

# PREPARING THE FOOTBALL ATHLETE

By  
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*Let's make this really simple.*

- **Average Play in Football:** 5.2 seconds
- **Skill Position Average Yards Per Play:** 9.15-15.3 yds/play(NASM 2001)
- **Lineman Average Yards Per Play:** 6.05 yds/play (NASM 2001)
- **Skill Position Total Yards Covered Per Game:** 732-1224 yds total (NASM 2001)
- **Lineman Total Yards Covered Per Game:** 484 yds total (NASM 2001)
- **Average Rest period between plays:** 25-35 seconds
- **Maximum number of plays on average per game:** 60-80
- **Average activity time during a high school game:** 312 seconds to 416 seconds

**In the Weight Room** (Data from Swindler's 1999 research paper: Predicting 40-yard dash time in college football players; I.A.H.P.E.R.D.)

- **Average 1RM Back Squat:** 199.4kg (+/- 51.8)
- **Average Vertical Jump (cm):** 64.8cm (+/-2.9)
- **Average 40 yard dash (s):** 4.98 (+/- .31)
- **Average % bodyfat:** 13.2% (+/- 3.5)

The above data should provide the strength and conditioning coach with most of the information (injury profile, individual structural imbalances, and chronic disorders aside) necessary to design an effective strength and conditioning program.

## **A Couple Do's and Don'ts to help in your training endeavors.**

**Do not perform long slow distance running:** This increases your cortisol levels (which signals your body to store more fat), creates oxidative stress, can cause chronic pains (if proper landing mechanics do not exist), and decreases power (as seen in the vertical leap performance of elite marathon runners).

**Do perform short burst energy system work:** Multi-directional sprints, timed linear intervals (for energy systems purposes), and Tabata Method exercises are all good examples of this. Preferably performed in the PM of AM weight training sessions, or on off days.

**Do not follow the exercise scheme, rep brackets, rest periods, tempos, and set scheme the entire off season:** Too many programs consist of 5 sets of 5 year round, utilizing the same exercises, at the same tempos without any change. This leads to stagnation, which leads to plateauing results, which can then lead to injury or decreased strength and power.

**Do alternate your training into accumulation and intensification phases:** This method has been utilized and taught by world renowned strength coach Charles Poliquin for over 26 years. If you look at his track record with Professional and Olympic athletes and teams, you will realize this method works.

**Do not use the bodybuilding training programs found in popular muscle magazines for better on field athletic performance:** Unless you are planning on getting on stage in a banana hammock, these programs may not be the best for gains in athleticism and rate of force development. The programs seen in these popular magazines may be useful for early off-season structural/hypertrophy training, but not for mid to late off-season strength and power development.

**Do perform unilateral exercises prior to bilateral exercises:** Correction of structural imbalances (1 leg stronger than the other, hip shifts, valgus stress at the knees, 1 arm stronger than the other, etc..) can be very beneficial in increasing strength and decreasing potential for injury. If you jump right into bilateral training without correcting imbalances, you may reiterate faulty movement patterns, leading to greater risk of injury or chronic pain.

**Do not solely use restricted range of motion machines:** 2 words. Pattern Overload. Paul Chek wrote an excellent article on this topic. Just google öPattern Overload, Paul Chek.ö

**Do follow the energy systems demands of the sport when creating your program:** Whom do football players resemble more, sprinters/throwers or marathon runners. Simply look at the training programs and protocols of each of these athletes to provide insight into the differences in energy system demands.

**Do not fall into the “sport specific training” fad:** While at an internship in the UK recently, many of the strength coaches were talking about the SAQ fad that has gripped the young American athlete. Some of the questions discussed were How can you build more speed without strength? Can agility work, low intensity plyometrics (running around cones and jumping over hurdles) really help to improve one’s athletic ability? Can running on high speed treadmills and utilization of overspeed devices really make athletes faster? Can form training create that much of an impact on a field athlete’s speed? After much discussion, it was concluded that the ability to accelerate, stop on a dime, and decelerate are what separate the truly gifted athletes. In order to perform these markers of athleticism better than your opponent, high levels of relative strength and power are essential. To paraphrase a quote from performance specialist Kelly Baggett, “What is the most efficient way to make a car faster? Put better tires on it. No. Make it more aerodynamic. No. Put every gadget seen in the Fast and Furious movies in the car. No (we are talking efficiency). Simply, put more horsepower in the motor! So in the human engine, adding more strength is the equivalent of adding more horsepower to the motor.”

**Do perform quality over quantity:** You do not need an exercise encyclopedia with you each time you go into the gym. Try higher volume of basic exercises with perfect technique, taking each set to repetition bracket max. If you can perform one more repetition than the repetition bracket max, it is time to move up in resistance.

**Do not perform “circus act” stabilization training:** By simply measuring the amount of weight you are using in these exercises, it is easy to see that you are not gaining transferable strength, only the skill of performing the “circus act” exercise more efficiently.

**Do Perform Full Range of Motion Exercises:** Half the exercise gives half the results. This includes squats (see article The Knees: keeping them strong and stable on [www.apec-s.com](http://www.apec-s.com)), bench presses, and of course pull-ups.

**Do not static stretch the muscle you are training between sets or before training:** Static stretching has been shown to inhibit the musculotendonous unit (MTU), decreasing strength and in some instances power output. (See article To Stretch or Not to Stretch on [www.apec-s.com](http://www.apec-s.com)). Stretching the antagonistic muscle has been shown to have some beneficial effects though.

**Do train antagonistic muscles:** Balance between antagonistic muscle group is crucial for strength development and chronic/acute injury prevention. Some examples include hamstrings:quads, chest:external rotators, biceps:triceps, and some example of exercises include pull-ups:overhead press, back step ups:hamstring curls, bench press:bent over barbell rows.

This list is by no means exhaustive, but it does provide some useful tips on the do’s and don’ts of strength training for sport. By using these and some of the more cutting edge techniques utilized at APECS (not outlined here), we have seen up to 30 pound increases in the back squat and 20-30 lb increases in bench press in less than 3 weeks, and up to 3 inch gains in vertical leap in the same amount of time. These results sound, for lack of a better word, farfetched, but we have had athletes come in as skeptics and leave as (much stronger) believers. Our testimonials section will be posted soon.

Below is a sample training protocol for which some of our football athletes have used with great success.

# APECS Football Program

## Summer 2008

**Warning:**

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## Guidelines:

1. Technique has to be perfect. If you perform half reps, you will get half the results. Stop once your technique breaks down.
2. Follow reps, sets, tempo, exercises, and rest periods closely.
3. If something hurts at a joint, stop.
4. Perform sprinting or Strongman training protocols in PM of these AM workouts (preferred). If you cannot, you may perform strongman protocols or energy systems work on off-days.
5. Follow proper nutrition guidelines for lean muscle gain or fat loss.
6. **Every 3<sup>rd</sup> week, decrease your volume (just the amount of sets, not the weight, by 40%!)** ie; **3 sets of 4-6 instead of 5. DO NOT DECREASE THE WEIGHT DURING THESE WEEKS!!!**
7. Be sure to stay well hydrated. There are hydration formulas on the internet, look them up.
8. You should be getting stronger in each exercise each week, if not you may not be a. working hard enough b. working on your prehab therapy exercises c. less than adequate nutrition/fluid consumption (ie; Fast Food or Alcohol) d. not resting properly.
9. If you have questions, feel free to seek out an APECS Level III coach for information.
10. Enjoy, workí í í í í ..and succeed!!!!

# Weeks 1-3

**Torso**  
**Day 1, 5, 9**

Name \_\_\_\_\_  
Date \_\_\_\_\_

## Core/Neuromuscular warm up activity

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	20s
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	20s
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	20s
Chest Pass Med Ball Throws	10	3		Explosive	60s

## Strength

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:Dumbbell or Barbell Bench Press	1	8-10		42X0	90s
	2	8-10			
	3	8-10			
	4	8-10			
	5	8-10			
A2:Chin-ups	1	8-10		4011	90s
	2	8-10			
	3	8-10			
	4	8-10			
	5	8-10			
B1:Dips (Bicep touches the forearm at the bottom position)	1	10-12		4011	90s
	2	10-12			
	3	10-12			
	4	10-12			
	5	10-12			
B2:Single arm dumbbell rows	1	10-12		3010	90s
	2	10-12			
	3	10-12			
	4	10-12			
	5	10-12			
C1:Rockyø	1	10		3110	60s
	2	10			
	3	10			
C2: Ab Wheel Rollouts	1	10		30X0	60s
	2	10			
	3	10			

**Unilateral Legs**  
**Day 2, 6, 10**

Name \_\_\_\_\_  
 Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	60s
Split Squat Jumps on Vertimax	10	4		Explosive	90s

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:DB or BB 1 ¼ split squats (1/4 at the bottome)	1 2 3 4 5	7-9 7-9 7-9 7-9 7-9		40X0	90s
A2: Single Leg Curls on Swiss ball	1 2 3 4 5	6-8 6-8 6-8 6-8 6-8		50X0	90s
B1: Drop Lunges	1 2 3 4 5	10-12 10-12 10-12 10-12 10-12		20X0	90s
B2: Dumbell or Barbell Step Ups	1 2 3 4 5	7-9 7-9 7-9 7-9 7-9		1010	90s
C1: Windshield Wipers	1 2 3	10 10 10		1010	60s

**Upper Body**  
**Day 3, 7, 11**

Name \_\_\_\_\_  
 Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	60s
Crossover Jump Pushups for height	10	3		Explosive	90s

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:Dumbell or Barbell Incline Bench Press	1	7-9		31X1	90s
	2	7-9			
	3	7-9			
	4	7-9			
	5	7-9			
A2:Bent over Barbell Rows	1	7-9		30X1	90s
	2	7-9			
	3	7-9			
	4	7-9			
	5	7-9			
B1:Pronated Grip Flyes	1	10-12		3020	90s
	2	10-12			
B2: Inverted Rows or Reverse Flyes	1	10-12		3020	90s
	2	10-12			
C1:Scott Curls	1	8-10		3010	60s
	2	8-10			
	3	8-10			
C2: Dumbell Supine Tricep Extensions	1	8-10		3010	60s
	2	8-10			
	3	8-10			
D1: Hanging knee Raises	1	10-12		20X0	45s
	2	10-12			
D2: Ab Wheel Rollouts	1	8-10		2010	45s
	2	8-10			

**Lower Body**  
**Day 4, 8, 12**

Name \_\_\_\_\_  
 Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	60s
Quarter Quick Jumps on the Vertimax	8	4		Explosive	90s

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:Front Squats	1	5-7		40X0	90s
	2	5-7			
	3	5-7			
	4	5-7			
	5	5-7			
A2:Single leg Cable Hamstring Curl	1	4-6		30X1	90s
	2	4-6			
	3	4-6			
	4	4-6			
	5	4-6			
B1: Back Foot Elevated Split Squats	1	8-10		20X0	90s
	2	8-10			
	3	8-10			
	4	8-10			
	5	8-10			
B2: Russian Step Ups (or triple jumpers if possible)	1	7-9		10X0	90s
	2	7-9			
	3	7-9			
	4	7-9			
	5	7-9			
C1:Garhammer Raises	1	10		3110	60s
	2	10			
	3	10			
C2: Feet on bench (90 degree angle at knees) weighted crunches	1	10		30X0	60s
	2	10			
	3	10			

# APECS Football Summer 2008

## Weeks 4-6

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**Bilateral Push/ Horizontal Pull Emphasis**  
**Day 1, 5**  
**Upper Body**

Name \_\_\_\_\_

Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Side Plank Hold	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
4 Point vacuum	5 reps of 10 seconds holds	1		Static	Minimum
Lateral Med Ball Throws	10 reps per side	1		Slow and controlled	Minimum
Inchworm	10-15yards (nose to the ground)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Warm Up: Bench Press Just Bar Bent over Barbell Row Bench Press Bent Over Barbell Row Clap Pushups Power Inverted Rows	1 (bar) 2 (bar) 3 (bar +10lbs) 4 (bar +10lbs) 5 6	5 5 5 5 3 3		Fast	60s
B1: WaveLoaded Bench Press	Wave I: 90%x3, 95%x2, 100%x1 Wave II: (add 2.5-5lbs per) 90%x3, 95%x2, 100%x1 Wave III: Add another 2.5-5 90%x3, 95%x2, PBx1	3,2,1		20X0	120s
B2: WaveLoaded Bent Over Barbell Row	Wave I: 90%x3, 95%x2, 100%x1 Wave II: (add 2.5-5lbs per) 90%x3, 95%x2, 100%x1 Wave III: Add another 2.5-5 90%x3, 95%x2, PBx1	3,2,1		20X0	240s
C1: Rotator Cuff work Superset	1 2 3	8-15/10 8-15/10 8-15/10		3010	20s
C2: Dumbell Curls superset overhead tricep extensions	1 2 3	10/8 10/8 10/8		3010	45-60s
D1: Weighted Curnches superset standing Crunches	1 2	10		20X0	30s

## Olympic Lift/Back Squat Emphasis Day 2, 6

Name \_\_\_\_\_

### Core/Neuromuscular warm up activity

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

### Strength

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Warm Up: Clean Grip Jump Shrug Snatch Grip Jump Shrug Hang Snatch from hip Hang Power Clean + Jerk Hang Snatch	1 (bar) 2 (bar) 3 (bar +10lbs) 4 (bar +10lbs) 5 (bar + 10-20lbs)	5 5 5 5 3		Fast	60s
B1: WaveLoaded Hang Snatch	Wave I: 70%x3, 80%x2, 90%x1 Wave II: 75%x3, 85%x2, 95%x1 Wave III: 80%x3, 90%x2, 100%x1, rest 10s, then perform 100% again	3,2 1 3,2,1 3,2,1, rest 10, then 1		X0X0	240s
C1: Front Squat (chains are optional): Superset last set of wave II and III with 8-10 quarter quick jumps on the vertimax or supercat	Wave I: 90%x3, 95%x2, 100%x1 Wave II: (add 2.5-5lbs per) 90%x3, 95%x2, 100%x1 Wave III: Add another 2.5-5 90%x3, 95%x2, PBx1	3,2,1		20X0	240s
D1:Glute Ham Raises (eccentric emphasis)	1 2 3	5 5 5		50X0	60s
D2: Calf Raises	1 2 3	12 12 12		30X0	60s

## Cluster Upper Body Day 9

Name \_\_\_\_\_

### Core/Neuromuscular warm up activity

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

### Strength

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Warm Up: Bench Press Just Bar Bent over Barbell Row Bench Press Bent Over Barbell Row Clap Pushups Power Inverted Rows	1 (bar) 2 (bar) 3 (bar +10lbs) 4 (bar +10lbs) 5 6	5 5 5 5 3		Fast	60s
B1: Barbell Bench Press (90% for each set)	1 2 3 4 5	5 reps with 20-30s of rest between each rep		X0X0	240s
B2: Cluster Chins or Bent over Barbell Rows (all sets at 90% 1RM)	1 2 3 4 5	5 reps with 20-30s of rest between each rep		30X0	240s
C1:Dumbbell Flyes	1 2 3	8-10 8-10 8-10		4010	60s
C2: Reverse Flyes	1 2 3	8-10 8-10 8-10		4010	60s

## Cluster Lower Body Day 10

Name \_\_\_\_\_

### Core/Neuromuscular warm up activity

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		Static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

### Strength

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Warm Up: Clean Grip Jump Shrug Snatch Grip Jump Shrug Hang Snatch from hip Hang Power Clean + Jerk Hang Snatch	1 (bar) 2 (bar) 3 (bar +10lbs) 4 (bar +10lbs) 5 (bar + 10-20lbs)	5 5 5 5 3		Fast	60s
B1: Power Clean from mid-thigh Cluster Set (90% for each set)	1 2 3 4 5	5 reps with 20-30s of rest between each rep		X0X0	240s
C1: Cluster Back Squat (all sets at 90% 1RM)	1 2 3 4 5	5 reps with 20-30s of rest between each rep		30X0	240s
D1: Glute Ham Raises (eccentric emphasis)	1 2 3	5 5 5		50X0	60s
D2: Calf Raises	1 2 3	12 12 12		30X0	60s

**Torso**  
**Day 3, 7, 11**

Name \_\_\_\_\_  
 Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	20s
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		static	20s
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	20s
Chest Pass Med Ball Throws	10	3		Explosive	60s

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:Dumbbell or Barbell Bench Press	1	5-7		40X0	90s
	2	5-7			
	3	5-7			
	4	5-7			
	5	5-7			
A2:Chin-ups	1	5-7		4011	90s
	2	5-7			
	3	5-7			
	4	5-7			
	5	5-7			
B1:Dips (Bicep touches the forearm at the bottom position)	1	6-8		30X1	90s
	2	6-8			
	3	6-8			
	4	6-8			
	5	6-8			
B2:Single arm dumbbell rows	1	6-8		3010	90s
	2	6-8			
	3	6-8			
	4	6-8			
	5	6-8			
C1:Rockyø	1	10		3110	60s
	2	10			
	3	10			
C2: Ab Wheel Rollouts	1	10		30X0	60s
	2	10			
	3	10			

**Unilateral Legs**  
**Day 4, 8, 12**

Name \_\_\_\_\_  
 Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Horse stance vertical knee raise with stick	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
Horse stance with horizontal raise with stick	2 per side holding 30 seconds per side	1		static	Minimum
Lateral Band Walks					
Standing Med ball Chop sequence	10 per movement ( up down/angle/angle/side)	1		Fast	60s
Split Squat Jumps on Vertimax	10	4		Explosive	90s

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:DB or BB 1 ¼ split squats (1/4 at the bottom)	1 2 3 4 5	4-6 4-6 4-6 4-6 4-6		30X0	90s
A2: Single Leg Curls on Swiss ball	1 2 3 4 5	4-6 4-6 4-6 4-6 4-6		50X0	90s
B1: Elevated Drop Lunges	1 2 3 4 5	6-8 6-8 6-8 6-8 6-8		20X0	90s
B2: Dumbbell or Barbell Russian Step Ups	1 2 3 4 5	4-6 4-6 4-6 4-6 4-6		1010	90s
C1: Windshield Wipers	1 2 3	10 10 10		1010	60s

# APECS Football Summer 2008

## Weeks 7-9

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**Squat Complex Emphasis**  
**Day 1, 5, 9**  
**Lower Body**

Name \_\_\_\_\_

Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Side Plank Hold	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
4 Point vacuum	5 reps of 10 seconds holds	1		Static	Minimum
Lateral Med Ball Throws	10 reps per side	1		Slow and controlled	Minimum
Inchworm	10-15yards (nose to the ground)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Back squat with bands	1	3	90%	30X0	120s
	2	3			
	3	3			
	4	3			
	5	3			
A2 :Vertimax Quarter Quick Jumps	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
	4	6-8			
A3 :Vertimax Quarter Quick Jumps	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
	4	6-8			
A4 :Vertimax Quarter Quick Jumps	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
A5: Static Depth Jump off 18-24ö box (stick landing at 45degree angle for 6s then jump)	1	3-5		X6X0	240ss
	2	3-5			
	3	3-5			
	4	3-5			
B1: Trunk Curl-ups or Reverse Sit-ups	1	12-15		3011	45s
	2	12-15			
	3	12-15			

**Upper Body Press Complex Emphasis**  
**Day 2, 6, 10**  
**Upper Body**

Name \_\_\_\_\_

Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Side Plank Hold	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
4 Point vacuum	5 reps of 10 seconds holds	1		Static	Minimum
Lateral Med Ball Throws	10 reps per side	1		Slow and controlled	Minimum
Inchworm	10-15yards (nose to the ground)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:3 Rep Max Bench Press	1	3	90%	30X0	120s
	2	3			
	3	3			
	4	3			
	5	3			
A2:Push Press	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
	4	6-8			
A3:Chest Pass Med Ball Throw	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
	4	6-8			
A4:Depth Jump Pushups	1	6-8		X0X0	90s
	2	6-8			
	3	6-8			
A5:¼ Power Pushup	1	3-5		X6X0	240ss
	2	3-5			
	3	3-5			
	4	3-5			
B1: 2 Rep Bench Press with Bands	1	2		X0X0	120s
	2	2			
	3	2			

**Olympic Lift Emphasis**  
**Day 3, 7, 11**  
**Lower Body**

Name \_\_\_\_\_

Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Side Plank Hold	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
4 Point vacuum	5 reps of 10 seconds holds	1		Static	Minimum
Lateral Med Ball Throws	10 reps per side	1		Slow and controlled	Minimum
Inchworm	10-15yards (nose to the ground)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1: Power Snatch from the Hang	1	2-3	90%	X0X0	120s
	2	2-3			
	3	2-3			
	4	2-3			
	5	2-3			
A2 :Vertimax Power Jumps	1	3		X0X0	90s
	2	3			
	3	3			
	4	3			
B1 :Deadlift	1	2-4		20X0	120s
	2	2-4			
	3	2-4			
	4	2-4			
B2:Low to Mid-box depth jump onto high box	1	3		X0X0	90s
	2	3			
	3	3			
C1: Split Squats	1	4-6		20X0	120s
	2	4-6			
	3	4-6			
B1: Split Squat Scissor Jumps	1	6		3011	90s
	2	6			
	3	6			

**Upper Body Pull Complex Emphasis**  
**Day 4, 8, 12**  
**Upper Body**

Name \_\_\_\_\_

Date \_\_\_\_\_

**Core/Neuromuscular warm up activity**

Exercise	Reps	Sets	Intensity	Tempo	Rest Interval
Side Plank Hold	2-4 reps each side holding for 10-20 seconds	1		Static	Minimum
4 Point vacuum	5 reps of 10 seconds holds	1		Static	Minimum
Lateral Med Ball Throws	10 reps per side	1		Slow and controlled	Minimum
Inchworm	10-15yards (nose to the ground)	1		Fast	Minimum
Alphabet plank on the ball	Whole alphabet			Slow	Minimum

**Strength**

Exercise	Set	Reps	Intensity	Tempo	Rest Interval
A1:Chin Ups	1 2 3 4 5	3-5 3-5 3-5 3-5 3-5	85-90%	30X0	120s
A2:Versapulley Power Rows	1 2 3 4	6-8 6-8 6-8 6-8		X0X0	90s
A3:Power Sled Pulls	1 2 3 4	6-8 6-8 6-8 6-8		X0X0	90s
A4:Barbell Row Drops	1 2 3	6-8 6-8 6-8		X0X0	90s
A5:Power Scarecrow Scap retractions	1 2 3 4	3-5 3-5 3-5 3-5		X6X0	240ss
B1: Chin-Ups	1 2 3	4-6 4-6 4-6		30X0	120s