

NAME:

:POSITION

PROGRAM: OFFSEASON I				PHASE: TWO				HYPERTROPHY/STRENGTH				MON: TOTAL				WED: LOWER				FRI: UPPER							
PRE-ACTIVITY PREPARATION CIRCUIT								PRE-ACTIVITY PREPARATION CIRCUIT								PRE-ACTIVITY PREPARATION CIRCUIT											
DYNAMIC WARM UP								DYNAMIC WARM UP								DYNAMIC WARM UP											
AGILITIES								GENERAL MOVEMENT PREP								STRENGTH TRAIN											
STRENGTH TRAIN								STRENGTH TRAIN								CONDITION											
CONDITION																											
WATCH FLOW VIDEO HERE								WATCH FLOW VIDEO HERE								WATCH FLOW VIDEO HERE											
MONDAY				WEDNESDAY				FRIDAY				WEEK 5				WEEK 6				WEEK 7				WEEK 8			
TOTAL				LOWER				UPPER				REP				%				WT							
CLEAN PULL SUPERSET WITH SNAP DOWN x5 SUPERSET WITH SQUAT JUMP x5				BACK SQUAT SUPERSET WITH BENCH GLUTE BRIDGE x10ea SUPERSET WITH ANKLE MOBILITY x10ea				POWER CLEAN SUPERSET WITH PIGEON STRETCH x:30s Ea SUPERSET WITH MB SLAMS x 10				x5				x4				x2				x3			
GOBLET SQUAT SUPERSET WITH HIP FLEX STRETCH x:20s Ea SUPERSET WITH SL GLUTE BRIDGE x12ea				DB DEADLIFT SUPERSET WITH SL CALF RAISE x20ea SUPERSET WITH BWT SIDE LUNGE x6ea				GOBLET SPLIT SQUAT SUPERSET WITH DB RDL x10 SUPERSET WITH ROCKING GROIN x5ea				x6ea				x6ea				x6ea				x6ea			
BB ROW SUPERSET WITH WEIGHTED PUSH UP SUPERSET WITH PLATE RAISE				STANDING BB PRESS SUPERSET WITH REVERSE RAISE x12 SUPERSET WITH LAT STRETCH x:30s Ea				BENCH PRESS SUPERSET WITH SIDE LYING EXT. ROT. x10 SUPERSET WITH PUSHUP CHEST TOUCH x10ea				x10				x3				x2				x2			
DB COMPLEX SUPERSET WITH FRONT PLANKS x:45s SUPERSET WITH LINE HOPS x20ea				DB ALTERNATING BENCH SUPERSET WITH SIDE PLANK x :20-30s Ea SUPERSET WITH SPIKES x10				SEATED 1-ARM DB PRESS SUPERSET WITH 1-ARM DB ROW x12ea SUPERSET WITH LATERAL RAISE x12				x12ea				x10ea				x8ea				x8ea			
FINISHER								FINISHER								FINISHER											
PUSH UP				BI'S TRI'S GET BIG SESSION				FINISHER				TIME				TIME				TIME				TIME			
x:60s				x:45s				x5-10 Minutes				x5-10 Minutes				x5-10 Minutes				x5-10 Minutes				x5-10 Minutes			
x:45s				x:45s																							
BODYWEIGHT ABS								WEIGHTED ABS								LOWER ABS											
Shin/ankle/toe				V-ups				Hands on Bench				x10				x10				x10				x10			
Russian Twist				Russian Twists				On Head				x10				x10				x10				x10			
Suitcase Crunches				Sit Throughs				Crucifix				x10				x10				x10				x10			
Bicycle (10 pause/10 Fast)				Russian Twists				On Lower Bench				x10				x10				x10				x10			
Feet 6 inches				Opposite Heel Touch				FINISHER				x30 secs				x30 secs				x30 secs				x30 secs			
Scissors				60 Secs of Steel!																							
up/down																											
candlesticks																											
x10				x10				x10				x10				x10				x10				x10			
x20				x20				x20				x20				x20				x20				x20			
x10				x10				x10				x10				x10				x10				x10			
x20				x20				x20				x20				x20				x20				x20			
x10				x10				x10				x10				x10				x10				x10			
x20				x20				x20				x20				x20				x20				x20			
x10				x10				x10				x10				x10				x10				x10			
MANUAL NECK 2x6ea								DB SHRUGS 3x15								ISO NECK 2x:15s ea											
FOREARMS								FOREARMS								FOREARMS											
STRETCH								STRETCH								STRETCH											

If what you have done yesterday still looks big to you, you haven't done much today.

FOOTBALL

WEEK 1-8

BLOCK 1

MONDAY

1.) Warm Up

RUN PRE WORKOUT

2.) 2 Cone Agilites (2 reps each way)
Sprint-Sprint
Sprint- Backpedal
Backpedal-Sprint
Figure 8

RUN POST WORKOUT

3.) 1x400m (1 Lap Around Track)
 <:85 seconds
 3 Minute Rest
1x400m
 <:85 seconds
 3 Minute Rest
1x400m
 <:85 seconds
 3 Minute Rest

Target Times:

Skill: <:85s
Big Skill: <:90s
Line: <:95s

**Add 1 rep after 4 weeks
Week 1-4 - 3x400m
Week 5-8 - 4x400m

STRETCH

WEDNESDAY

1.) Warm Up

RUN PRE WORKOUT

2.) 5-5-10-Line Drills
WEEKS 1-4:
 Group #1 - 2 reps each way
 Group #3 - 2 reps each way
 Group #4 - 2 reps each way

WEEK 5-8:
 Group #2 - 2 reps each way
 Group #4 - 2 reps each way
 Group #5 - 2 reps each way

Target Times:

Skill: FULL SPEED
Big Skill: FULL SPEED
Line: FULL SPEED

STRETCH

FRIDAY

1.) Warm Up

RUN POST WORKOUT

3.) 5x110 yards
 <:19 seconds
 :45s Rest

 2 Minute Rest

4.) 5x110 yards
 <:19 seconds
 :45s Rest

Target Times:

Skill: <:19s
Big Skill: <:21s
Line: <:23s

**Add two reps every 2 weeks
Week 1-2 - 2x5 reps
Week 3-4 - 2x6 reps
Week 5-6 - 2x7 reps
Week 7-8 - 2x8reps

STRETCH

GROUP: POSITION

NAME

PROGRAM: Winter - STRENGTH/SIZE				PHASE: ONE				MON:				UPPER				TUES: TOTAL				THURS:				UPPER				FRI: LOWER							
PRE-ACTIVITY PREPARATION CIRCUIT												PRE-ACTIVITY PREPARATION CIRCUIT												PRE-ACTIVITY PREPARATION CIRCUIT											
Dynamic Warm Up Agility Training LIR				5 Min Warm up Lift Conditioning				Dynamic Warm up General Movement Training Lift				5 Min Warm up Lift Conditioning																							
MONDAY				TUESDAY				THURSDAY				FRIDAY																							
ME ONLY				WEEK 5				WEEK 6				WEEK 5				WEEK 6				RE ONLY				WEEK 5				WEEK 6							
A.) Clean Pull				A.) Hang Clean (Light and Fast)				A.) Deadlift				A.) BB PUSH PRESS																							
A.) Spikes 3x10				A.) SL Broad Jump 3x4 ea				A.) Pies x10				A.) YTW 3x5 ea																							
A.) Iso Split Squat with T Spine Reach 3x5ea				A.) DB Sa Kneeling Press 3x8ea				A.) Iso Split Squat with T Spine Reach 3x5ea				A.) Fore Arm Flex 3x 20 secs A.) Line Quicks 3x 20reps																							
*Percentages based on Power Clean Max				*Percentages based on Hang Clean Max				*Deadlift will be heavier than Clean Pull				Line Quicks: a. Front to back b. Side to Side c. Over, over, back, back																							
ME LOWER				ME UPPER				RE LOWER				RE UPPER																							
B.1 BACK SQUAT				B.1 BENCH PRESS				B.1 FRONT SQUAT (Light)				B.1 DB BENCH PRESS																							
B.1 SL Squat Jump 4x4 ea				B.1 DB Row 4x10.8.6.4				B.1 Lateral Jump 4x5				B.1 Lat Pull or Pull up 4x10																							
Super Set during Working Sets				B.1 Lat Stretch 4x10 secs ea				B.1 Hip Flex Stretch 4x10 secs ea				B.1 Lat Stretch 4x20 secs																							
B.) Worlds Greatest Stretch								Didn't set %'s. Focus on Form!				*Go up in weight every set!																							
ASSISTED 1 LIFT #1				ASSISTED 1 LIFT #1				ASSISTED 1 LIFT #1				ASSISTED 1 LIFT #1																							
C.) Goblet Reverse Lunge				C.) Shrugs				C.) Goblet Split Squat				C.) DB Shrugs																							
C.) ISO Lunge Hold 2x30 secs ea				C.) Manual Neck F/B 2x5				C.) BB RDL 2x6				C.) Manual Neck S/S 2x5																							
C.) Superman 2x10								C.) Alt. Superman 2x10																											
Finisher				Finisher				Finisher For TIME!				Unrer Body Finisher 2:00 min!																							
D.1 Body Weight Squat				D.1 Push Up				Push Up x10				D.1 Swims x30 secs																							
E.1 Wall Sits				Rowed Reps!				Lunge x20				D.1 Rows x30 secs																							
								Squat x30				D.1 Alt. Swims x30 secs																							
								Sit up x40				D.1 Push ups x30																							
Body Weight Abs				Weighted Abs				Lower Core (ONE BENCH OR GROUND)																											
Shin/ankle/toe				V-ups				Hands on Bench																											
Russian Twist				Russian Twists				On Head																											
Suitcase Crunches				Sit Throughs				Crucifix																											
Bicycle(10 pause / 10 Fast)				Russian Twists				On Lower Bench																											
Feet 6 inches				Opposite Heel Touch				FINISHER																											
Scissors				60 Secs of Steel!																															
up/down																																			
candlesticks																																			
EXTRA'S				Extra's (Done After Conditioning)				Extra's				Extra's (Done After Conditioning)																							
DB Step ups 3x12				DB Incline Bench 3x12				Leg Press 3x10				Incline Bench 4x5																							
Leg Curls 3x12				Lat Pull down Rev Grip 3x12				DB Lunge 3x10ea				Inverted Row 4x10																							
DB Holds 1x60 secs				SA DB Hold x30 sec ea				Bar Hang x60 secs				DB Goblet Walk x30secs ea																							
INDIVIDUAL NEEDS				INDIVIDUAL NEEDS				INDIVIDUAL NEEDS				INDIVIDUAL NEEDS																							
RECOVERY				LOWER BODY BAND STRETCH				RECOVERY				LOWER BODY BAND STRETCH																							

"It takes no athletic ability to play with effort and toughness."

FOOTBALL

WEEK 1-8

BLOCK 1

MONDAY

- 1.) Warm Up
- 2.) 2 Cone Agilites (2 reps each way)
 - Sprint-Sprint
 - Sprint- Backpedal
 - Backpedal-Sprint
 - Figure 8

Target Times:

Skill: FULL SPEED
Big Skill: FULL SPEED
Line: FULL SPEED

LIFT

TUESDAY

- 1.) After Lift
- 2.) 1x400m (1 Lap Around Track)
 - <:90 seconds
 - 3 Minute Rest
- 3.) 1x400m
 - <:90 seconds
 - 4 Minute Rest
- 4.) 1x400m
 - <:90 seconds
 - 5 Minute Rest
- 5.) 1x400m
 - <:90 seconds

Target Times:

Skill: <:90 <:82s
Big Skill: <:93s <:85s
Line: <:100s <:92s

**Subtract :01 seconds from each run each week. Week 8 the skill times should be :82 respectively.

STRETCH

THURSDAY

- 1.) Warm Up
- 2.) 5-5-10-Line Drills
 - WEEKS 1-4**
 - Group #1 - 2 reps each way
 - Group #3 - 2 reps each way
 - Group #4 - 2 reps each way
 - WEEKS 5-8**
 - Group #2 - 2 reps each way
 - Group #4 - 2 reps each way
 - Group #5 - 2 reps each way

Target Times:

Skill: FULL SPEED
Big Skill: FULL SPEED
Line: FULL SPEED

LIFT

FRIDAY

- 1.) After Lift
- 2.) 5x110 yards
 - <:19 seconds
 - :45s Rest
 - 2 Minute Rest
- 3.) 5x110 yards
 - <:19 seconds
 - :45s Rest

Target Times:

Skill: <:19s
Big Skill: <:21s
Line: <:23s

**Add two reps every 2 weeks
 Week 1-2 - 2x5 reps
 Week 3-4 - 2x6 reps
 Week 5-6 - 2x7 reps
 Week 7-8 - 2x8reps

STRETCH