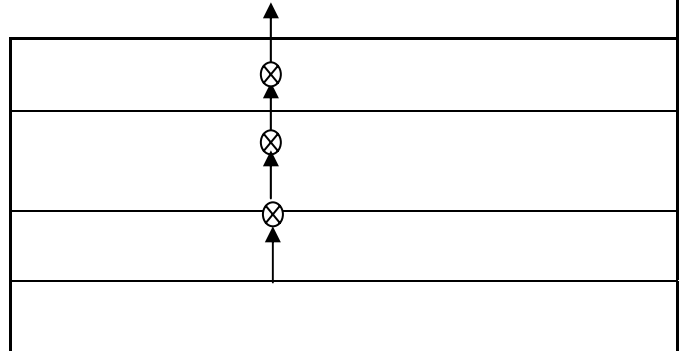
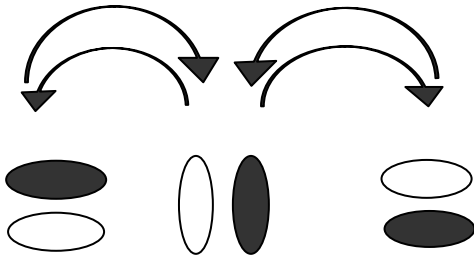
Keep the hips low and the chest up.

Stationary - Quarter turns done in place.

- Right 4x - Left 4x
- Right 2x / Left 2x
- Left 2x / Right 1x (continue to starting position)
- Right 2x / Left 1x (continue to starting position)

Linear - All runs are 5 yds. Always breakdown into proper position.

1. 1/4 turn R/L every 5yds (15yds) sprint through 20
2. 4 Right 1/4 every 5yds (15yds) sprint through 20
3. 4 Left 1/4 every 5yds (15yds) sprint through 20



FOOT FIRE

Equipment: Any firm surface can be used

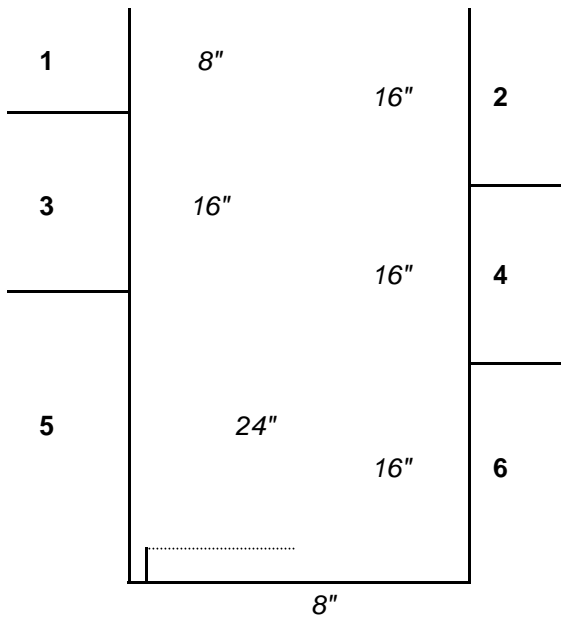
Start: Begin with feet shoulder width apart and knees bent.

Direction: On command buzz the feet as fast as possible. Keep feet low to the ground and try to get as many touches as possible.

Sample Workouts:

<p>5's</p> <ul style="list-style-type: none"> - Begin in foot fire - On command, sprint 5 yds - Breakdown into foot fire - Continue for 20 yds 	<p>Hip Turns</p> <ul style="list-style-type: none"> - Begin foot fire - On command quickly turn hips while keeping shoulders square. - Return to foot fire - Continue hip turns in both directions always quickly turning back to foot fire. 	<p>4 Corner</p> <ul style="list-style-type: none"> - Begin in foot fire; always return to center foot fire - sprint 5, backpeddle 5 - shuffle right 5, back to center - shuffle left 5, back to center - backpeddle 5, sprint 5
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NUMBER HOP DRILL



Equipment: Tape on a firm surface. Dimensions are given.

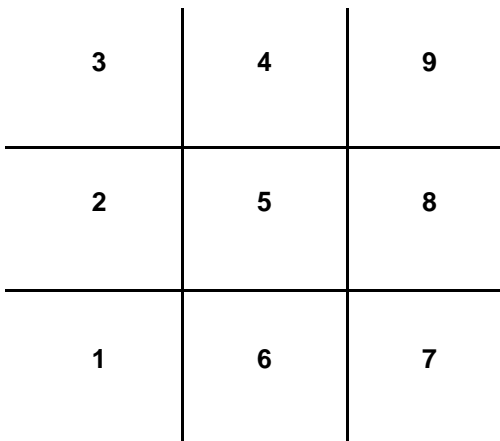
Start: Start with both feet in the first box of the pattern. Feet approximately six inches apart with a slight bend in knees.

Direction: Follow patterns, completing as many as possible in 5 seconds. Complete two sets of each drill, allowing 20 seconds between sets.

Sample Patterns:

- | | |
|-----------|--|
| Box 1-2 | Box 1-2-3 |
| Box 1-4 | Box 1-3-4-5 |
| Box 2-5 | Box 1-2-3-4-5-6 (1 rep - fastest time) |
| Box 2-3-4 | |

TIC-TAC-TOE (9 Square)



Equipment: Entire pattern is 48" x 48", with each square being 16" x 16"

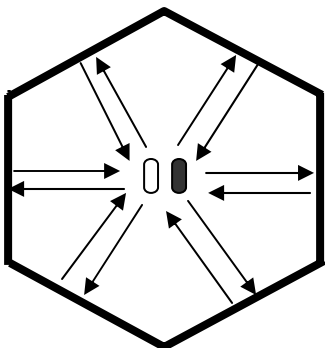
Start: Begin in the first number of each pattern. Feet should be shoulder width with knees slightly bent.

Direction: Patterns should be done twice, each done in less than 5 seconds. Time each rep.

Sample Patterns:

- | | |
|---------------|--------------------------------|
| Box 1-5-9-4-3 | Box 1-2-5-8-9-4 |
| Box 7-5-3-4-9 | Box 7-8-5-2-3-4 |
| Box 6-7-6-1-6 | Box 1-6-7-8-5-2-3-4-9 (7 sec.) |

HEXAGON DRILL



Equipment: Begin with a Hexagon with sides about 24 inches long. Use tape on a firm surface.

Start: Stand with in the center with feet shoulder width apart and a slight bend in the knees.

Direction: Jump across one side of the hexagon and return to the center, then proceed around each side. This can be done for a specific number of trips or for time. Be sure to complete drill in both directions.

Agility Training

AGILITY AND QUICKNESS TRAINING

Agility Training

Agility can be defined as the body's ability to change directions while maintaining good control without decreasing speed.

These quick rapid movements involve deceleration and acceleration. Reaction time, awareness in space, balance, and coordination are all involved in agility training. All movement patterns such as forward running, backward running, lateral running and other movement drills as skipping, hopping, jumping, etc. are also involved in agility training.

Agility drills can be performed in the form of cone drills, shuttle runs, reaction drills, movement runs, agile bag drills etc.

Football is not a straight line game. It is a game of angles, acceleration, changing gears, and reaction.

Agility Warm- Up

It is very important to properly warm – up the body before attempting any fast , quick change of direction movements.

Footwear

It is extremely important to perform agility training with the proper footwear. Be sure to wear ankle supported shoes. If performing agilities on grass, spikes are a must. Ankle braces or taping is also a good idea.

Movement Drills

All agility drills will involve the following movement patterns. These movement patterns must be mastered prior to intense agility training. Be sure to perform all movement drills in a good reactive athletic position.

Carioca: Cross step laterally while swinging opposite arm in front of the body. Take big strides to get the hips loose.

Quick Shuffle: Moving laterally take short quick steps with both feet keeping 12-18” apart.

Lateral High Leg Crossover: Moving laterally drive same leg up and over the opposite leg. Maintain same leg for required distance.

Back Pedal: Arms bent at 90 degrees similar to running straight ahead. Chest over the toes, knees bent. Maintain good posture with knees bent. Drive arms while driving legs back. In agility training take smaller, quicker strides.

Line Touches: Running forward at 50-60%, drop hips and touch the line or ground every 3-5 yards, switching hands.

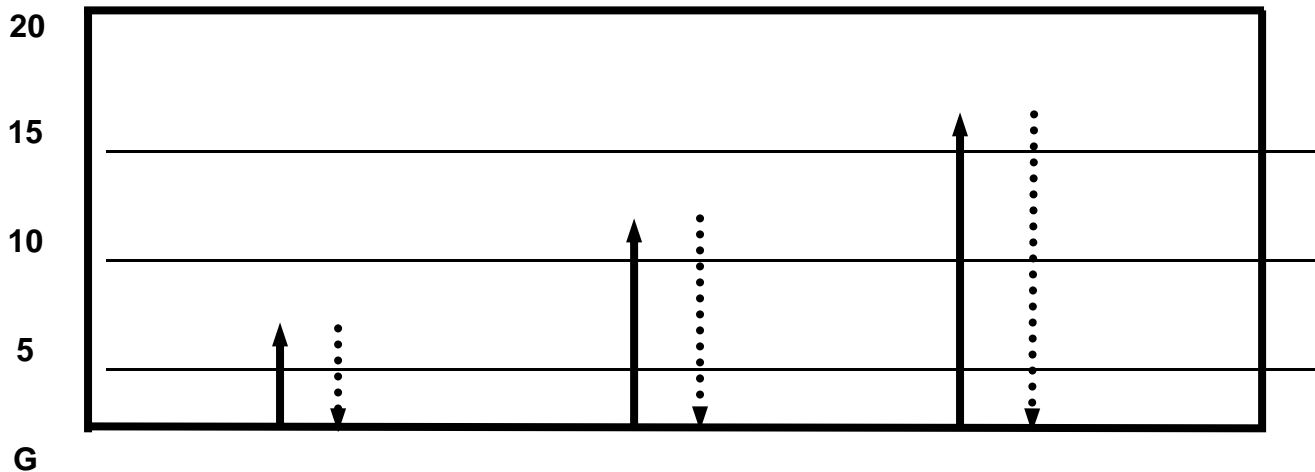
Decelerators: Run forward at 50-75%, every 5 yds drop hips and buzz feet at the line for 2-3 seconds, then proceed to the next 5 yd increment.

Fast Feet: Bend at the waist with arms hanging down in front of body. Buzz feet as quick as possible while slowly moving forward. Buzz feet for 10 yds, then accelerate for 10 yds.

Lateral Run: Run laterally keeping shoulders square keeping focus on the target. Be sure to run.

Tapioca: Same drill as carioca., but use short quick movements.

UPBACKS



START

FINISH

Directions: Begin drill in a three point stance. Sprint 5 yards touch line with foot,

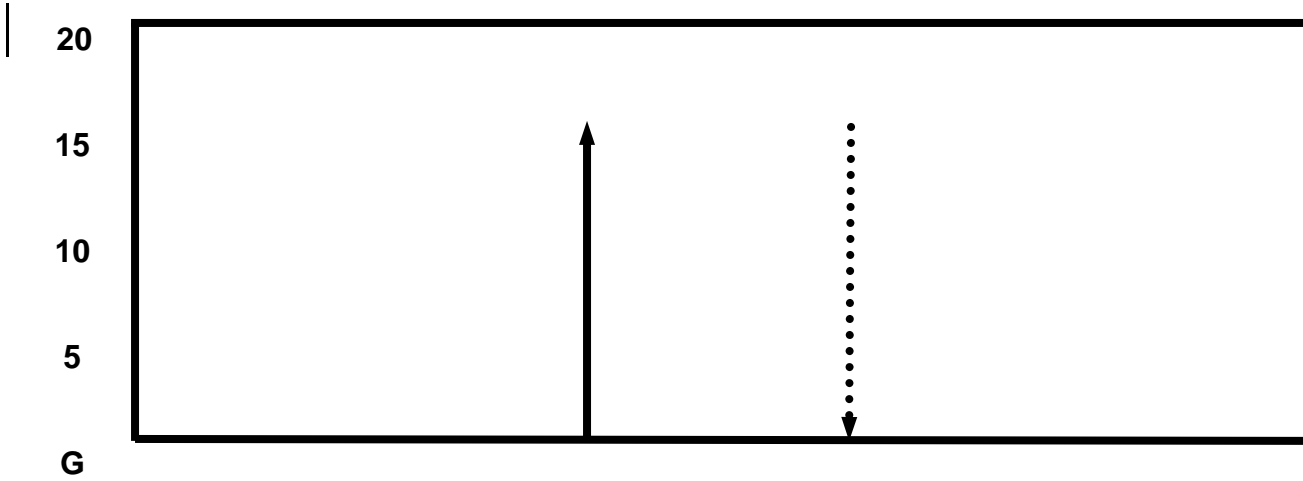
back pedal 5 yards back to the start. Sprint 10 yards touch line with foot

back pedal 10 yards to the start. Touch line sprint 15 yards, touch line back

pedal 15 yards through the finish.

Variations: 1. Sprint / Carioca 2. Sprint/ Shuffle

4 x 15

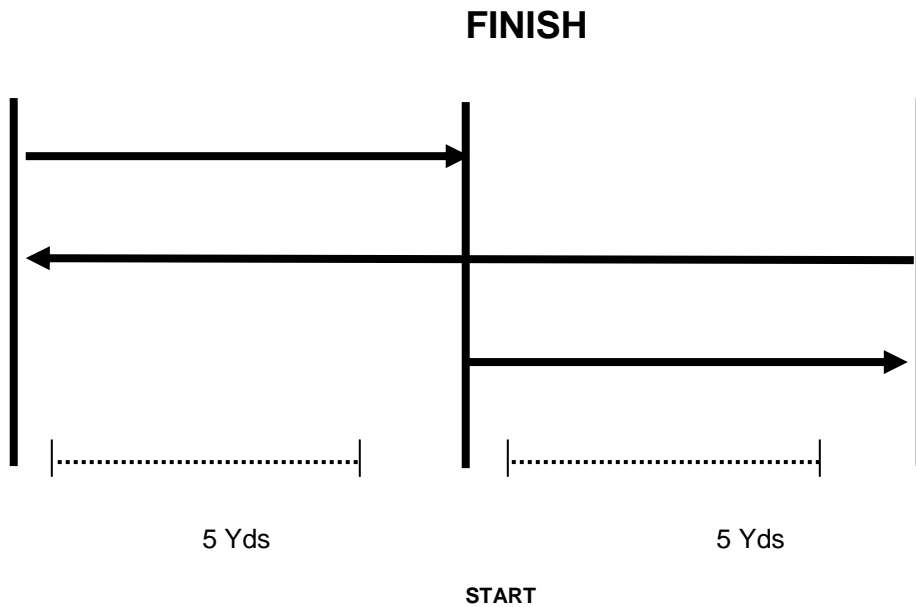


Directions:

Begin drill in a three point stance. Sprint 15 yards touch line with either hand, turn, sprint 15 yards back to the start, touch line with same hand. Turn sprint 15 yards, hand touch line, turn and sprint through finish.

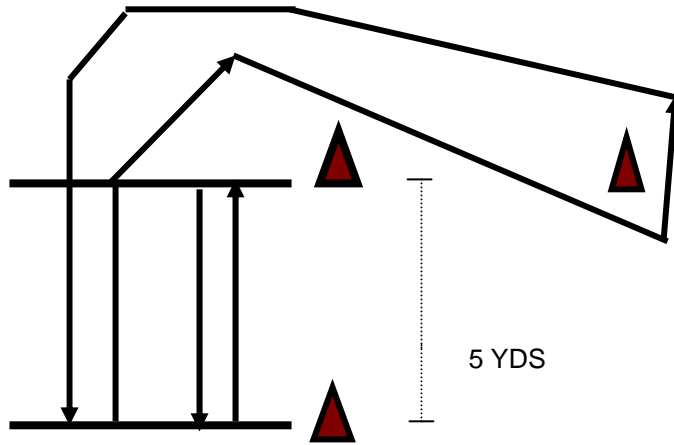
- Goals:**
- Skill: 10 seconds
 - Big Skill: 12 seconds
 - Line: 14 seconds

PRO Agility



Directions: Begin the drill by straddling the middle line and right hand on line. Turn to the right and run five yards. Touch the line with your hand, turn sprint 10 yds to the far line , touch with left hand, turn sprint 5 yards through the finish.

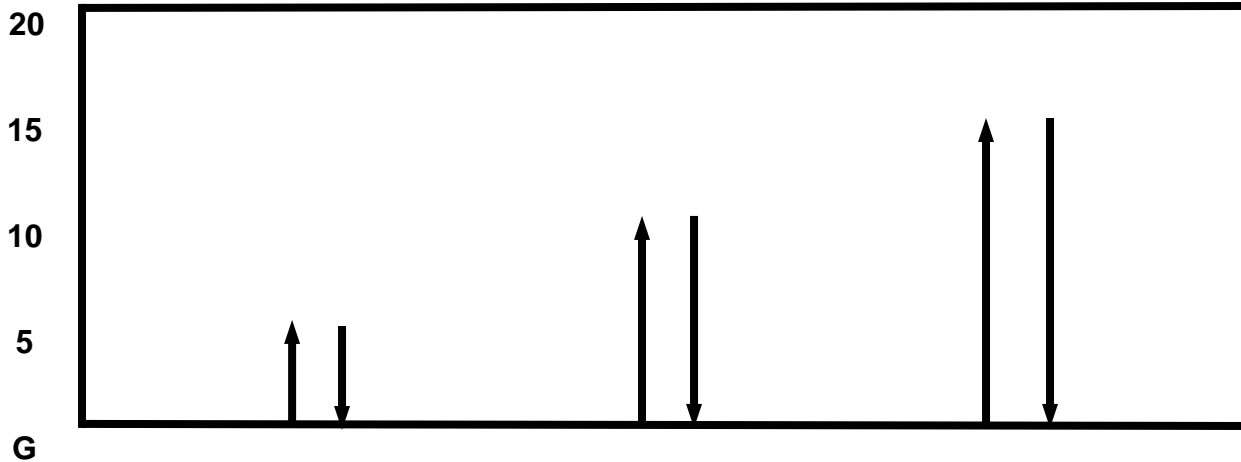
3 CONE DRILL



START

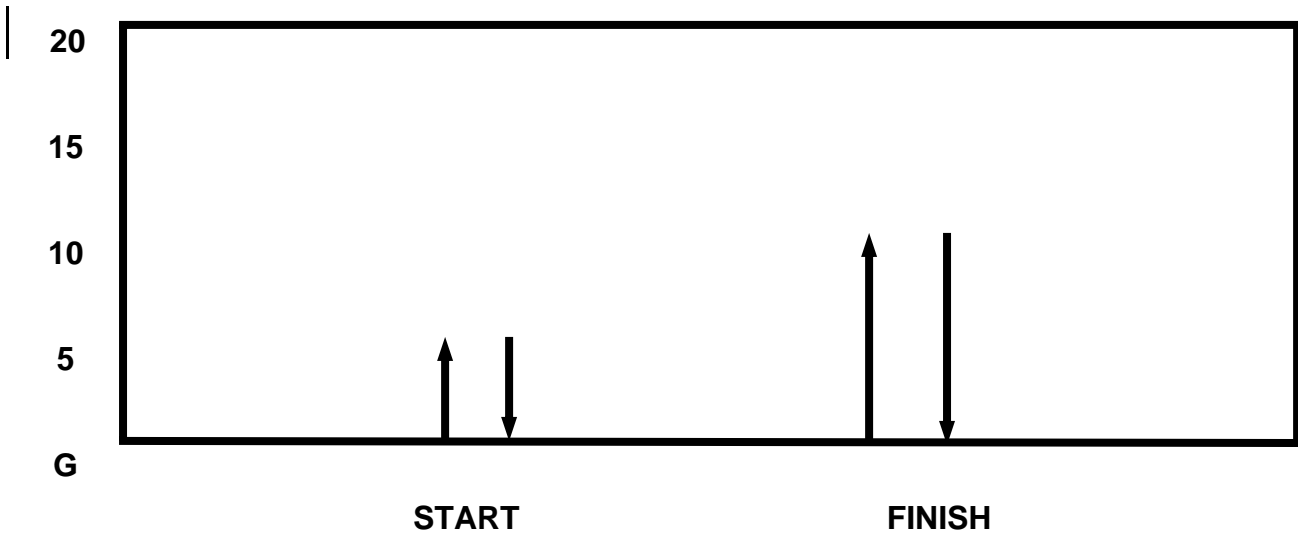
Directions: Out of a three point stance, sprint 5 yards, touch the 19ine with your
Turn sprint back to the beginning, touch line with same hand, turn sprint
hand. around the 2nd cone , sprint around cone 3 without touching your
hand on the ground. Proceed around cone 2 , then sprint to the finish.

60 YARD SHUTTLE



Directions:
Begin drill in a three point stance, all lines must be touched with the
designated hand. Sprint 5 yards and back to start line, sprint 10 yards
and back to start, sprint 15 yards and back through finish.

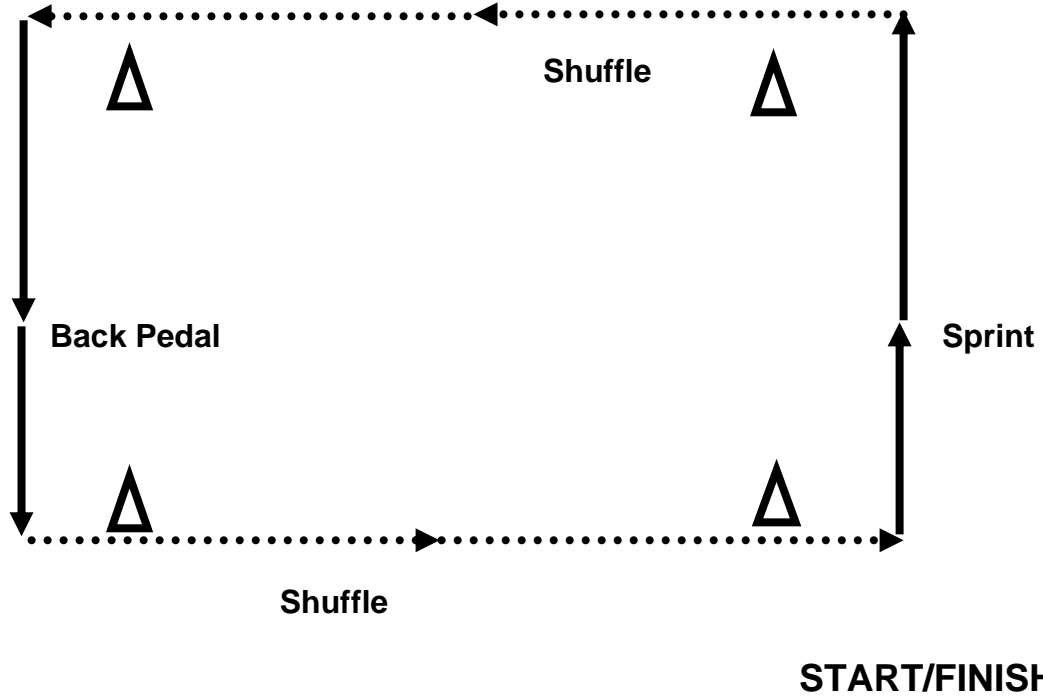
30 YARD SHUTTLE



Directions:

Begin drill in a three point stance, sprint 5 yards touch the line with designated hand (rt or lft), turn sprint 5 yards back to the start, touch line with designated hand, turn sprint 10 yards, touch line , turn sprint through the finish.

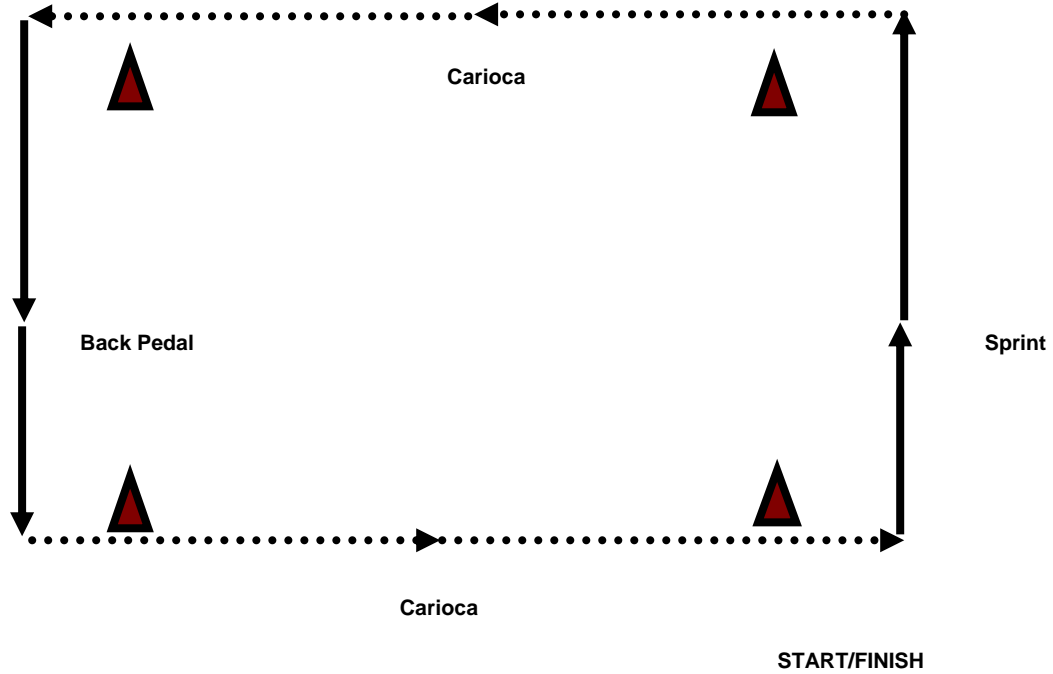
4 CORNER CONE DRILL/SHUFFLE



Directions:

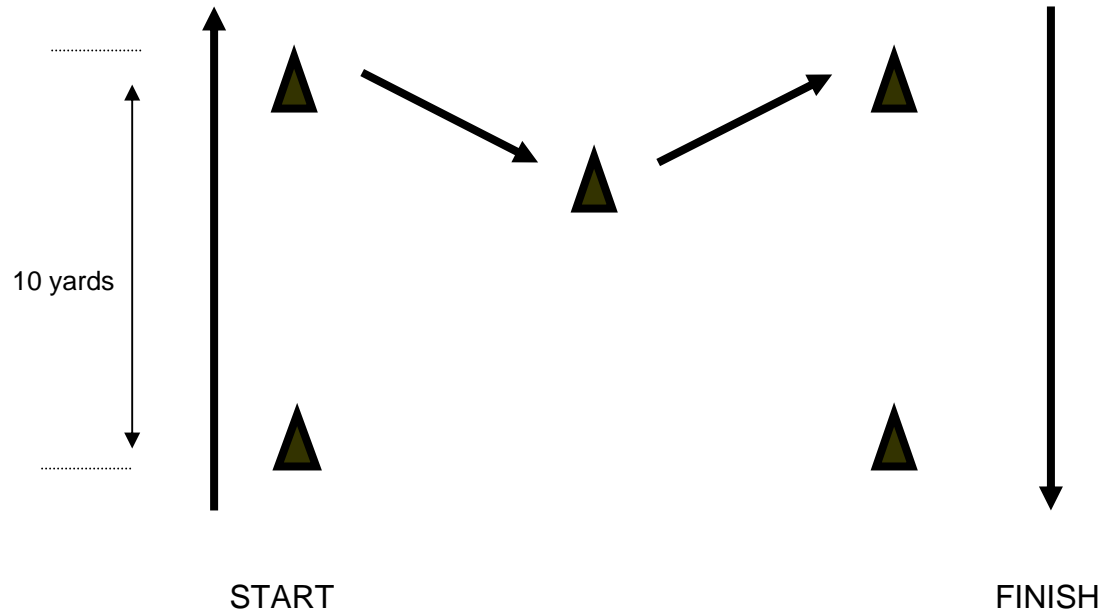
Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and shuffle to the 3rd cone, gather feet and back pedal to the 4th cone, gather and shuffle through the finish. Face the same direction through the entire drill. Keep feet apart with good base when shuffling.

4 CORNER CONE DRILL/CARIOCA



Directions: Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and carioca to the 3rd cone, gather feet and back pedal to the 4th cone, gather and carioca through the finish. Face the same direction through the entire drill.

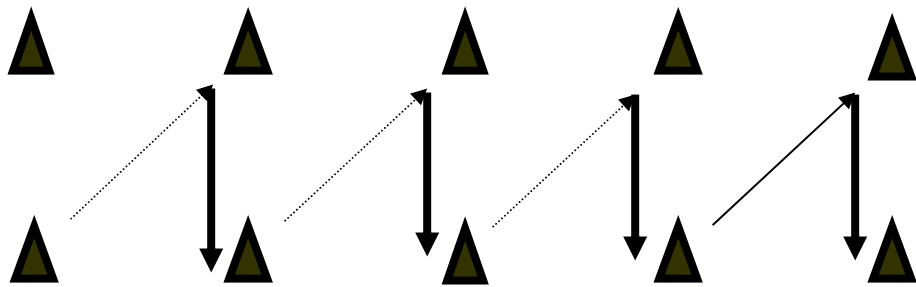
M PATTERN RUN



Directions:

Begin drill in a two point stance. Sprint 10 yards to the second cone. Drop hips put right hand down on the ground and accelerate around the cone. Sprint to the next cone , left hand down accelerate to the next cone. Put right hand down, sprint around cone and and accelerate through the finish

OPEN HIP DRILL



START

FINISH

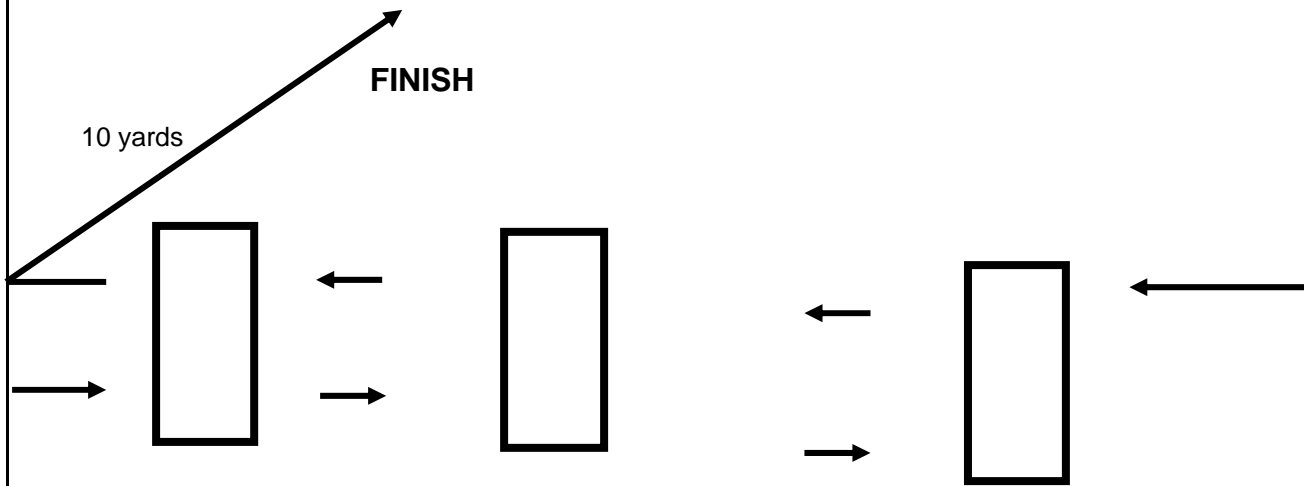
Directions:

Begin drill facing away from the cone maze. Open hips and sprint diagonally to the cone . Sink hips and sprint forward to next cone. Repeat through the finish.

Variations

1. Back Pedal/Sprint
2. Shuffle/Sprint

CADILLAC SHUFFLE



START

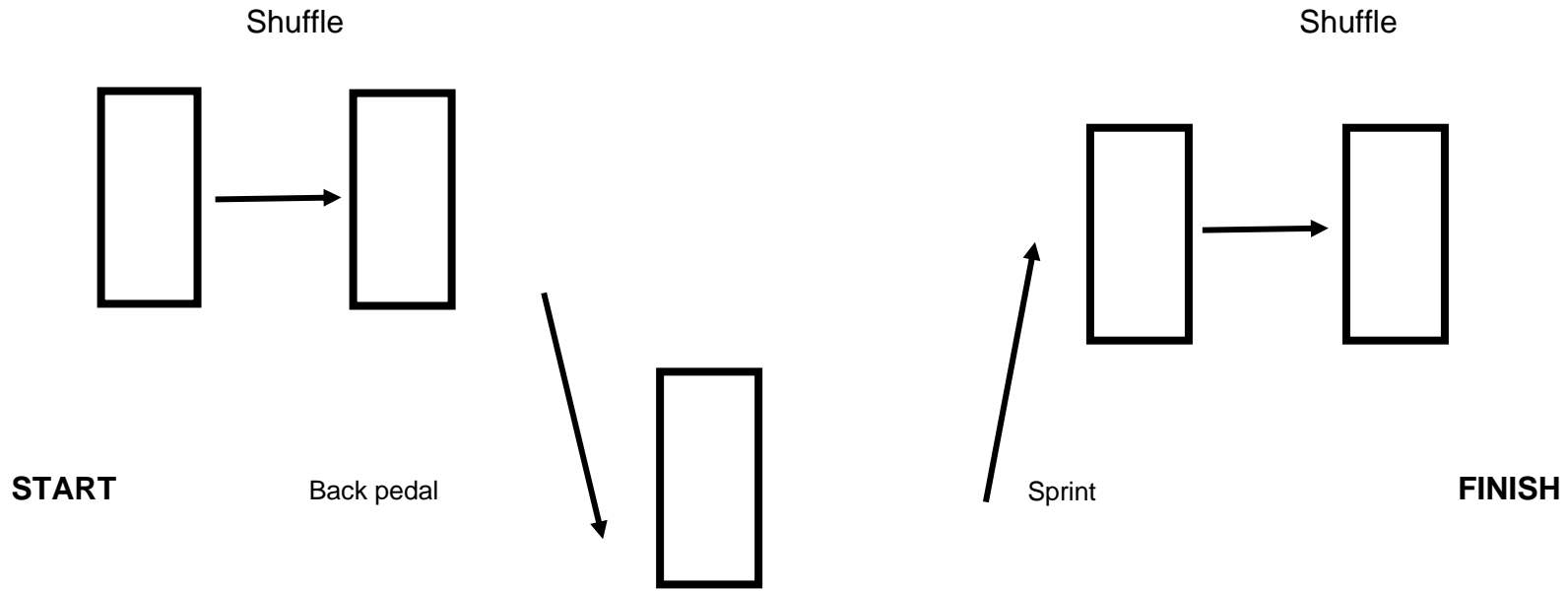
Directions:

Begin drill in a two point stance with the right shoulder next to the first bag.

Laterally shuffle over all three bags as fast as possible. When both feet have shuffled over the last bag, procede back to the left over the three bags again.

As soon as both feet have shuffled over the first bag, sprint to the finish

COMBO PATTERN



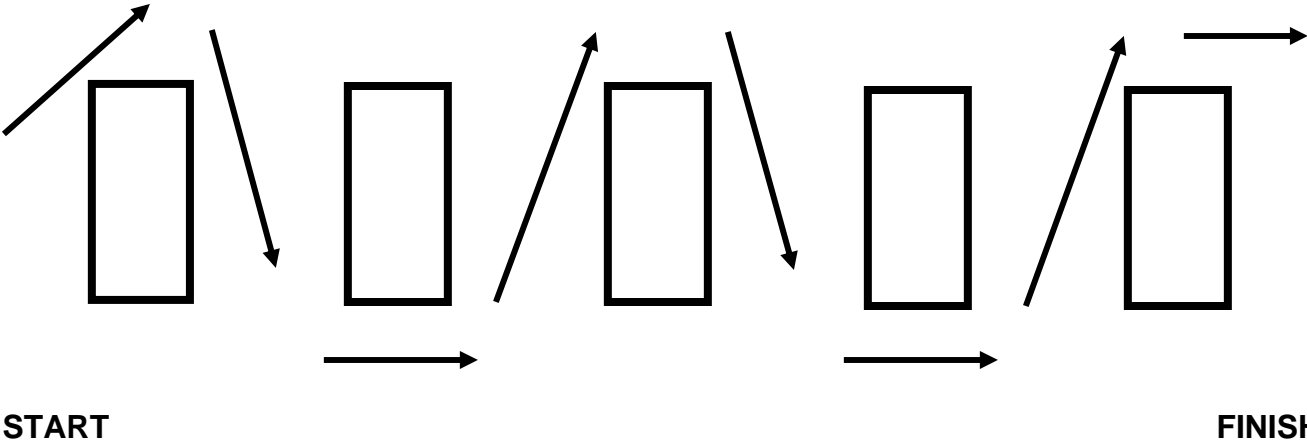
Directions:

Begin drill in a two point stance, with the right shoulder next to the first bag.

Shuffle over the first two bags. Then backpedal around the third, sprint to the fourth bag and shuffle over the last two bags through the finish.

Repeat in the other direction.

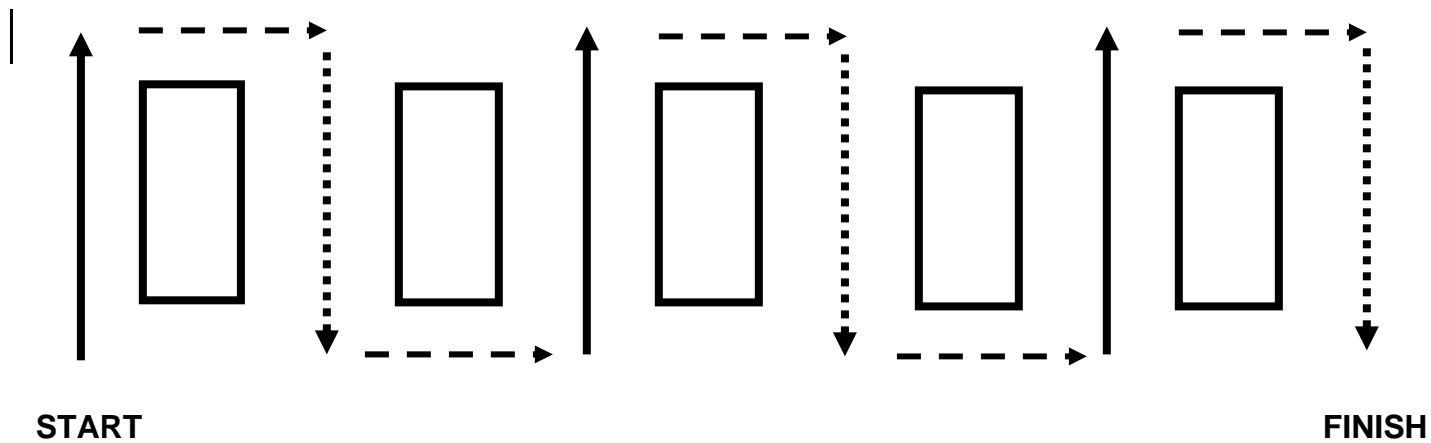
BAG FORWARD WEAVE



Directions:

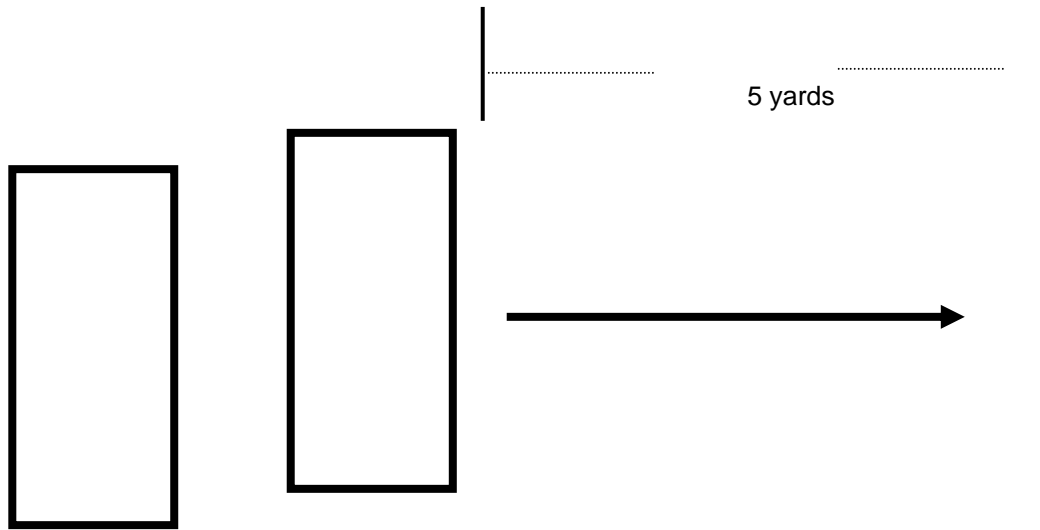
Begin the drill in a two point stance. Run through the bags as fast as possible, without touching the bags. Weave in and out of the bags in the pattern above. Stay low as possible . Keep knees bent.

BAG FORWARD / BACKWARD



Directions: Begin the drill in a two point stance. Sprint on the outside of the first bag. Shuffle keeping knees bent , butt low. Backpedal through the first and second bags. Shuffle to the next bag and sprint. Repeat to the end.

BAG HOP / SPRINT

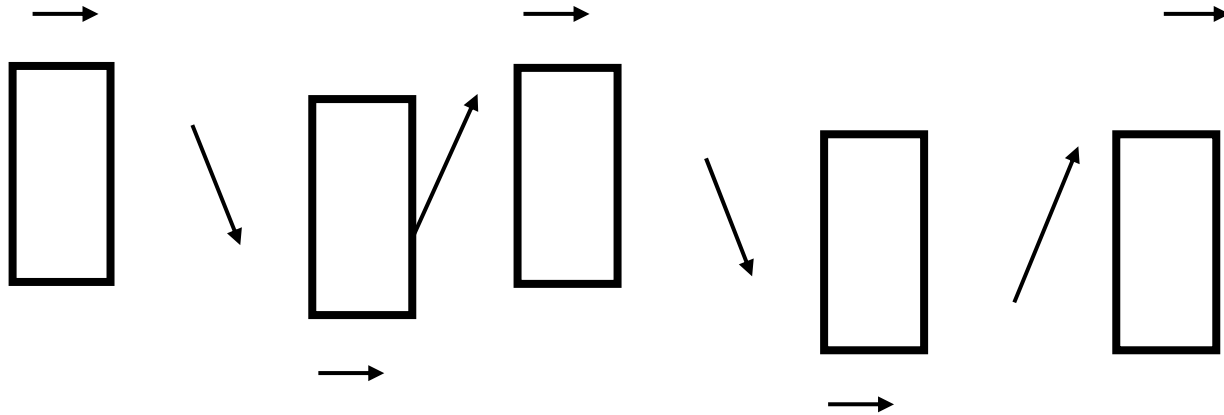


START

FINISH

Directions: Start drill in a two point stance with the right shoulder next to the first bag.
Begin by hopping over the first bag and back to the start 5 times and then proceed to the second bag hopping over that, then sprint 10 yards through the finish.
Repeat in the opposite direction.

DOWNHILL SHUFFLE



START

FINISH

Directions:

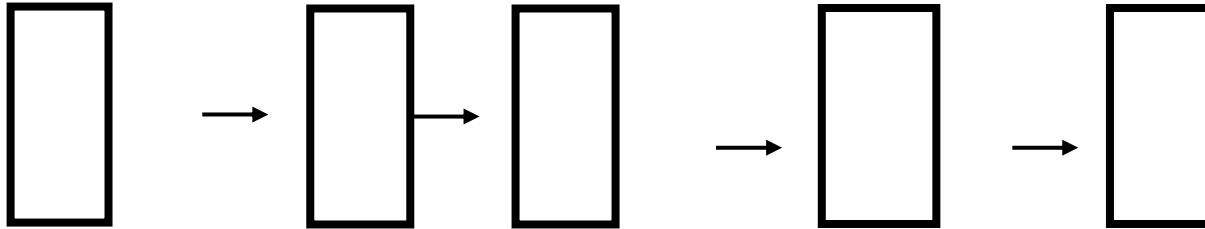
Begin drill in a two point stance facing the bags.

Start at either the right side or left side of the bags.

Moving forward, keeping the knees bent shuffle the feet. Keep a wide base.

Repeat in the other direction.

BAG RUN THROUGH



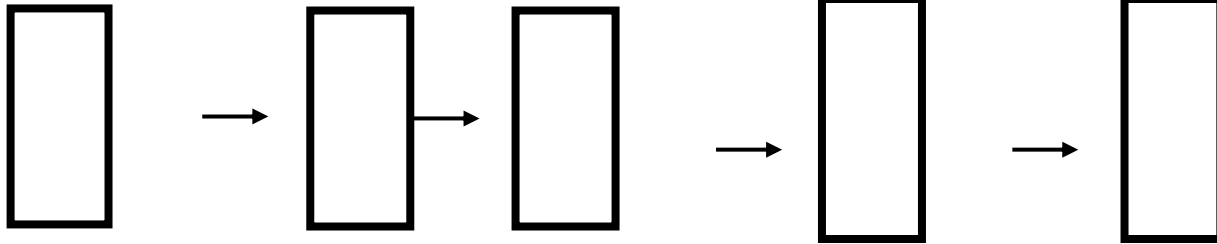
START

FINISH

Directions: Begin the drill in a two point stance. Run through the bags as fast as possible, without touching the bags. One foot between every bag. Drive the knees up high with a slight body lean.

Variation: Two feet in between every bag

LATERAL SHUFFLE



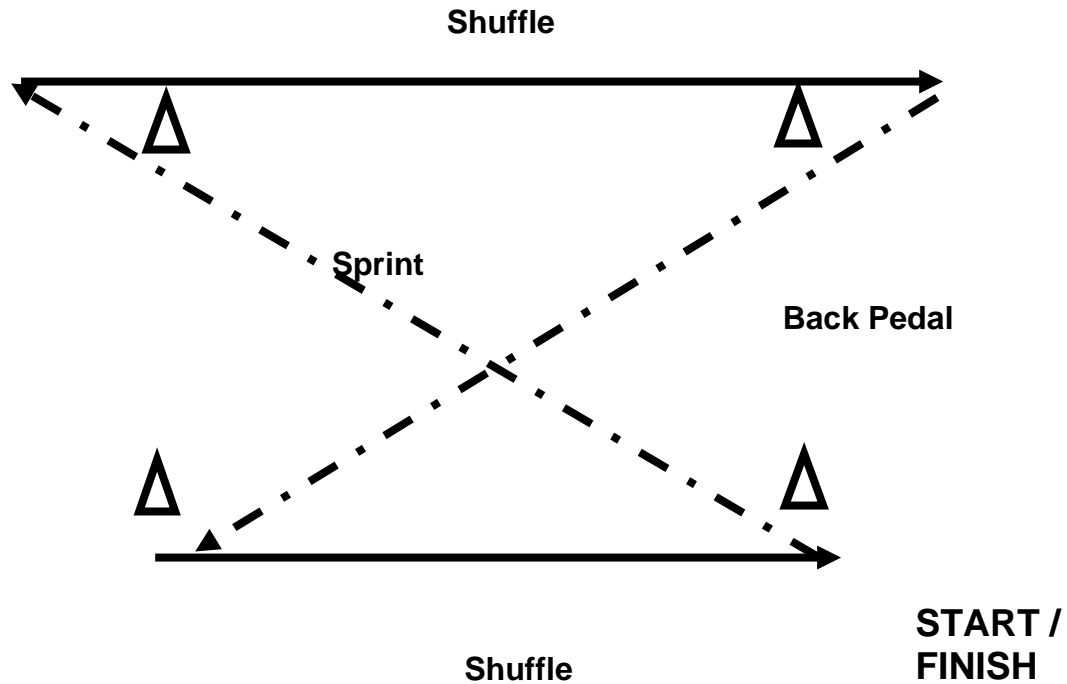
START

FINISH

Directions: Begin the drill in a two point stance on the side of the first bag. Shuffle through the bags starting with the inside foot. Keep shoulders square, knees bent butt low. Shuffle through the bags as fast as possible, without touching the bags. One foot between every bag. Repeat to the other side.

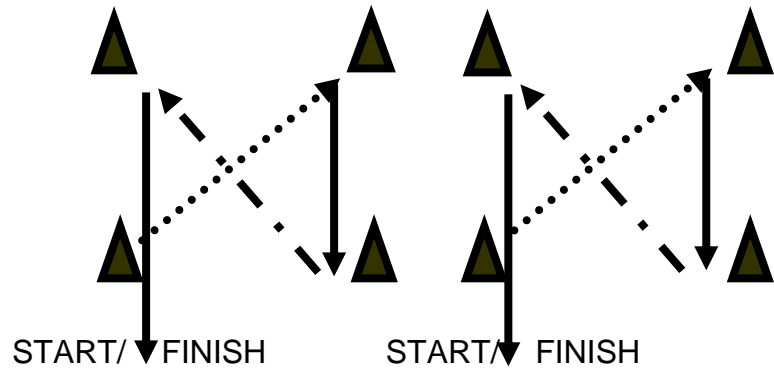
Variation: Two feet in between every bag

4 CORNER CONE CROSS



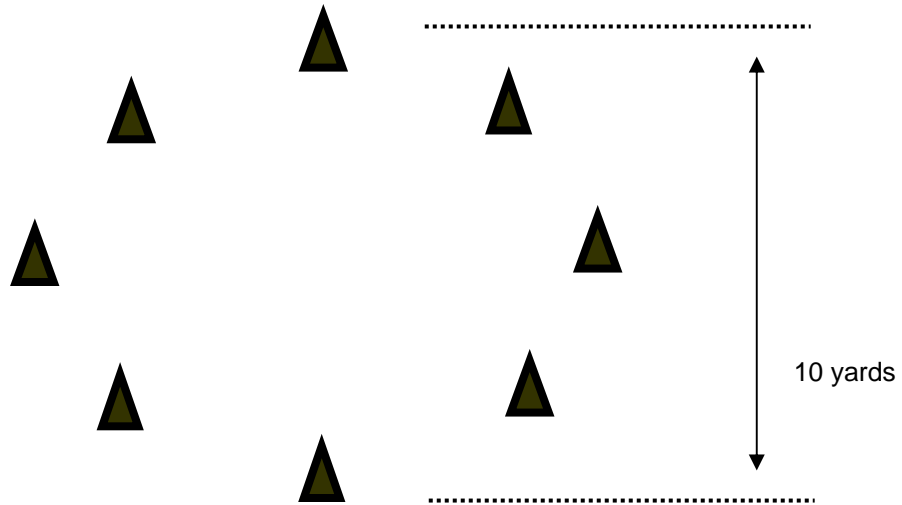
Directions: Begin drill in a two point stance. Sprint to the 3rd cone. Gather feet and gather and shuffle to the 2nd cone, gather feet and back pedal to the 4th cone, the shuffle through the finish. Face the same direction through entire drill. Keep feet apart with good base when shuffling.

SMALL 4 CORNER CONE



Directions: Begin drill facing away from the cones in a two point stance. Open hips to a 45 degree angle. Sprint in that position diagonally to the next cone. Buzz feet . and sprint forward. Buzz feet open hips to the other side and sprint in that position diagonally. Buzz feet and sprint forward to the end

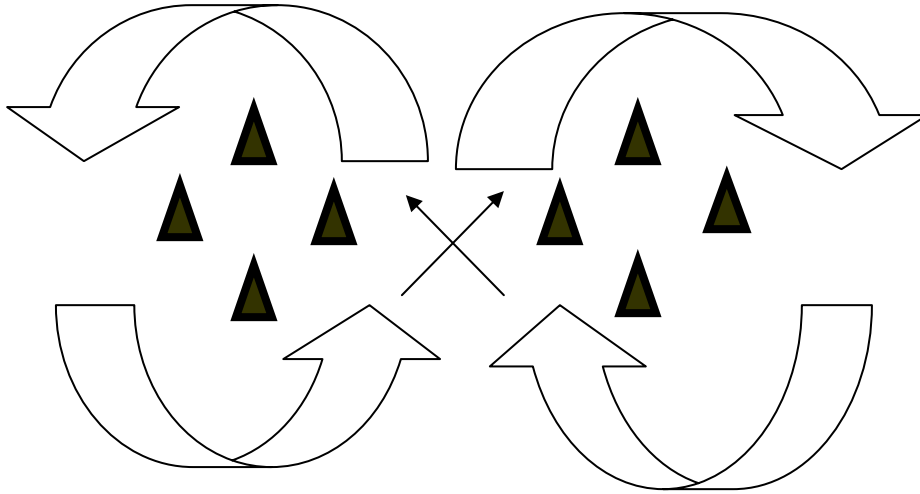
CONE KNOCKDOWN



Directions: Begin the drill in the middle of the cone circle. The goal is to knock over all the cones as fast as possible, without knocking down cones side by side. The athlete must pass through the middle of the circle after each knockdown.

Figure EIGHT DRILL

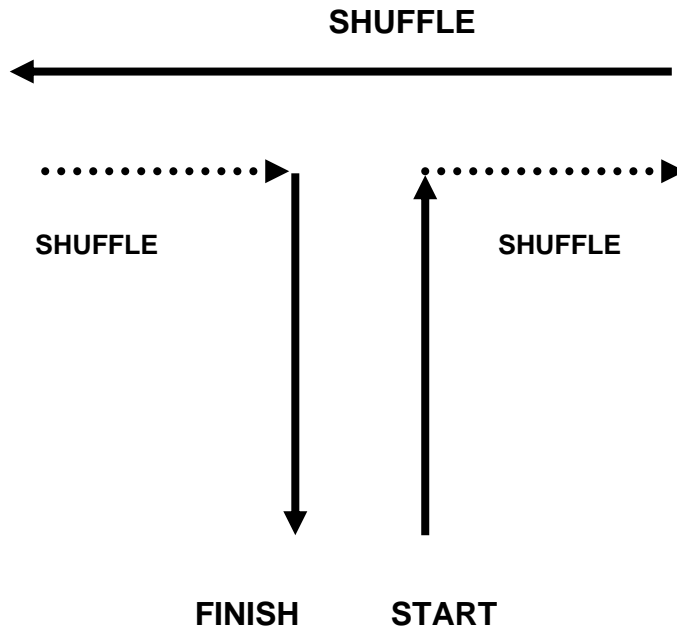
START



Directions:

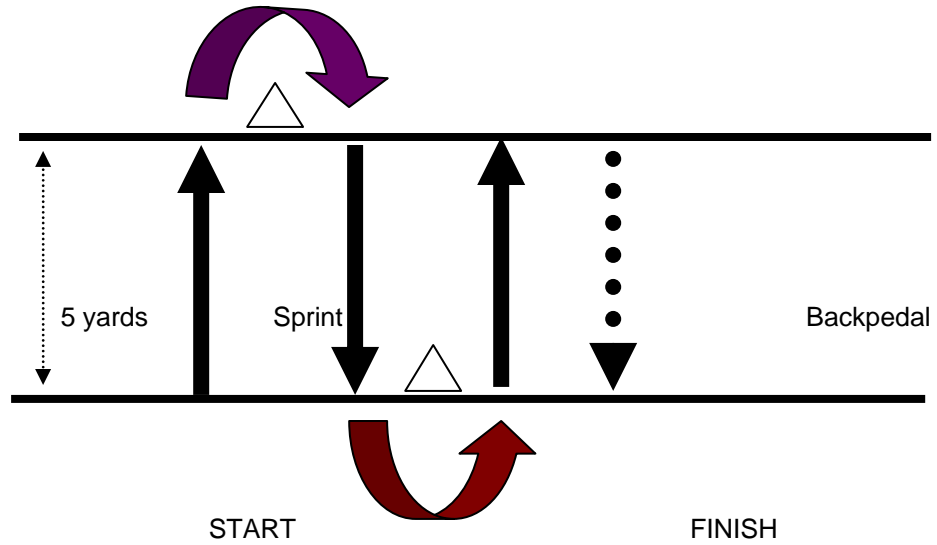
Begins drill in a three point stance. Sprint around the first circle of cones. Continue sprinting towards the next circle of cone in a figure 8 pattern. Continue around the 2nd circle of cones to the first circle of cones. Stay as close to the circle as possible. Continue through the finish.

T DRILL



Directions: Begin drill in a three point stance. Sprint 10 yards, shuffle 5 yards to the right. Shuffle 10 yards to the left. Shuffle 5 yards to the right , then back pedal through the finish.

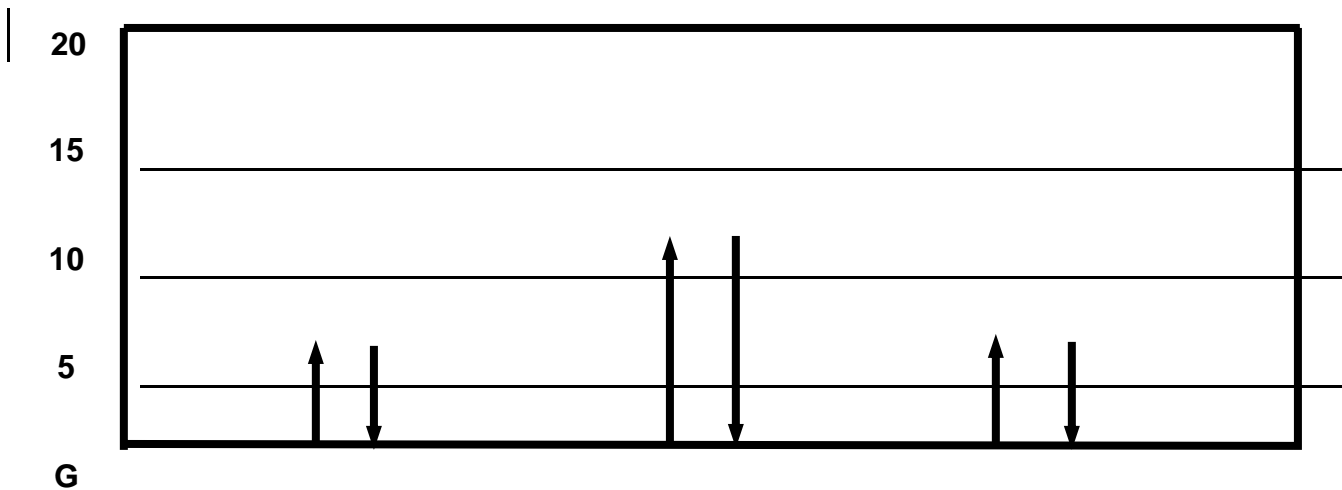
WHEEL AGILITY DRILL



Directions:

Begin drill in a three point stance. Sprint 5 yards around the cone to the right.
Sprint 5 yards around the cone to the left. Sprint again 5 yards touch line and
backpedal 5 yards to the finish.

40 YARD SHUTTLE



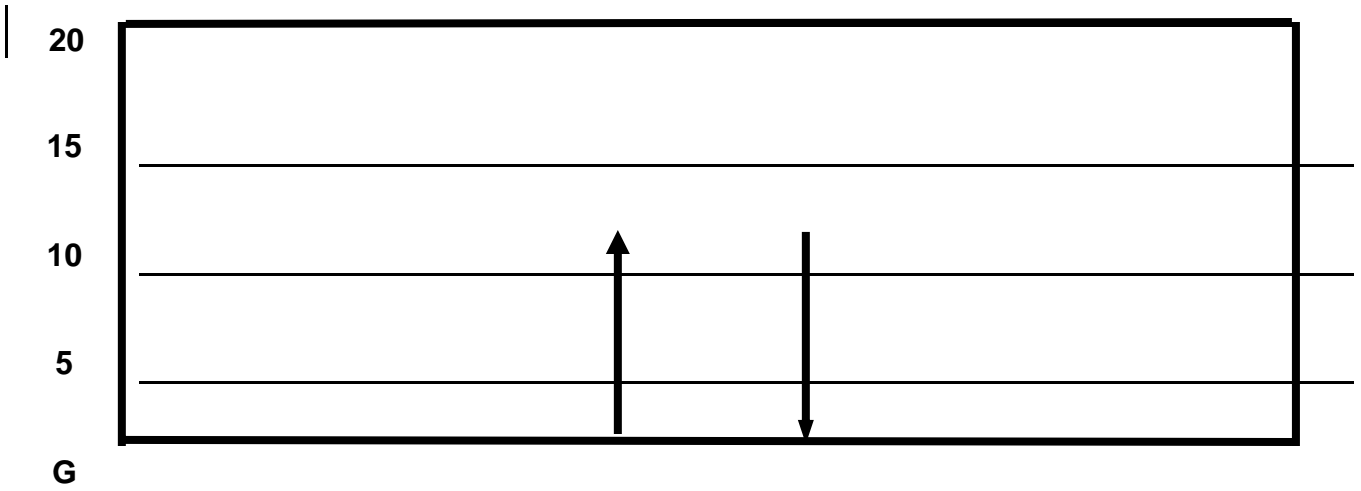
START

FINISH

Directions:

Begin drill in a three point stance, sprint 5 yards touch the line with designated hand(rt or lft), turn sprint 5 yards back to the start, touch line with designated hand, turn sprint 10 yards, touch line , turn sprint back to start line, touch line ,turn sprint 5 yards touch line, turn sprint through finish.

10 x 20 SECONDS



START

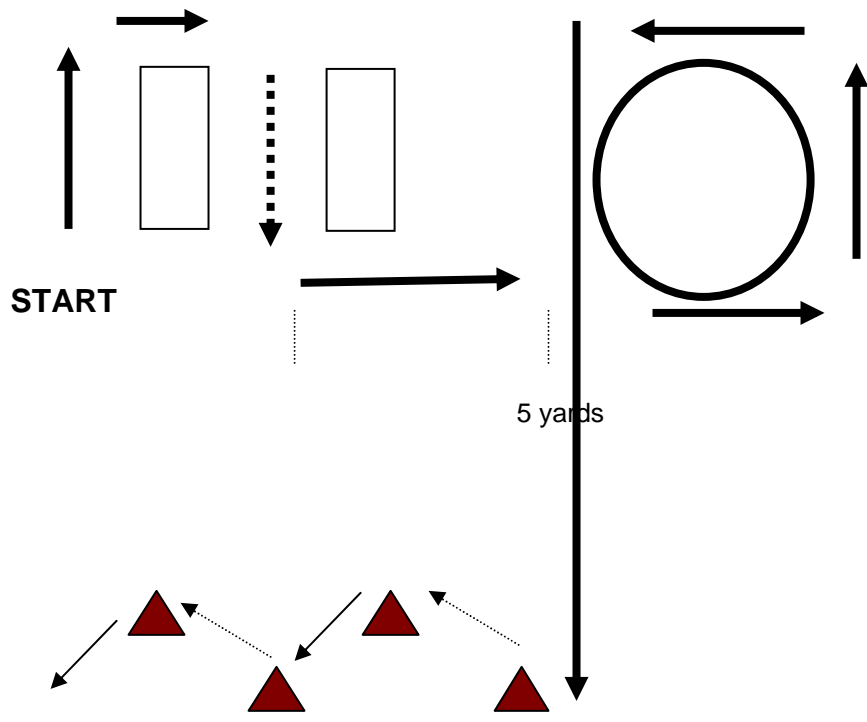
FINISH

Directions:

Begin drill in a three point stance, sprint 10 yards touch the line with designated hand(rt or lft), turn sprint 10 yards back to the start, continue for 20 seconds. The goal is 10 touches in 20 seconds.

- Movement
Variations:
- 1. Sprint/ Back Pedal
 - 2. Shuffle / Sprint
 - 3. Carioca / Sprint

OBSTACLE DRILL

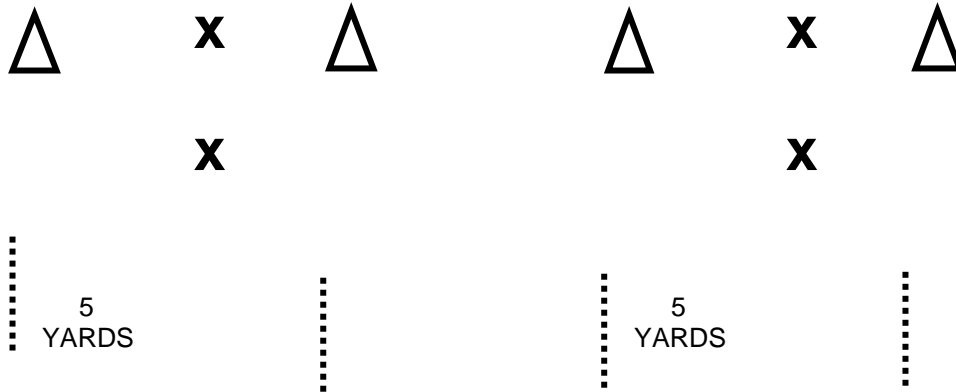


FINISH

Directions:

Begin drill in a two point stance. Sprint past first bag. Shuffle. Backpedal, turn sprint 10yards. Sprint around circle as fast and tight as possible. Sprint 20 yards to cone maze. Backpedal to 2nd cone , sprint to the third. Back pedal to the 4th and sprint through finish.

MIRROR DODGE



Directions: Begin drill in a good athletic position. One athlete is to be considered the

The rabbit should use finesse(head fake, spin, stop, start,etcd.

The rabbit must outwork the mirror and force them to get faster.rabbit(offense)

and the other player is to be the mirror or defense. The rabbit runs back and

forth within the 5 yard area trying to out maneuver the mirror or defense.

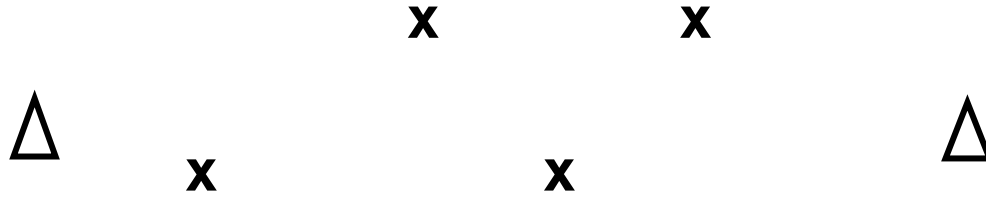
Progression Variation:

Hands behind Back

Hans in front

Light Contact

WAVE DRILL



Directions: Athletes line up in front of the coach 4-6 yards apart. Begin drill in a two point stance. On the command of the coach, the athletes will shuffle in the direction the coach is pointing. They will continue to shuffle until the next visual cue is given to change direction.

Variations: Lateral Run

Auditory Cues

Back pedal

Sprint

Plyometric Training

PLYOMETRICS

Ground Based Plyometrics

Guidelines

Who

Athletes that can safely squat 1 ½ times their body weight and are in good physical conditioning. High level plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds

Frequency

The ground based plyometric program should be utilized in the off and pre seasons. Workouts should be done 2 x week for no longer than 6 weeks. These workouts should be avoided during the in season and post season periods. No more than 100 contacts in a session.

Form

All exercises must be done with perfect form. Emphasis should always be on quality not quantity. Do each exercise explosively but stay under control and within the confines of the drill. All landing should be done “softly” , on the balls of the feet and with knees bent. Keep your head up, knees bent in a good athletic position.

Surface

The plyometric program should be done on a soft, level surface, preferably a synthetic surface which has some “give”. Avoid doing plyometric drills on hard surfaces or where the ground may be uneven and unsafe.

Warm-up

Always warm-up the body thoroughly before the plyometric workout. See the warm-up and stretching procedures outlined in this manual.

Volume

Pick two exercises per workout. Progress from lower impact drills (level 1) to higher impact drills (levels 2). Do not progress to another level if the current level has not been mastered. Progress from 2 sets to 3 or 4 sets. Keep the sets short (3-10 reps or 5-20 seconds).

Duration

Excluding warm-up, the plyometric workout should not take longer than 10 minutes.

How do I fit ground based plyometrics into the overall workout schedule?

The best time of the week to do these workouts is before lifting, after an extensive warm-up or on a day where you are not strength training.

Rest

Enough time between reps to duplicate a perfect rep. 2:00 minutes between sets.

Upper Body Plyometrics

GUIDELINES

These exercises are to be done during the off and pre season training periods. One or two workouts per week are all that is necessary or desirable. Care should be taken to do these exercises after an extensive warm-up and upper body stretching program. These drills could be incorporated right into the strength training workout.

Volume

Pick 1 or 2 exercises and perform 2-4 sets of 5-20 reps of each.

Form

Emphasis should be on quality not quantity. Every rep should be done explosively but under control within the context of the drill.

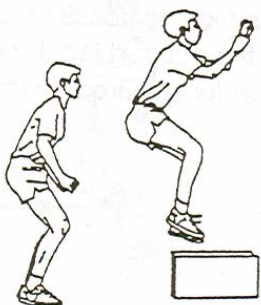
Medicine Balls

All upper body plyometric exercises will involve some sort of medicine ball. The medicine balls will vary in weight from 2 lbs to 28 lbs. Beginners should use lighter weights. Always remember never sacrifice safe form for more weight.

Rest

Minimal between reps, 1:00 between sets.

BOX JUMPS



Directions:

Begin drill with a 1/4 squat. Then using double arm swing, jump from the ground onto the center of the box. Land with the knees bent, under control and on the balls of the feet. The box should be 12"-36" high, depending on the skill level.

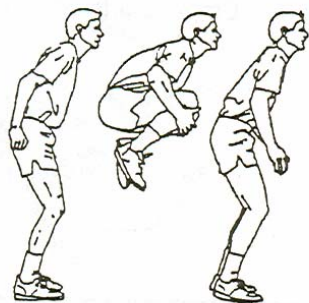
POWER JUMPS



Directions:

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat. Emphasis on height and form.

TUCK JUMPS



Directions:

Stand with feet shoulder width apart. Drop hips into the power position and explode upward. Bring knees to chest and grab with both hands, then release. Upon landing, immediately repeat. Emphasize grabbing the knees. Skill and big players only.

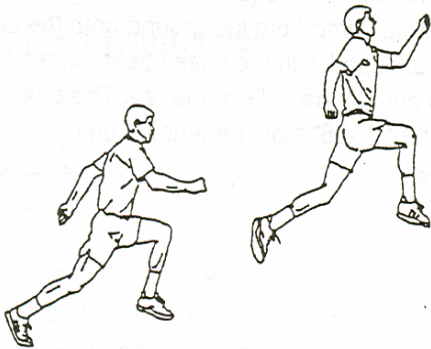
DOUBLE LEG HOPS



Directions:

Stand with feet shoulder width apart and in the power position Drop hips and while using arms explode outward and upward. Upon landing repeat. Emphasis is on speed and distance. Perform in a diagonal pattern.

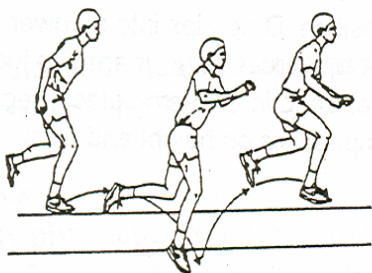
POWER SKIPS



Directions

Stand with one foot in front of the other and arms to the side. Begin to skip and then hard and explosively push off the support leg and bring opposite leg as high as possible toward the chest. Swing arm of the support leg through as in running. Repeat for required distance.

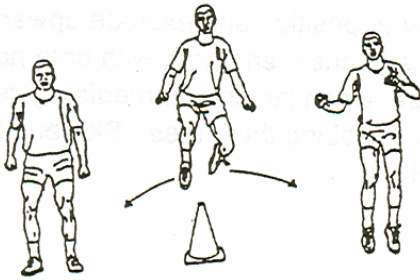
SINGLE LEG ICE SKATERS



Directions:

Start on one foot and arms to the side as a skater. Hard and explosively push off the leg while swinging arms across the body. Land on the other foot and repeat. Emphasis on distance and speed of movement.

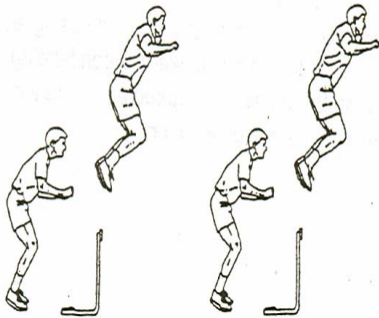
LATERAL CONE JUMPS



Directions

Begin with the feet together and knees bent starting next to a small 4-6" cone. Begin by jumping over the cone as quick as possible for a desired time. Emphasis is on speed.

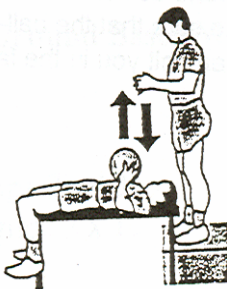
HURDLE HOPS



Directions

Jump forward over the hurdles(12-36"). Keep feet close together and action comes from the hips and knees. Keep the body vertical. Use double arm swing to maintain balance and gain height.

BENCH PRESS THROW



Directions

Begin drill on a supine bench with arms extended in front of the body. Catch the ball over the chest, bend the arms, and explode the ball back to your partner standing above.

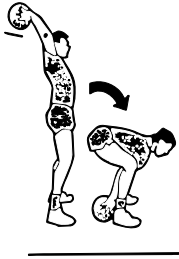
CHEST PASS



Directions

Begin the drill in an athletic position or sitting on a bench. Catch the ball from your partner with your arms extended in front of the body. Absorb the weight of the ball and explode the ball back to your partner.

SLEDGEHAMMER



Directions

Begin drill by holding the ball overhead with arms extended. Swing the ball down and forward exploding it into the ground as hard and fast as possible. Be sure that the ball doesn't come back up and hit you in the face.

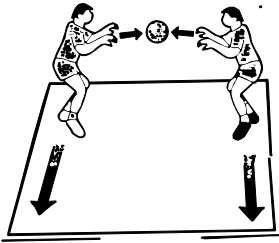
SQUAT THROW



Directions

Begin drill by holding the ball in front of the chest. Squat down and extend legs, while throwing the ball directly overhead as hard and as high as possible. Let the ball bounce, catch it and repeat.

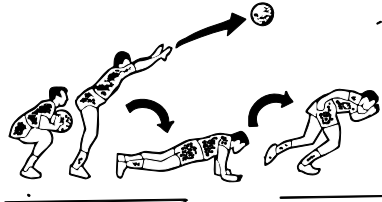
SHUFFLE PASS



Directions

Begin drill by holding the ball at the chest, facing your partner. You must be in an athletic position. Shuffle laterally while passing the ball back and forth.

SQUAT, THROW, FALL, RUN



Directions

Begin drill with the ball held at the chest. Squat down and extend legs out while throwing the ball forward. As you release the ball fall down into a push-up position. Perform a push-up, snap up and run to the ball as fast as possible.

Conditioning

CONDITIONING WARM-UP

Be sure to move quickly through the warm-up. Follow the prescribed drills through the distances listed. Following the warm-up, perform the flexibility exercises before engaging in the conditioning program.

General Warm-up

2 x 20 yards

Back pedal

Carioca

Shuffle

High knees

Butt kicks

Dynamic Flexibility Exercises

2 x 20 yards

Walking knees to chest

Straight leg walk

Lunges

Side lunges

Specific Warm-up

2 x 20 yds

Quick Shuffle

Tapioca

Fast feet

Speed knees

Quick pace

Line touches

Lateral Run

ANAEROBIC CONDITIONING

“Interval Training”

All conditioning phases are based on the interval training principle.

Periods of work followed by a period of rest and recovery. Some work bouts are longer and more general, while most of the work bouts are short and intense.

The phases include:

General anaerobic endurance work: (gassers, Long Shuttles, etc.)

Work Bout: 15-60 seconds

Rest Interval: 45 seconds - 3:00

Agility Training: 6-10 drills 2 each 12-20 Drills See WORKOUT SECTION

Work Bout: 5-8 seconds

Rest Interval: 20-35 seconds

Quickness training: 2 quickness sequences : See WORKOUT SECTION

Work Bout: 5-8 seconds

Rest Interval: 10-25 seconds

Short Sprints: 10-80 yards

Work Bout: 3-10 seconds

Rest Interval: 20-35 seconds

Positioning Conditioning: See WORKOUT SECTION

Work Bout: 4-8 seconds

Rest Interval: 25 seconds

Position Groupings

Skill: Wr, Db, Rb, Qb

Big Skill: Te, Fb, Lb, K

Line: Ol, Dl

General Anaerobic Prescribed Times

Gassers: Width 4x

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	35 sec	1:45
Big Skill	37 sec	2:00
D Line	39 sec	2:00
O Line	40 sec	2:00

½ Gassers: Width 2x

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	42 sec
Big Skill	15 sec	45 sec
D Line	17 sec	48 sec
O Line	18 sec	50 sec

300 Yd shuttles: 3 x 100

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	48 sec	2:30
Big Skill	51 sec	2:45
D Line	54 sec	2:50
O Line	56 sec	3:00

300 Yd shuttles: 50 x 6

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	55 sec	3:00
Big Skill	58 sec	3:00
D Line	62 sec	3:20
O Line	65 sec	3:30

200 Yd Shuttles 2 x 100

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	32 sec	1:30
Big Skill	34 sec	1:40
D Line	36 sec	1:50
O Line	38 sec	2:00

110's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	42 sec
Big Skill	15 sec	45 sec
D Line	17 sec	48 sec
O Line	18 sec	50 sec

Conditioning 80's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	10 sec	40 sec
Big Skill	11 sec	40 sec
D Line	13 sec	40 sec
O Line	15 sec	40 sec

Conditioning 60's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	8 sec	30 sec
Big Skill	9 sec	30 sec
D Line	9.5 sec	30 sec
O Line	10 sec	30 sec

Conditioning 40's

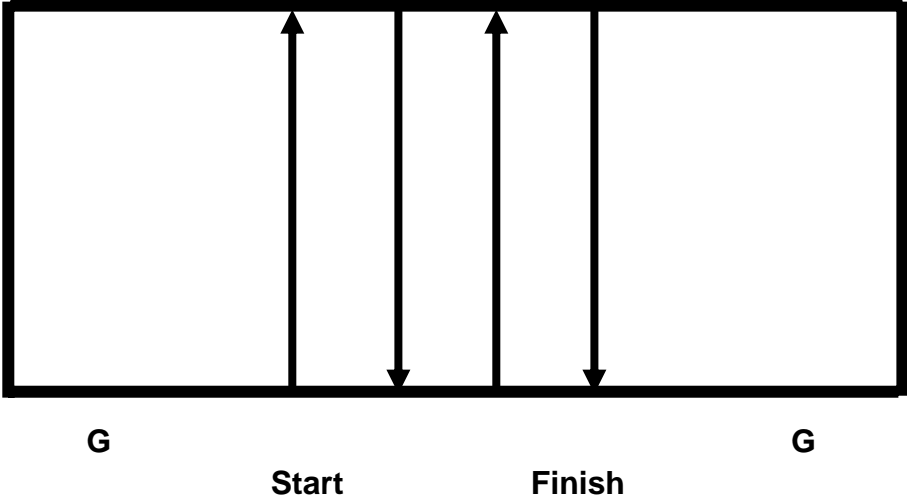
	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	5.0 sec	25 sec
Big Skill	5.5 sec	25 sec
D Line	6.0 sec	25 sec
O Line	6.5 sec	25 sec

Conditioning 20's

	<u>Work Intervals</u>	<u>Rest Intervals</u>
Skill	14 sec	25 sec
Big Skill	15 sec	25 sec
D Line	17 sec	25 sec
O Line	18 sec	25 sec

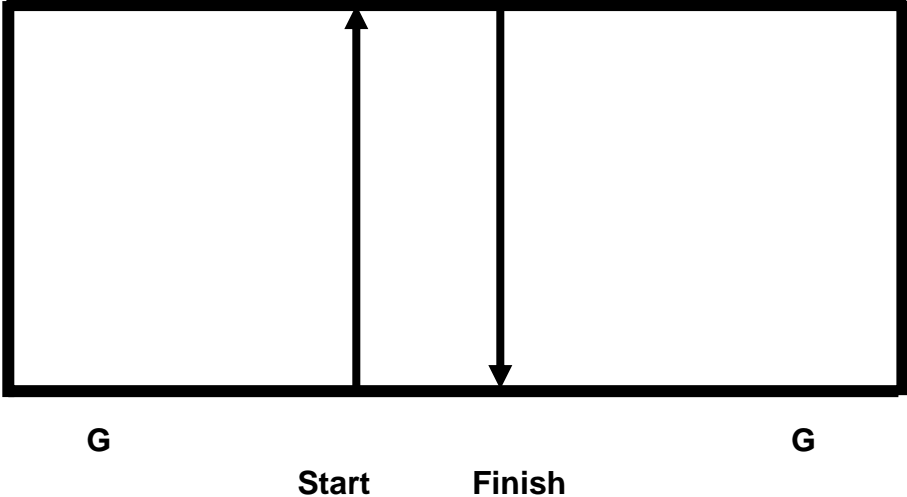
GASSERS

Width of field 4x



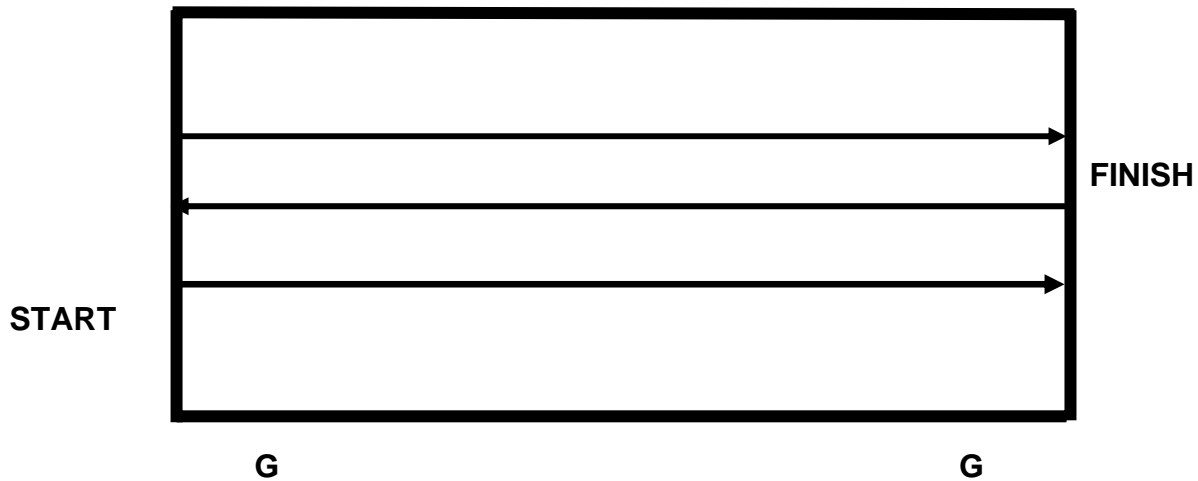
HALF GASSERS

Width of field 2x



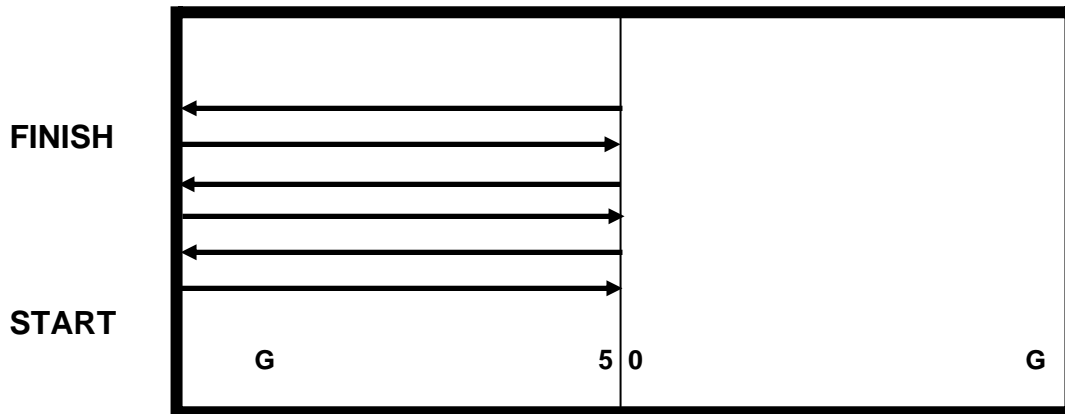
**300
SHUTTLES**

Length of field 3 x (100x3)



**300
SHUTTLES**

50 yd x 6

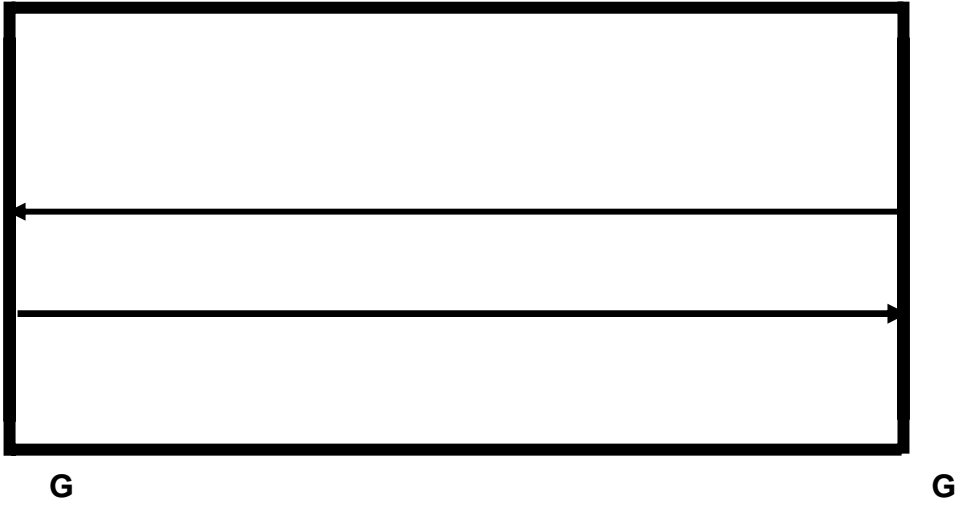


200 SHUTTLES

Length of
field 2x
(100x2)

FINISH

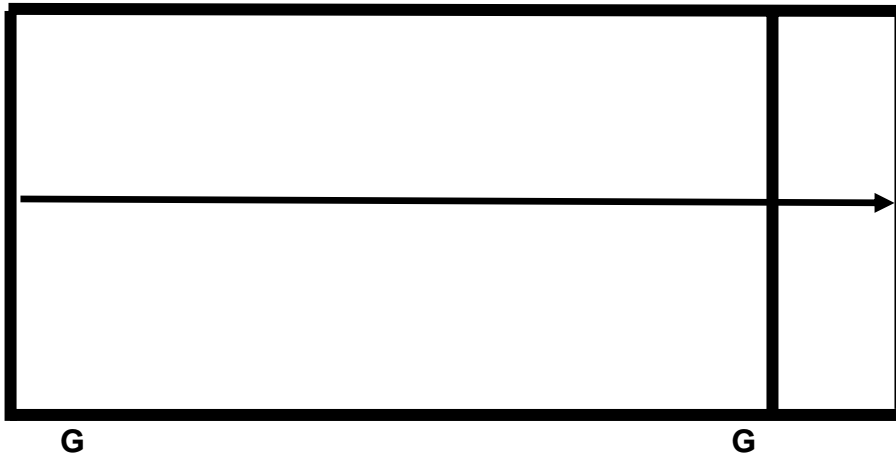
START



110
'S

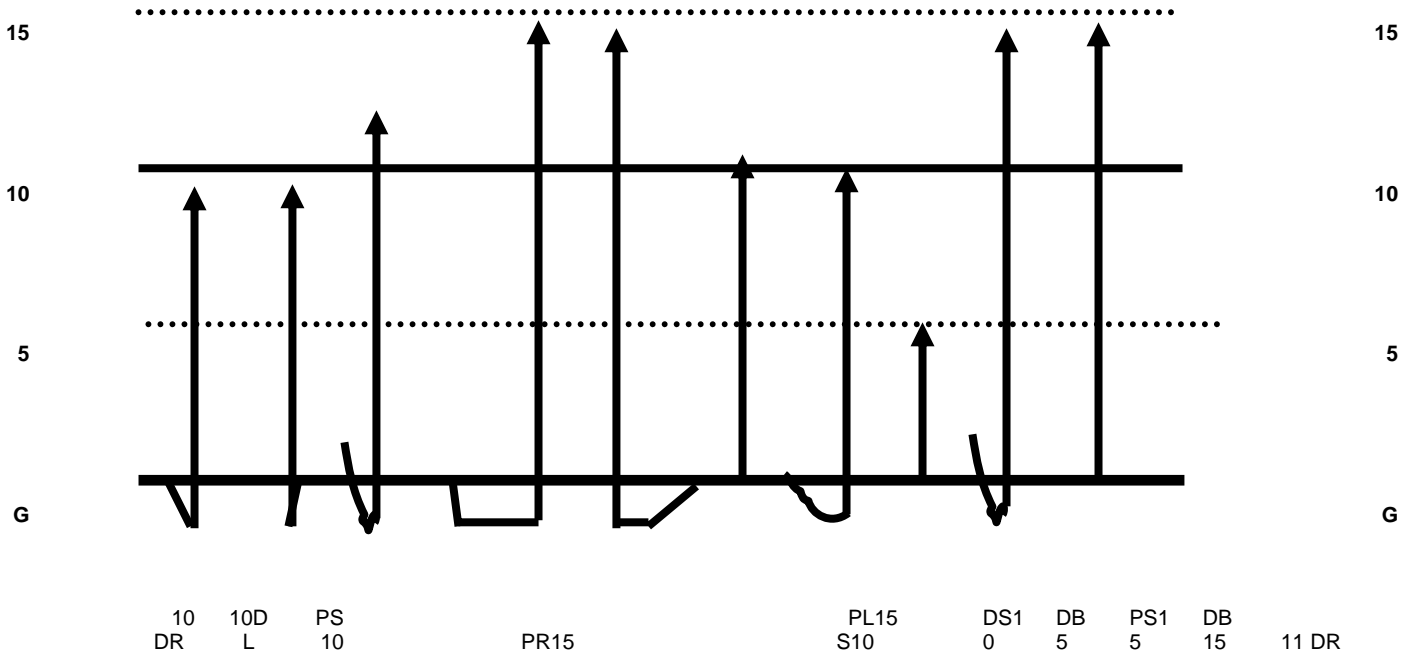
START

FINISH



Position Conditioning

Offensive Linemen



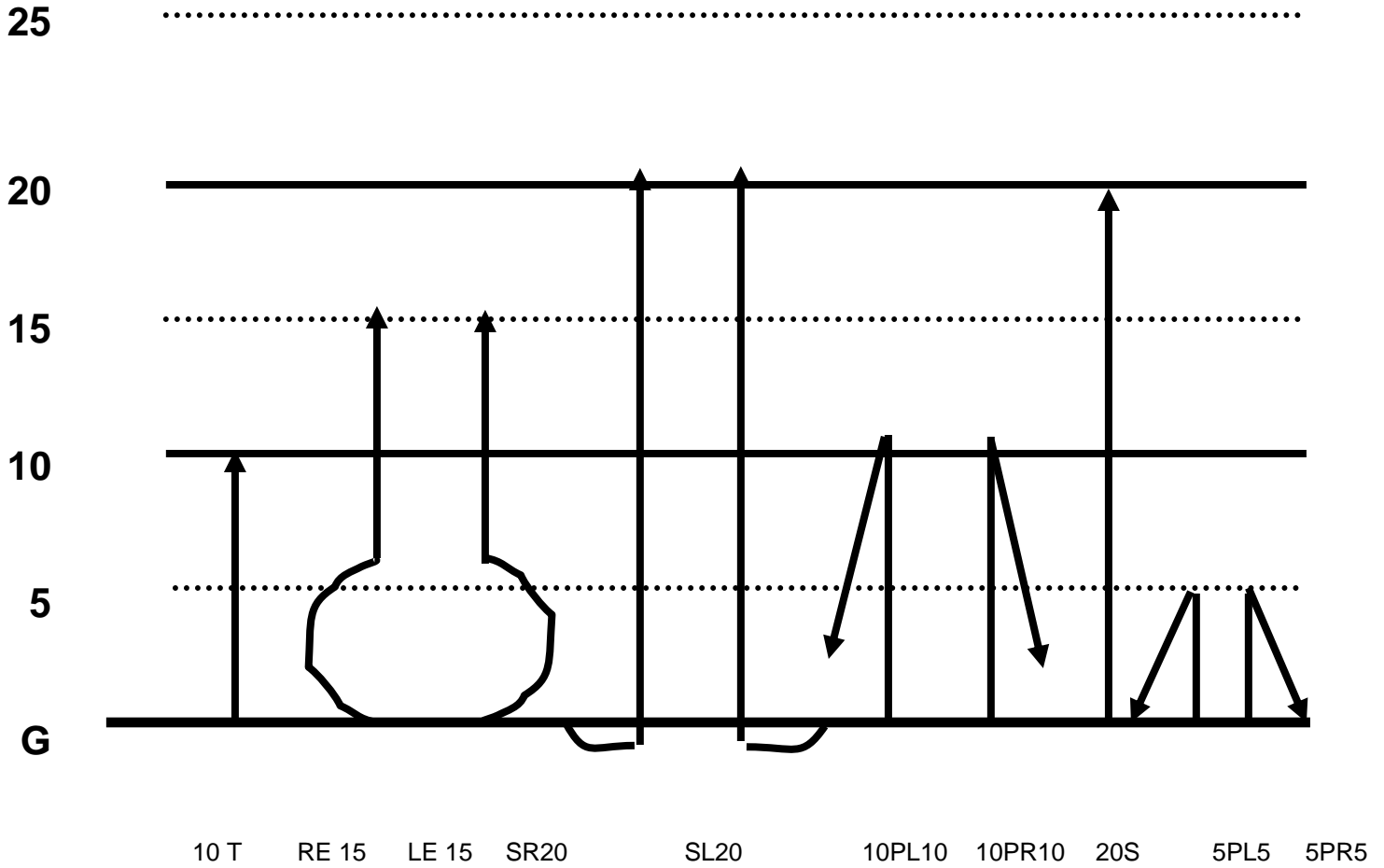
DESCRIPTIONS

- 10 DR** Drop step right sprint 10 yards
- 10 DL** Drop step left sprint 10 yards
- PS 10** Pass set sprint 10 yards
- PR 15** Pull right 15 yards
- PL 15** Pull left 15 yards
- S 10** Sprint 10 yards
- DS 10** Draw Set sprint 10 yards
- DB 5** Drive block 5 yards
- PS 15** Pass set sprint 15 yards
- DB 15** Drive block 15 yards

Workout Order

Set #1	Set #2	Set #3
DB 15	S10	DB 15
S10	DB 5	10 DL
DS1 0	DB 15	PS 15
10 DR	S10	DS1 0
PR 15	DB 5	PS 15
PL 15	DB 15	DB 15
DB 5	10 DL	PS 10
PS 10	PR 15	DS1 0
PS 15	PL 15	S10
10 DL	DB 15	PS 10

Defensive Linemen

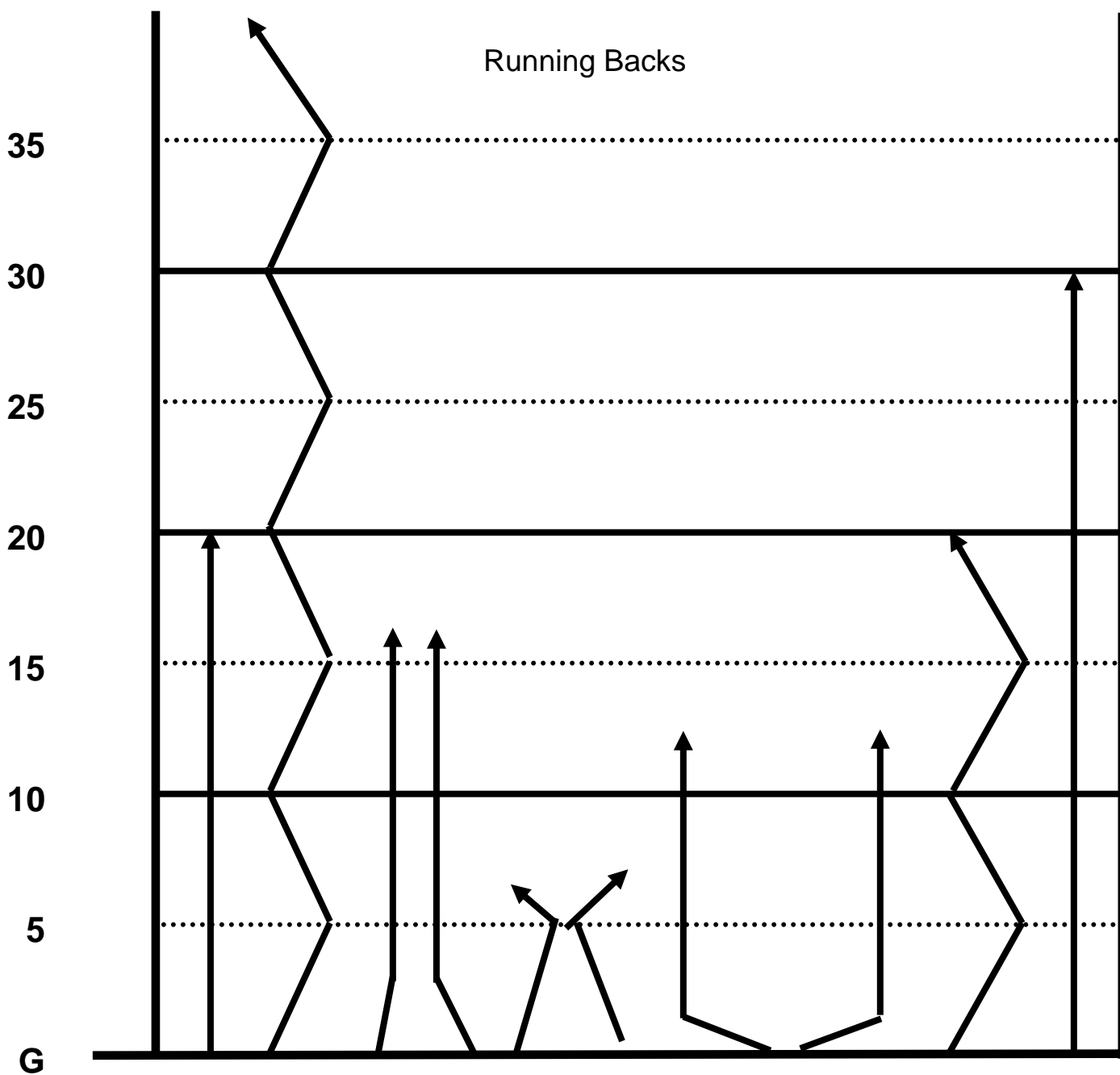


DESCRIPTIONS

- 10 T** 10 Yd Takeoff
- RE 15** Pass rush Right edge sprint 15
- LE 15** Pass rush left edge sprint 15
- SR20** Shuffle right sprint 20
- SL20** Shuffle left sprint 20
- 10PL10** 10 yd Takeoff,pursuit left 10
- 10PR10** 10 yd Takeoff,pursuit right 10
- 20S** 20 yd Sprint
- 5PL5** 5 yd Takeoff,pursuit left 5
- 5PR5** 5 yd Takeoff,pursuit right 5

Workout Order

Set #1	Set #2	Set #3
10 T	5PR5	LE 15
RE 15	20S	SR20
LE 15	10PL10	SL20
SR20	SR20	5PR5
SL20	RE 15	5PL5
10PL10	10 T	20S
10PR10	LE 15	10PR10
20S	SL20	10PL10
5PL5	10PR10	10 T
5PR5	5PL5	RE 15



S 20 C40S BRS15 BLS15 URL10 URR10 FL10 FR10 C20S S25

DESCRIPTIONS

- S 20** Sprint 20
- C40S** Sprint 40 cut
- BRS15** Block right sprint 15
- URL10** Under route left sprint 10
- FL10** Flare route left sprint 10
- FR10** Flare route right sprint 10

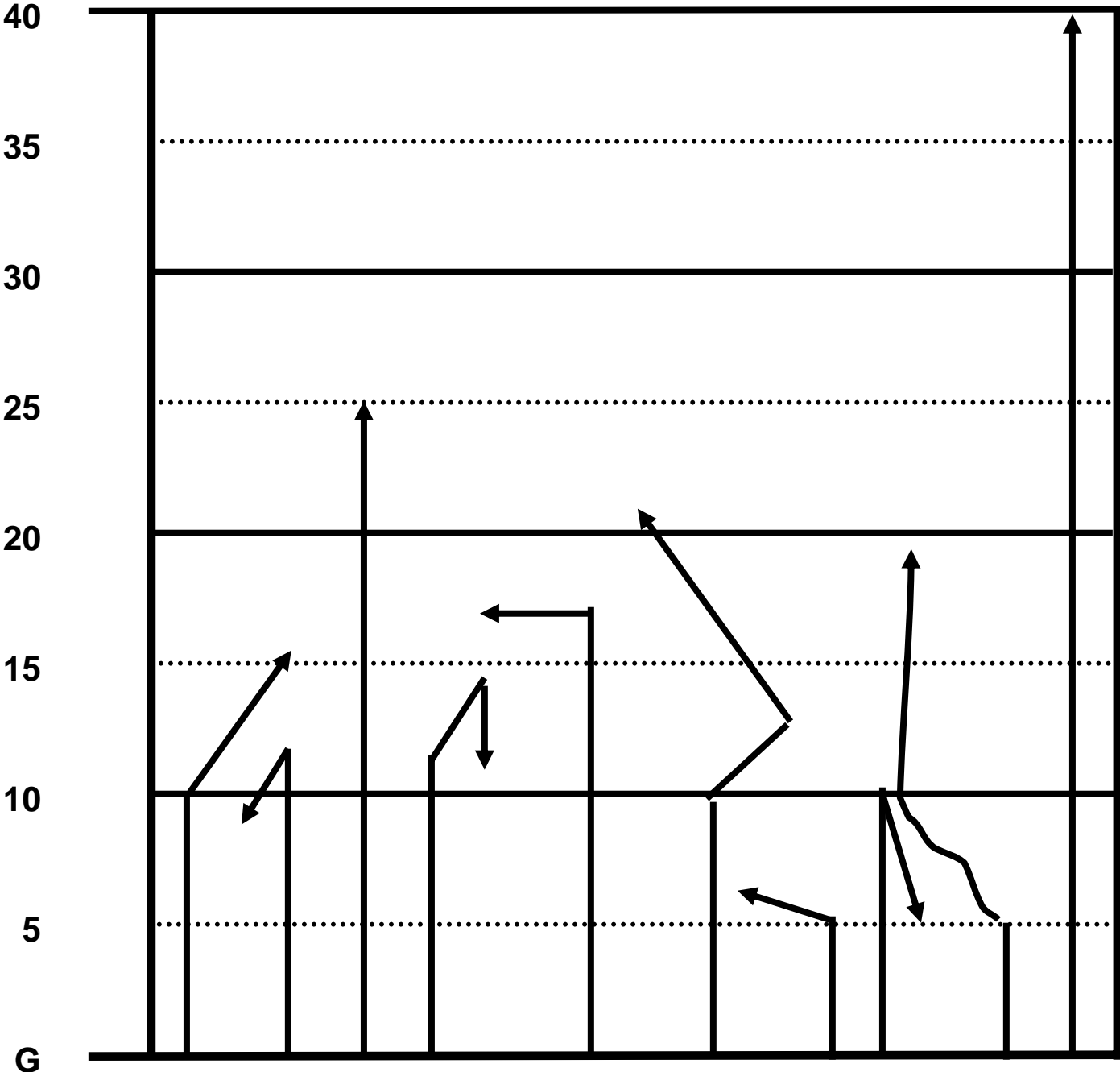
Workout Order

Set #1	Set #2	Set #3
S25	S 20	S25
C20S	C40S	S 20
URR10	BRS15	URL10
BLS15	URL10	FL10
FR10	FL10	C20S
FL10	FR10	URR10

- BLS15** Block left sprint 15
- URR10** Under route right sprint 10
- C20S** Sprint 20 cut
- S25** Sprint 25

URL10	BLS15	BLS15
BRS15	URR10	FR10
C40S	C20S	BRS15
S 20	S25	C40S

Wide Receivers



10P 12C 25S 12PC 15IN 10PCOR 5UN 10 OUT 10SNAK 10P

DESCRIPTIONS

- 10 P** 10 yard post
- 12 C** 12 yard comeback
- 25 S** 25 yard streak

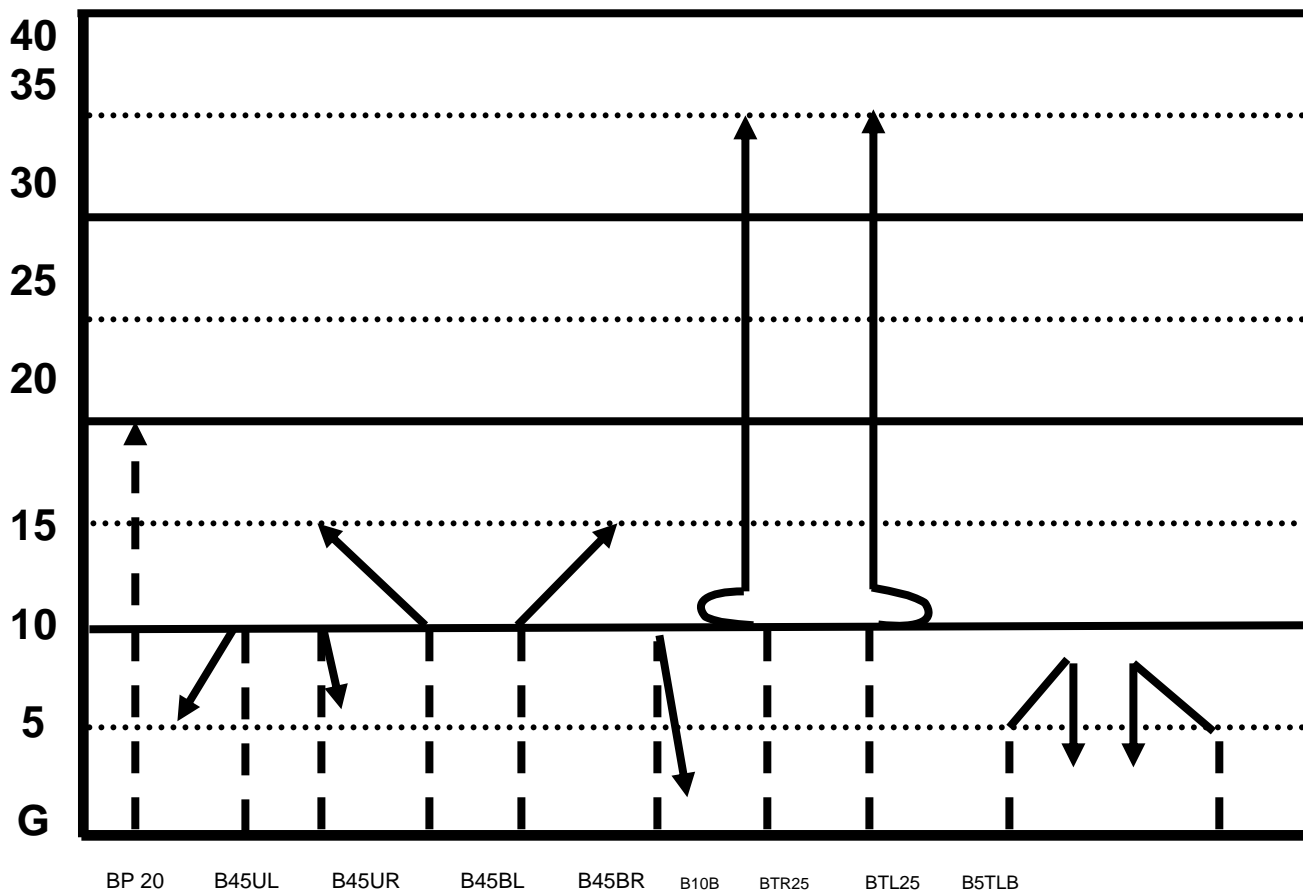
Workout Order

Set #1	Set #2	Set #3
10 P	12C	12 PC
12 C	12 PC	15 IN
25 S	10PCOR	10 PCOR

12 PC 12 yard post comeback
15 IN 15 yard in route
10 PCOR 10 yard post corner
5 UN 5 yard under route
10OUT 10 yard out
10SNAK 10 yard snake route
40S 40 yard streak

12 PC	10 OUT	5 UN
15 IN	40 S	10OUT
10 PCOR	10P	10SNAK
5 UN	25 S	10 P
10OUT	15 IN	12 C
10SNAK	5 UN	25 S
40S	10 SNAK	40S

DEFENSIVE BACKS



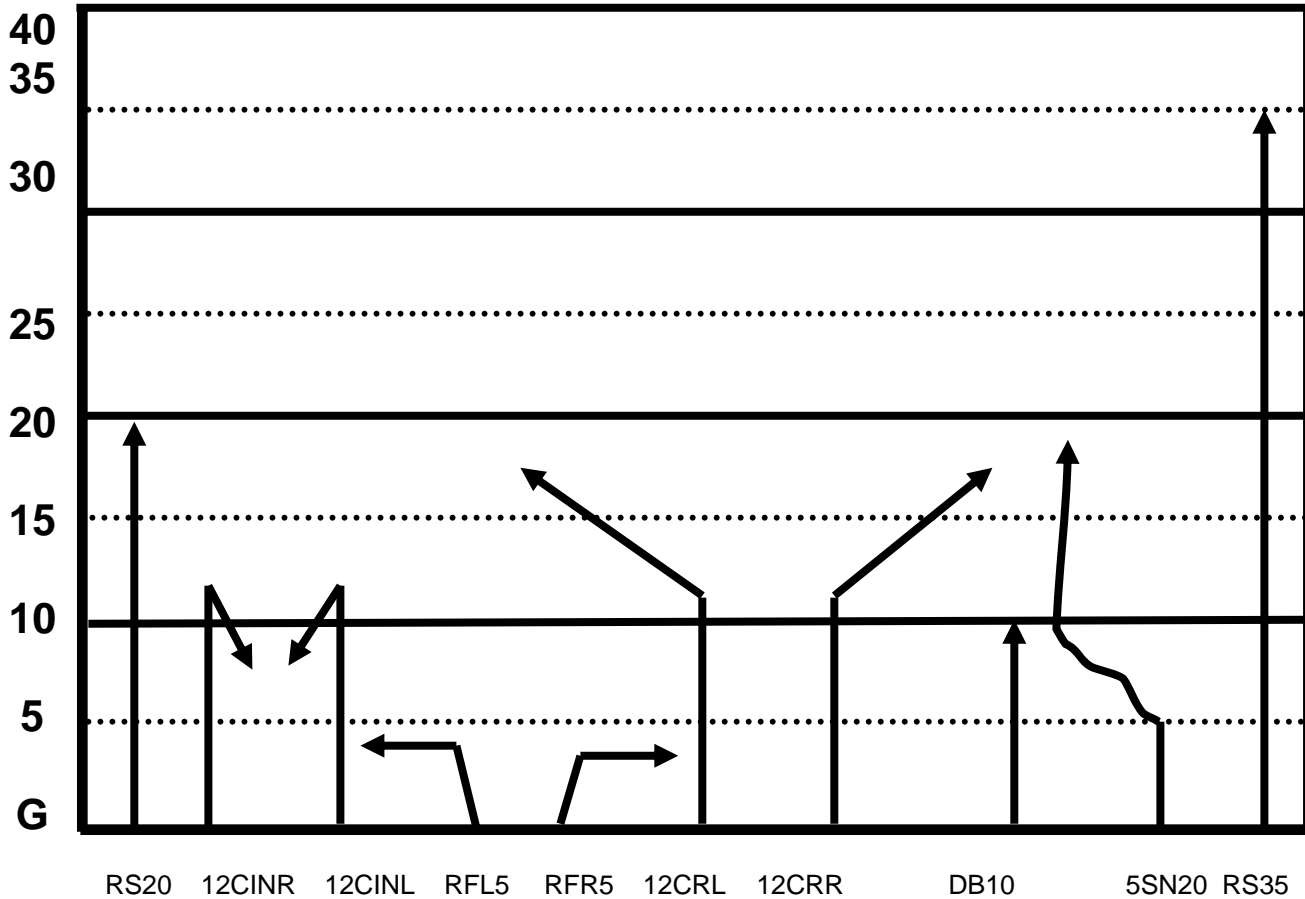
DESCRIPTIONS

- BP 20** Back pedal 20 yards
- B45UL** Back pedal 10 yards break left at 45 degrees
- B45UR** Back pedal 10 yards break right at 45 degrees
- B45BL** Back pedal 10 yards break back left at 45 degrees
- B45BR** Back pedal 10 yards break back right at 45 degrees
- B10B** Back pedal 10 yards break 10 yards
- BTR25** Back pedal 10 yardsturn right,sprint 25 yards
- BTL25** Back pedal 10 yardsturn left,sprint 25 yards
- B5TLB** Back pedal 5 yards,break back left 45, break forward
- B5TRB** Back pedal 5 yards,break back right 45, break forward

Workout Order

Set #1	Set #2	Set #3
BP 20	B5TRB	B5TLB
B45UL	B5TLB	B5TRB
B45UR	BTL25	BTR25
B45BL	BTR25	BTL25
B45BR	B10B	BP 20
B10B	BP 20	B45UL
BTR25	B45UL	B45UR
BTL25	B45UR	B45BL
B5TLB	B45BL	B45BR
B5TRB	B45BR	B10B

Tight Ends



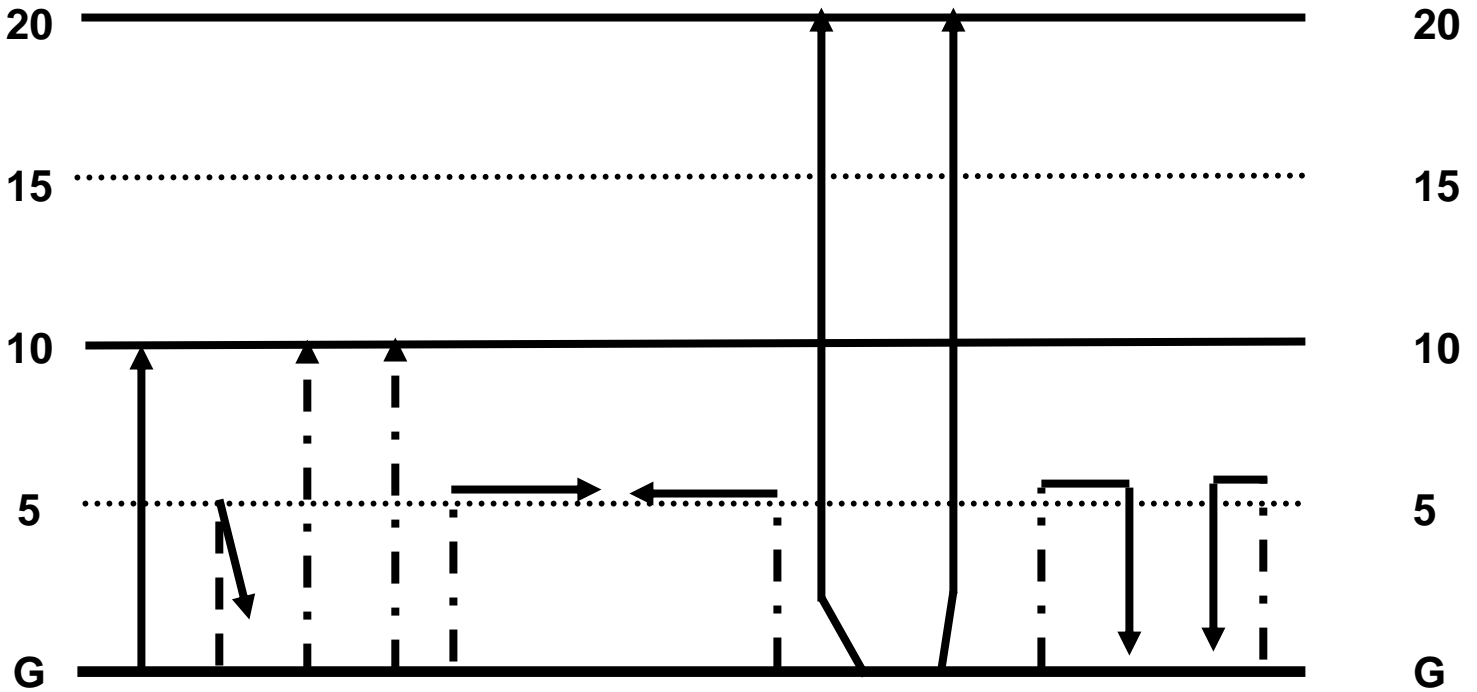
DESCRIPTIONS

- RS20** Release sprint 20 yards
- 12CINL** 12 yard curl in left
- 12CINR** 12 yards curl in right
- RFL5** Release flat left 5 yards
- RFR5** Release flat right 5 yards
- 12CRL** 12 corner route to left
- 12CRR** 12 corner route to the right
- DB10** Drive block 10 yards
- 5SN20** 5 yards snake route sprint 25
- RS35** Release sprint 35 yards

Workout Order

Set #1	Set #2	Set #3
RS20	12CRL	12CRR
12CINL	12CINL	DB10
12CINR	RS20	5SN20
RFL5	12CRR	RS35
RFR5	DB10	12CINR
12CRL	5SN20	RFL5
12CRR	RS35	RFR5
DB10	12CINR	12CRL
5SN20	RFL5	12CINL
RS35	RFR5	RS20

Linebackers



S20 B5S5 LR10 LL10 PDL5 PDR5 DSL20 DSR20 B5SLB5 B5SRB5

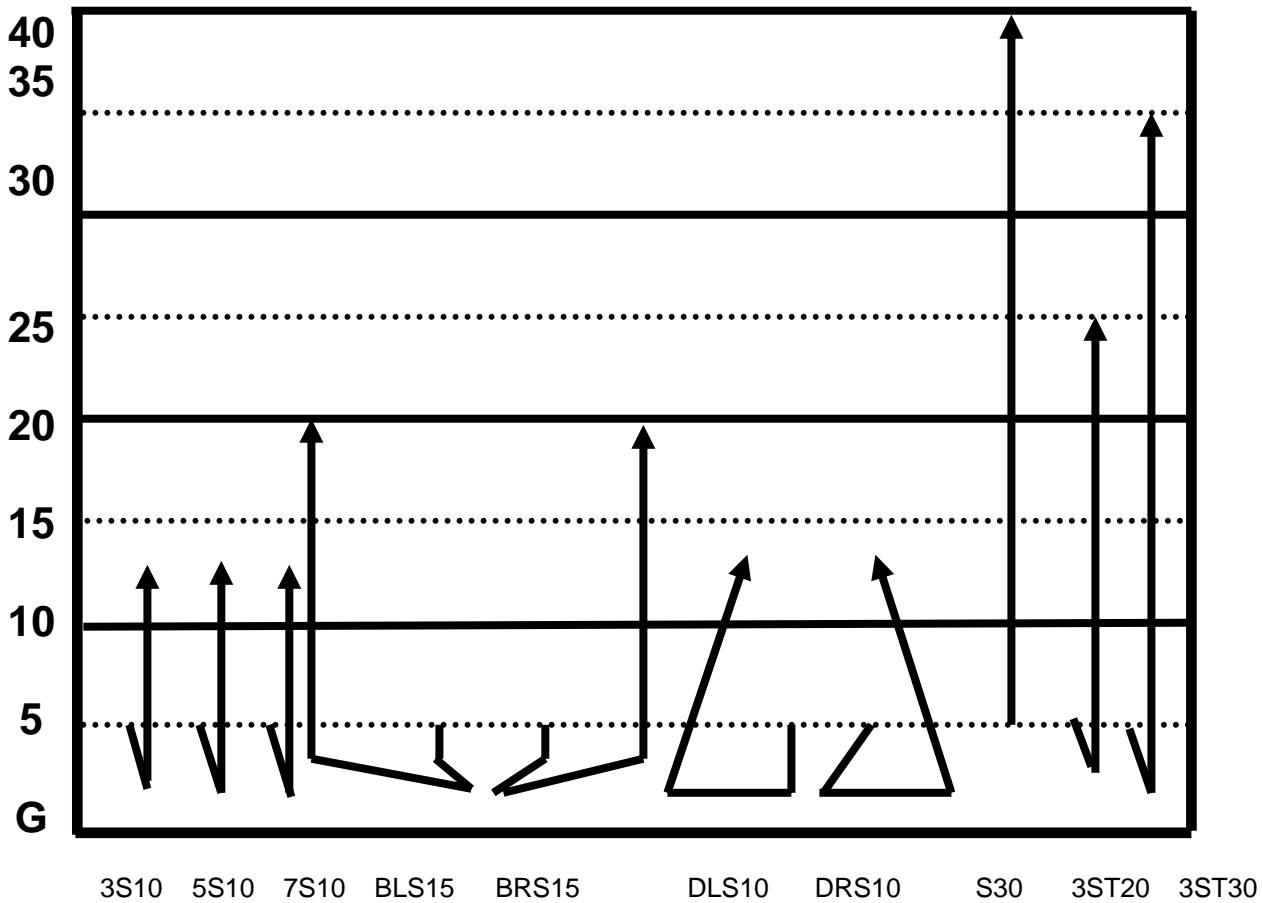
DESCRIPTIONS

S20	Sprint 20 yards
B5S5	Back pedal 5 yards, break 5 yards
LR10	Lateral run right 10 yards
LL10	Lateral run left 10 yards
PDL5	Back pedal 5 yards lateral left shuttle
PDR5	Back pedal 5 yards lateral right shuttle
DSL20	Downhill left shuffle sprint 15 yards
DSR20	Downhill right shuffle sprint 15 yards
B5SLB5	Back pedal 5 yards shuffle left, sprint 5 yards
B5SRB5	Back pedal 5 yards shuffle right, sprint 5 yards

Workout Order

S20	B5S5	S20
B5S5	LL10	B5S5
LR10	PDR5	LR10
LL10	DSR20	LL10
PDL5	B5SRB5	PDL5
PDR5	B5SLB5	PDR5
DSL20	DSL20	DSL20
DSR20	PDL5	DSR20
B5SLB5	LR10	B5SLB5
B5SRB5	S20	B5SRB5

Quarterbacks



DESCRIPTIONS

- 3S10** 3 Step drop sprint 10
- 5S10** 5 Step drop sprint 10
- 7S10** 7 Step drop sprint 10
- BLS15** Boot leg left sprint 15 yards
- BRS15** Boot leg right sprint 15 yards
- DLS10** Dash left sprint 10
- DRS10** Dash right sprint 10
- S30** Sprint 30
- 3ST20** 3 Step drop sprint 20
- 3ST30** 3 Step drop sprint 30

Workout Order

3S10	S30	5S10
5S10	3ST20	BLS15
7S10	3ST30	DLS10
BLS15	BLS15	S30
BRS15	BRS15	3ST30
DLS10	DLS10	3ST20
DRS10	DRS10	DRS10
S30	3S10	BRS15
3ST20	5S10	7S10
3ST30	7S10	3S10

Strength Training Progression Charts

3 SETS OF 10 REPS WORKOUT

MAX	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
SET #1	130	135	145	150	155	165	170	175	180	190	195	200	210	215	220	230
SET #2	140	145	155	160	170	175	180	190	195	205	210	215	225	230	240	245
SET #3	150	160	165	175	180	190	195	205	210	220	225	235	240	250	255	265

MAX	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510
SET #1	235	240	245	255	260	265	275	280	285	295	300	305	310	320	325	330
SET #2	250	260	265	275	280	285	295	300	310	315	320	330	335	345	350	355
SET #3	270	280	285	295	300	310	315	325	330	340	345	355	360	370	375	385

MAX	520	530	540	550	560	570	580	590	600
SET #1	30	345	350	360	365	370	375	385	395
SET #2	365	370	380	385	390	400	405	415	425
SET #3	390	400	405	415	420	430	435	445	450

3 SETS OF 8 REPS WORKOUT

MAX	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
SET #1	130	135	145	150	155	165	170	175	180	190	195	200	210	215	220	230
SET #2	140	145	155	160	170	175	180	190	195	205	210	215	225	230	240	245
SET #3	145	155	160	170	175	185	190	195	205	210	220	225	235	240	250	255
SET #4	155	165	170	180	185	195	205	210	220	225	235	240	250	255	265	275

MAX	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510
SET #1	235	240	245	255	260	265	275	280	285	395	300	305	310	320	325	330
SET #2	250	260	265	275	280	285	295	300	310	315	320	330	335	345	350	355
SET #3	265	270	275	285	290	300	305	315	320	330	335	345	350	360	365	370
SET #4	280	290	295	305	310	320	330	335	345	350	360	365	375	380	390	400

MAX	520	530	540	550	560	570	580	590	600
SET #1	340	345	350	360	365	370	375	385	395
SET #2	365	370	380	385	390	400	405	415	420
SET #3	380	385	395	400	410	415	425	430	435
SET #4	405	415	420	430	435	445	450	460	465

4 SETS OF 6 REPS WORKOUT

MAX	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
SET #1	140	145	155	160	170	175	180	190	195	205	210	215	225	230	240	245
SET #2	150	160	165	175	180	190	195	205	210	220	225	235	240	250	255	265
SET #3	155	165	170	180	185	195	205	210	220	225	235	240	250	255	265	275
SET #4	160	170	180	185	195	205	210	220	225	235	245	250	260	265	275	285

MAX	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510
SET #1	250	260	265	275	280	285	295	300	310	315	320	330	335	345	350	355
SET #2	270	280	285	295	300	310	315	325	330	340	345	355	360	370	375	385
SET #3	280	290	295	305	310	320	330	335	345	350	360	365	375	380	390	400
SET #4	290	300	310	315	325	330	340	350	355	365	375	380	390	395	405	415

MAX	520	530	540	550	560	570	580	590	600
SET #1	365	370	380	380	385	400	405	415	425
SET #2	390	400	405	405	415	430	435	445	450
SET #3	405	415	415	420	430	445	450	460	465
SET #4	420	430	430	435	445	460	470	480	490

4 SETS OF 5 REPS WORKOUT

MAX	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
SET #1	140	145	155	160	170	175	180	190	195	205	210	215	225	230	240	245
SET #2	150	160	165	175	180	190	195	205	210	220	225	235	240	250	255	265
SET #3	160	170	175	185	190	200	210	215	225	230	240	250	255	265	270	280
SET #4	165	175	185	190	200	210	215	225	230	240	250	255	265	275	280	290

MAX	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510
SET #1	250	260	265	275	280	285	295	300	310	315	320	330	335	345	350	355
SET #2	270	280	285	295	300	310	315	325	330	340	345	355	360	370	375	385
SET #3	290	395	305	310	320	330	335	345	350	360	370	375	385	390	400	410
SET #4	300	305	315	325	330	340	350	355	365	375	380	390	400	405	415	425

MAX	520	530	540	550	560	570	580	590	600
SET #1	365	370	380	385	390	400	405	415	425
SET #2	390	400	405	415	420	430	435	445	455
SET #3	415	425	430	40	450	455	465	470	480
SET #4	430	440	450	455	465	475	480	490	500

4 SETS OF (5, 3, 3, 3) REPS WORKOUT

MAX	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
SET #1	130	135	145	150	155	165	170	175	180	190	195	200	210	215	220	230
SET #2	165	175	185	190	200	210	215	225	230	240	250	255	265	275	280	290
SET #3	170	180	185	195	205	215	220	230	240	245	255	265	270	280	290	300
SET #4	175	185	195	200	210	220	230	240	245	255	265	275	280	290	300	310

MAX	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510
SET #1	235	240	245	255	260	265	275	280	285	295	300	305	310	320	325	330
SET #2	300	305	315	325	330	340	350	355	365	375	380	390	400	405	415	425
SET #3	305	315	325	330	340	350	355	365	375	385	390	400	410	415	425	435
SET #4	315	325	335	345	350	360	370	380	385	395	405	415	420	430	440	450

MAX	520	530	540	550	560	570	580	590	600
SET #1	340	345	350	360	365	370	375	385	395
SET #2	430	440	450	455	465	475	480	490	500
SET #3	440	450	460	470	475	485	495	500	510
SET #4	460	465	475	485	495	500	510	520	530

Old School Squat Routine

WORK SET	8	5	3	3	1	6-12
165	95	105	125	135	155	165
175	105	125	135	155	165	175
185	125	135	145	155	175	185
195	135	135	155	165	185	195
	8	5	3	3	1	6-12
205	135	135	155	175	195	205
225	135	145	165	195	215	225
245	135	155	185	215	225	245
265	135	165	195	235	245	265
275	135	175	205	245	255	275
285	135	175	215	245	265	285
295	135	185	225	255	275	295
	8	5	3	3	1	6-12
305	135	195	225	265	285	305
315	135	195	235	275	295	315
335	135	205	255	295	315	335
355	135	225	265	315	335	355
365	135	225	275	315	345	365
375	135	225	275	315	355	375
385	135	225	275	315	365	385
	8	5	3	3	1	6-12
405	135	225	275	315	365	405
425	135	225	275	315	365	425
435	135	225	275	335	385	435
455	135	225	285	345	385	455
465	135	225	295	355	405	465
475	135	225	295	365	425	475
485	135	225	305	385	425	485
505	135	225	315	405	455	505

8/6/4/2 Workout

MAX	8	2	8	6	4	2	MAX	8	2	8	6	4	2
200	95	105	125	145	155	165	355	135	185	215	255	275	305
205	95	105	125	145	155	175	360	135	185	215	255	285	305
210	95	115	125	145	165	175	365	135	185	225	255	285	315
215	105	115	135	155	165	185	370	135	185	225	265	285	315
220	105	115	135	155	175	185	375	135	185	225	265	295	315
225	105	115	135	155	175	195	380	135	185	235	265	295	325
230	115	125	145	165	175	195	385	135	185	235	275	305	325
235	115	125	145	165	185	205	390	135	185	235	275	305	335
240	115	135	145	175	185	205	395	135	185	235	275	305	335
245	125	135	145	175	195	205	400	135	185	245	285	315	345
250	125	135	155	175	195	215	405	135	185	245	285	315	345
255	125	135	155	185	195	215	410	135	185	245	285	315	345
260	125	145	155	185	205	225	415	135	225	255	295	325	355
265	135	145	165	185	205	225	420	135	225	255	295	325	355
270	135	145	165	195	215	225	425	135	225	255	295	335	365
275	135	145	165	195	215	235	430	135	225	265	305	335	365
280	135	155	175	195	215	235	435	135	225	265	305	335	365
285	135	155	175	205	225	245	440	135	225	265	315	345	375
290	135	155	175	205	225	245	445	135	225	265	315	345	375
295	135	155	175	205	235	255	450	135	225	275	315	355	385
300	135	155	185	215	235	255	455	135	225	275	325	355	385
305	135	155	185	215	235	255	460	135	225	275	325	355	395
310	135	155	185	215	235	265	465	135	225	285	325	365	395
315	135	155	195	225	245	265	470	135	225	285	335	365	395
320	135	155	195	225	245	275	475	135	225	285	335	375	405
325	135	155	195	225	255	275	480	135	225	295	335	375	405
330	135	185	205	235	255	285	485	135	225	295	345	375	415
335	135	185	205	235	265	285	490	135	225	295	345	385	415
340	135	185	205	245	265	285	495	135	225	295	345	385	425
345	135	185	205	245	265	295	500	135	225	305	355	395	425
350	135	185	215	245	275	295	505	135	225	305	355	395	425

The Assault 5 Bench Workout

MAX	4	3	5	5	5+	MAX	4	3	5	5	5+
200	115	135	155	155	135	355	215	255	285	285	235
205	125	145	165	165	135	360	215	255	290	290	245
210	125	145	175	175	145	365	215	265	295	295	245
215	135	155	175	175	145	370	225	265	295	295	245
220	135	155	175	175	155	375	225	275	305	305	255
225	135	165	185	185	155	380	225	275	305	305	255
230	135	165	185	185	155	385	235	275	315	315	255
235	135	165	195	195	155	390	235	285	315	315	265
240	144	165	195	195	165	395	235	285	315	315	265
245	145	175	195	195	165	400	245	285	325	325	265
250	155	175	205	205	175	405	245	295	325	325	275
255	155	185	205	205	175	410	245	295	335	335	275
260	155	185	215	215	175	415	245	295	335	335	285
265	155	185	215	215	185	420	255	305	335	335	285
270	165	195	215	215	185	425	255	305	345	345	285
275	165	195	225	225	185	430	255	305	345	345	295
280	165	205	225	225	195	435	265	315	350	350	295
285	165	205	235	235	195	440	265	315	355	355	295
290	175	205	235	235	195	445	265	325	355	355	305
295	175	215	235	235	205	450	275	325	365	365	305
300	175	215	245	245	205	455	275	325	365	365	305
305	185	215	245	245	205	460	275	335	375	375	315
310	185	225	250	250	205	465	275	335	375	375	315
315	185	225	255	255	215	470	285	335	375	375	315
320	195	235	255	255	215	475	285	345	385	385	325
325	195	235	265	265	225	480	285	345	385	385	325
330	195	235	265	265	225	485	295	345	395	395	325
335	195	235	275	275	225	490	295	355	395	395	335
340	205	245	275	275	225	495	295	355	395	395	335
345	205	245	275	275	235	500	305	365	405	405	335
350	205	255	285	285	235	505	305	365	405	405	345

DB 12/10/8 – 10/8/6

25		65		105	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
20	20	60	60	100	100
20	20	60	60	100	100
25	25	65	65	105	105
30		70		110	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
25	25	65	65	105	105
25	25	65	65	105	105
30	30	70	70	110	110
35		75		115	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
30	30	70	70	110	110
30	30	70	70	110	110
35	35	75	75	115	115
40		80		120	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
35	35	75	75	115	115
35	35	75	75	115	115
40	40	80	80	120	120
45		85		125	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
40	40	80	80	120	120
40	40	80	80	120	120
45	45	85	85	125	125
50		90		130	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
45	45	85	85	125	125
45	45	85	85	125	125
50	50	90	90	130	130
55		95		135	
12/10/8	12/10/10	12/10/8	12/10/10	12/10/8	12/10/10
50	50	90	90	130	130
50	50	90	90	130	130
55	55	95	95	135	135

60	
12/10/8	12/10/10
55	55
55	55
60	60

100	
12/10/8	12/10/10
95	95
95	95
100	100

140	
12/10/8	12/10/10
135	135
135	135
140	140

Nutrition

Sport Nutrition

The value of a proper diet and good nutrition has become increasingly important in athletic performance. Good nutrition is essential for maximizing performance in athletics. Food provides us the energy to train and the building blocks to grow. The hard training athlete must be properly fueled if they are to reach their physical potential. Consistent eating patterns and attention to a balanced diet will provide you with all the benefits of good nutrition. The following information will assist you in making good choices on a daily basis. Proper nutrition and weight control is a life long habit, teach yourself proper guidelines now!

Balanced Diet

A balanced diet consists of:

Carbohydrates:	65% of daily caloric intake
Fats:	20% of daily caloric intake
Proteins:	15% of daily caloric intake

Carbohydrates

Grain products
Vegetables
Cereals
Rolls
Breads
Fruit
Pasta
Rice

Fats

cheese
oils
butter
whole milk
ice cream
bacon/ sausage

Proteins

fish
poultry
beef
beans
eggs

Guidelines for good eating

Breads/ cereals/ rice/ pasta: 6-11 servings/ day
Fruits and vegetables: 5-9 servings/ day
Meat/ poultry/ fish/ dried beans/ eggs/ nuts: 2-3 servings/ day
Milk/ yogurt/ cheese: 2-3 servings/ day
Fats and sweets: USE SPARINGLY!!!

Do not skip meals! This will result in reduced energy levels, late day overeating and will lower your Basal Metabolic Rate. **EAT BREAKFAST!** It is important to maintain energy levels throughout the day. Breakfast gives you the energy to start your day. Skipping meals to loose weight is counterproductive. You should eat at least 3 meals per day, preferably 4-5 smaller ones. If you skip breakfast your body will have gone without nutrition for **18 hours**. This is not conducive to hard training.

Increase foods which are high in carbohydrates and grains.

Add fruits and vegetables to every meal. They are high in vitamins and minerals and generally high in water content and carbohydrates.

Cut down on foods high in fat: red meats
pork
mayonnaise
creamy salad dressing
fried foods
oils

Diets high in fat can lead to: chronic exhaustion
% body fat increases
muscle tissue decrease
increased blood pressure
irritability
stress on joints
increased cholesterol levels

Good food choices

Breakfast

Pancakes/ waffles/ French toast with syrup- no butter
Egg sandwich- no sausage
English muffins/ toast or bran muffin with preserves/ jelly/ fruit butters
Bagels with preserves/ jelly/ apple butter
Low fat milk or yogurt
Dry or cooked cereals with or without milk and fresh or dried fruit
Dried fruit alone or mixed with dry cereal and nuts
Low fat granola or cereal bars

Lunch

Vegetable or chili stuffed potatoes
Salad with low fat dressing
On salad bars add veggies, dried beans, beets, carrots, pasta, crackers, rolls, bagels, bread
Turkey, chicken or roast beef sandwiches on bagel, whole grain bread
Add tomatoes, green peppers to sandwiches
Pasta with meat or meatless sauce
Tacos without sour cream
Baked/ broiled meats instead of fried
Vegetable/ chicken soups. Cheese and creamed soups are high in fat
Cheese or veggie pizza

Dinner

Less emphasis on meats and more on starches: Rice/ pasta/ potatoes and vegetables
Meats should be bakes/ broiled/ grilled instead of fried
Pasta with clam or marinara sauce
Fish steamed in tomato sauce
Chicken breast without the skin with rice and vegetables
Stir fry dishes with lean meat and lots of vegetables in minimal oil

Snacks

Whole grain crackers
Fruit juices
Dried fruit
Pretzels
Graham crackers
Low-fat yogurt
Fresh fruit
Dry cereal
Dry roasted nuts
Bread sticks

Eat every 3-4 hours

Include carbohydrates at every meal

Watch the **caffeine** (cokes, coffee)- it lowers blood sugar and can make you hungrier. It is also a diuretic and can be dehydrating.

For those of legal drinking age keep the following points in mind concerning **alcohol**. It is a diuretic and dehydrates the body. The calories in alcohol are empty ones, the body metabolizes them similar to fat. Alcohol also disrupts sleep patterns, interferes with the metabolism of glucose (the primary source of energy), has a toxic effect on the liver and has an adverse effect on proper muscle function. Other dangers of alcohol are too numerous to mention. It is highly recommended that your intake of alcohol be highly tempered or better yet removed from the hard training athlete's diet all together.

Limit your intake of sweets. They can actually lower blood sugar and make you eat more!

Eating at home:

Cook double batches of pasta/ rice/ noodles/ potatoes and store them for later

Baked potatoes in microwave

Use frozen veggies and salsa to top potatoes/ pasta and rice

Buy canned clams and add to spaghetti sauce to serve on pasta

Use packaged rice or noodle dishes for time savers and add veggies to boost nutritional value

Buy black beans, mix with salsa and serve in corn tortillas with or without grated cheese

Use canned meats such as chicken/ salmon/ tuna for time savers

Buy already prepared vegetables at salad bar

Do stir fries with or without meat and add some beans

Water is the most neglected nutrient. Fluid is very important to the hard training athlete. Water makes up 65-70% of the muscle. Muscles will not be able to function properly if they are dehydrated. Drink plenty of fluids prior to, during and following any athletic activity. Do not wait until you are thirsty to drink water. Athletes should drink a minimum of 6-10 12 ounce glasses of water per day.

Monitor your salt intake. Salt dehydrates the body and may cause high blood pressure. Do not salt your food, there is already a lot in it.

Determining your daily caloric needs:

In order to begin a successful weight loss or weight gain program, daily caloric needs must be determined. Daily caloric expenditure is the sum of a person's Basal Metabolic rate (BMR), average caloric needs of daily workouts (strength training and running), and requirements for normal daily activities (walking, driving, running errands). BMR= 1 x body weight (kg.) x 24 (see chart for individual BMR). Once the BMR is determined, the caloric needs of daily workouts must be determined. The Notre dame workout plan will require about 1000 cal/ day. The requirement for normal daily activity is approximately 500 cal/ day.

For a 200 lb. Athlete

BMR	=	2181 cal.
Daily workouts	=	1000 cal.
Daily activity	=	<u>500 cal.</u>
Total Daily Requirement	=	3681 cal/ day

Basal Metabolic Rate Conversion Chart

Calories per day needed to

<i>Body Weight (lbs.)</i>	<i>BMR in Calories</i>	<i>Maintain Body Weight</i>
170	1855	3355
175	1909	3409
180	1964	3464
185	2018	3518
190	2072	3572
195	2127	3627
200	2181	3681
205	2236	3736
210	2290	3790
215	2345	3845
220	2400	3900
225	2454	3954
230	2509	4009
235	2563	4063
240	2618	4118
245	2672	4172
250	2727	4227
255	2781	4281
260	2836	4336
265	2890	4390
270	2945	4445
275	3000	4500
280	3054	4554
285	3109	4609
290	3163	4663
295	3218	4718
300	3272	4772
305	3327	4827
310	3381	4881
315	3436	4936
320	3490	4990
325	3544	5044

Weight Gain

Many athletes are interested in gaining weight. The type of weight an athlete needs to gain is lean body mass (muscle mass). This can only be done through a proper strength training regimen and sound nutritional habits. As a general rule, in order to gain weight you must consume more calories per day than your body expends. To do this, you must determine how many calories per day your body expends. From this total, design an eating plan in which calorie intake exceeds your daily expenditure. The addition of 400-500 calories per day above your daily requirement would add about one pound per week. The key is to ensure that the weight gained is lean muscle mass and not fat. Gaining more than a pound per week results in increases in body fat, assuming that you are properly hydrated. Strength training will use the extra calories to stimulate growth.

Tips:

Eat at least 3 large meals per day + 2-3 snacks

Snacks high in calories and nutrients:

Nuts

Dried fruits

Shakes/ malts

Peanut butter sandwiches

Cheese or veggie pizza

Granola or cereal bars

Drink juice or milk with snacks

Eat a snack after dinner. Keep a loaf of bread and peanut butter and jelly in your room. Canned tuna packed in water is also a good after dinner snack.

Weight Loss

Bigger is not always better! If you sustain muscle growth, strength and speed with a gain in weight, then bigger is better, especially in football. For most people this is not the case. Excess body fat restricts speed of movement by adding useless weight that must be moved at high speeds. In order for many to perform at their optimal level, a loss of weight is necessary. Weight loss is a tricky situation. Many overweight people have developed a lifestyle around eating, and in order to lose weight, there has to be a lifestyle change. The method for weight loss is similar to that for weight gain. First, the amount of calories needed to maintain a specific body weight needs to be calculated. A 500-1000 calorie deficit in daily intake will result in a loss of 1-2 pounds per week. A slow reduction in body fat over a 8-10 week span is the key. Rapid weight loss will result in a loss of muscle tissue, this is counterproductive.

Tips:

Burn off more calories per day than you take in. Add aerobic exercise.

Cut out all fatty foods.

To lose 1 pound of fat, you must eliminate 3500 calories. This is preferably done through an increase in exercise and a decrease in caloric intake.

Do not eat after dinner, preferably not after 7 PM.

Do not drink alcohol.

Post Workout Nutrition to Enhance Recovery

The body needs time as well as key nutrients to recover from each workout session. During periods of hard training there will be little time to recover between workouts. This is where post exercise nutrition can help repair muscle damage and speed up the recovery process.

The most important nutrient to replace is water. Intense workouts in hot, humid conditions can cause large amounts of fluid loss. Because exercise dulls thirst, athletes cannot rely on this sensation to guide fluid intake. The most accurate way to determine fluid need is to weigh yourself before and after workouts. For every pound of weight lost, drink one large glass of water.

In addition to replacing water lost during exercise, electrolytes (sodium and potassium) lost through sweat need to be replenished. A pound of sweat contains approximately 400-700 mg. Of sodium and 80-100 mg. Of potassium. Therefore, post exercise rehydration should include sources of both sodium and potassium. Sodium is found in salty foods including spaghetti sauce, pretzels, crackers, soup. Potassium is readily found in fruits and vegetables including potatoes, bananas and orange juice.

Carbohydrate intake is very important after exercise. When athletes eat a high carbohydrate diet, recovery time after exercise is shorter and more complete. The timing of carbohydrate intake is also critical. It is recommended to consume .5 grams of carbohydrate per pound of body weight within two hours after exercise (Example – 200 lb. Athlete x .5 grams/ lb. = 100 grams). This amount should be repeated again approximately two hours later. A 16 oz. glass of orange juice contains 50 grams of carbohydrate, 1 banana also contains 50 grams of carbohydrate. 2 cups of pasta have 80 grams of carbohydrate and an 8” hoagie roll contains 60 grams of carbohydrate.

Protein intake in the post exercise meal will also aid in recovery. Protein intake is particularly important in exercise which realists in muscle damage such as strength training, intense endurance exercise, two a day workouts and contact sports.

Fat should be kept out of the post workout meal as much as possible because it slows the absorption of carbohydrates and proteins.

Sample Daily Menus

1200 Calories (Weight reduction)

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Raisin bagel	1	200	28	18	152
Jam	1 Tbl.	55	1	1	54
Grapefruit	½ med.	40	4	0	36
Skim Milk	6 oz.	<u>70</u>	<u>27</u>	<u>4</u>	<u>38</u>
		365	60	23	286

Lunch

Tossed salad	2 cups	58	8	0	50
Tuna-chunk light	3 oz.	165	96	63	0
Crackers-wheat	6	53	6	14	32
Applesauce-unsw.	½ cup	55	0	0	55
Plum	1	35	4	0	34
Water	12 oz.	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
		331	114	77	169

Dinner

Lamb Chop-broiled	2.5 oz.	150	80	54	24
Cauliflower-cooked	1 cup	30	8	0	24
Mashed potatoes	½ cup	90	8	4	74
Corn	1 ear	90	12	9	76
Skim Milk	6 oz.	<u>70</u>	<u>27</u>	<u>4</u>	<u>38</u>
		430	135	71	236

Snack

Sunflower seeds	½ oz.	80	12	63	10
Cherries	10	<u>55</u>	<u>4</u>	<u>4</u>	<u>44</u>
		135	16	67	54

Daily Total		1261	325	238	745
% of daily calories			23%	18%	60%

2000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Grits-cooked	1 cup	145	12	0	124
Ham-lean	2 pcs.	105	68	36	0
Poached Egg	1	82	26	52	2
Wheat bread	2 slices	122	21	14	94
Pineapple juice-unsw.	1 cup	<u>140</u>	<u>4</u>	<u>0</u>	<u>136</u>
		594	131	102	480

Lunch

Egg noodles-cooked	1 cup	200	28	18	148
Chk-drum-roasted	2 med.	150	96	36	5
Greens beans-cooked	1 cup	45	8	0	40
Skim Milk	12 oz.	140	54	8	76
Oat/Raisin Cookie	2	116	7	36	76
Pear	1	<u>100</u>	<u>4</u>	<u>9</u>	<u>95</u>
		751	197	107	440

Dinner

Flounder-baked	6 oz.	160	136	18	0
Italian bread	2 slices	165	24	0	136
Tossed salad	2 cups	58	8	0	48
French dressing	2 tbl.	50	0	36	16
Broccoli-cooked	4 oz.	30	11	3	17
Water	12 oz.	0	0	0	0
Applesauce-unsw.	1 cup	<u>105</u>	<u>0</u>	<u>0</u>	<u>105</u>
		568	179	57	322

Snack

Honey & Oat	1	117	8	36	67
Granola bar					

Daily Total		2030	515	302	1309
% of daily calories			24%	14%	63%

3000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Scrambled egg	2	160	48	108	8
Oatmeal	1 cup	145	24	18	100
Raisins	¼ cup	109	5	1	105
Orange juice	8 oz.	112	7	4	100
Bagel	1	200	28	18	152
Skim Milk	12 oz.	<u>132</u>	<u>53</u>	<u>3</u>	<u>75</u>
		858	165	152	540

Lunch

Turkey-light	8 oz.	149	112	30	0
Lettuce	1 pc.	2	0	0	2
Tomato	¼ med.	10	2	0	8
Mustard	1 tsp.	4	1	2	1
Pita bread 6 1/2"	1	165	24	9	132
Yogurt-lowfat w/fruit	8 oz.	230	40	18	172
Beef noodle soup	2 cups	280	63	97	114
Fruit punch drink	12 oz.	<u>170</u>	<u>0</u>	<u>0</u>	<u>176</u>
		1010	242	156	605

Dinner

Ham-lean-roasted	7 oz.	300	195	95	0
Collard greens-cook	1 cup	25	8	0	20
Corn meal-cooked	1 cup	120	12	0	104
Black-eyed peas	1 cup	190	52	9	140
Wild rice	1 cup	221	27	5	191
Carrots-fresh	1 cup	49	6	3	44
Water	12 oz.	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
		905	300	112	499

Snacks

Fig Bars	4 cookies	210	8	36	168
Banana	1	<u>101</u>	<u>5</u>	<u>2</u>	<u>100</u>
		311	13	38	268

Daily Totals		3084	720	458	1912
% of daily calories			23%	15%	62%

4000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Raisin Bran	1 cup	130	14	5	120
Bagel	1	200	28	18	152
Cantaloupe	½	82	8	3	81
Hash Browns	1 cup	355	19	163	180
Poached Egg	1	82	26	52	2
Wheat bread	2 slices	122	21	14	92
Jam	2 Tbl.	110	1	2	112
Orange juice	8 oz.	112	7	4	100
Skim Milk	12 oz.	<u>132</u>	<u>53</u>	<u>3</u>	<u>75</u>
		1325	177	264	914

Lunch

Orange juice	8 oz.	112	7	4	100
Fruit cocktail	1 cup	194	4	3	187
Green beans-cooked	½ cup	16	4	1	14
Mixed vegetables	½ cup	58	12	2	50
Spaghetti & Meat	1 cup	332	74	105	155
Dinner Roll	2	238	23	54	156
Lite-line cheese	3 oz.	156	88	59	7
Sweet potato-baked	1	115	8	0	112
Diet Soda	12 oz.	<u>1</u>	<u>0</u>	<u>0</u>	<u>0</u>
		1221	220	228	795

Dinner

Tea	12 oz.	3	0	0	3
Baked potato	2 med.	290	32	4	260
Peas-canned	½ cup	68	16	3	51
Steak-lean	5 oz.	300	176	108	0
Whole wheat roll	2	180	28	18	145
Jello w/ fruit	1 cup	<u>186</u>	<u>11</u>	<u>68</u>	<u>115</u>
		1027	263	201	574

Snacks

Apple	1	96	0	9	96
Chocolate pudding	1 cup	<u>310</u>	<u>32</u>	<u>72</u>	<u>216</u>
		406	32	81	312

Daily Totals		3979	692	774	2595
% of daily calories			17%	19%	65%

5000 Calories (Weight gain)

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Scrambled Egg	3	240	72	162	12
Wheat Bread	2 slices	122	21	14	92
Banana	1	101	5	2	100
Oat meal	1 cup	145	24	18	100
Orange Juice	8 oz.	112	7	4	100
Skim Milk	12 oz.	132	53	3	75
Bagel	1	200	28	18	152
Jam	2 Tbl.	110	1	2	112
Hash Browns	1 cup	<u>355</u>	<u>19</u>	<u>163</u>	<u>180</u>
		1517	230	386	923

Lunch

Turkey-light	8 oz.	149	112	30	0
Lettuce	1 pc.	2	0	0	2
Tomato	¼ med.	10	2	0	8
Lite-line cheese	3 oz.	156	88	59	7
Mustard	1 tsp.	4	1	2	1
Bagel	1	200	28	18	152
Spaghetti & meat	1 cup	332	74	105	155
Apple	1	96	0	9	96
Chocolate pudding	1 cup	310	32	72	216
Tea	12 oz.	3	0	0	3
Skim Milk	12 oz.	<u>132</u>	<u>53</u>	<u>3</u>	<u>75</u>
		1394	390	298	715

Dinner

Water	12 oz.	0	0	0	0
Skim Milk	12 oz.	132	53	3	75
Steak-lean	5 oz.	300	176	108	0
Baked potatoe	2 med.	290	32	4	260
Carrots-fresh	1 cup	49	6	3	44
Peas-canned	½ cup	68	16	3	51
Dinner Roll	2	238	23	54	156
Beef noodle Soup	2 cups	<u>280</u>	<u>63</u>	<u>97</u>	<u>114</u>
		1357	369	272	700

Snacks

Banana	1	101	5	2	100
Fig Bars	4 cookies	210	8	36	168
Honey & Oat	2	234	16	72	134
Granola Bars					
Apple	1	96	0	9	96
Skim Milk	12 oz.	132	53	3	75

Fruit Punch Drink	12 oz.	<u>170</u>	<u>0</u>	<u>0</u>	<u>176</u>
		943	82	122	749
Daily Totals		5211	1071	1078	3087
% of daily calories			20%	21%	59%

Healthy Fast Food Choices

McDonald's

Grilled Chicken Deluxe (hold the special sauce)
Grilled Chicken Salad (low-fat dressing)
Pancakes w/ syrup

Taco Bell

Grilled Chicken Burrito (no cheese or sour cream)
Grilled Chicken Soft taco
Grilled Veggie Fajita
Bean Burrito
Have as much lettuce, tomato, and salsa as you want!

Burger King

BK Broiler Chicken Sandwich (no mayo or special sauce)
Chicken Salad (low fat dressing)

Hardee's

Chicken Fillet
Grilled Chicken Salad

Arby's

Roast Chicken deluxe (no mayo)
Roast Turkey Deluxe (no mayo)
Roasted Chicken Salad

Wendy's

Dave's Grilled Chicken (no mayo or special sauce)
Grilled Chicken salad
Garden Veggie Pita

KFC

Tender Roast Chicken (white meat without skin)
Small serving of mashed potatoes

Bagel Breakfast

Whole grain bagels, fresh fruit, juice, yogurt
Low-fat cream cheese or jam

Salad Bars

Be generous with colorful vegetables: peas, kidney beans
Pasta Salads
Breads
Chicken Breast Salad

Pizza

Order a pizza that is thick with extra crust rather than cheese

Pile on vegetables: broccoli, peppers, mushrooms, onions

*Grilled, skinless chicken breast with lettuce and tomato is OK at any fast food restaurant.

*Try substituting ketchup, mustard or salsa for mayonnaise, special sauce, butter, sour cream, etc.

*Drink plenty of water or iced tea with your meal, this will help fill you up.