

WEEK 1				WEEK 2					
Day 1		60%	Day 2		Day 1		70%	Day 2	
Power Clean	3 X 12		Squat	3 X 12	Power Clean	3 X 10		Squat	3 X 10
Dead Lifts	3 X 12		Bench (Barbell)	3 X 12	Dead Lifts	3 X 10		Bench (Barbell)	3 X 10
Lat Pulldown/Pull Ups	3 X 12		Shoulder Raises	3 X 12	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 12	Biceps			Push Press	3 X 10
Shrugs	3 X 12		Incline (Dumbbell)	3 X 12	Shrugs	3 X 10		Incline (Dumbbell)	3 X 10
Bent Over Rows	3 X 12		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Leg Culs/Extentions	3 X 12		Lunge Walks		Leg Culs/Extentions	3 X 10		Lunge Walks	
DAY 3			Day 4		DAY 3			Day 4	
Power Clean	3 X 12		Front Squat/Single Leg Squat	3 X 12	Power Clean	3 X 10		Front Squat/Single Leg Squat	3 X 10
Dead Lifts	3 X 12		Bench (Dumbbell)	3 X 12	Dead Lifts	3 X 10		Bench (Dumbbell)	3 X 10
Lat Pulldown/Pull Ups	3 X 12	Shoulder Raises	3 X 12	Lat Pulldown/Pull Ups	3 X 10	Shoulder Raises	3 X 10		
Biceps		Push Press	3 X 12	Biceps		Push Press	3 X 10		
Shrugs	3 X 12	Incline (Barbell)	3 X 12	Shrugs	3 X 10	Incline (Barbell)	3 X 10		
Bent Over Rows	3 X 12	Triceps/Dips		Bent Over Rows	3 X 10	Triceps/Dips			
Calf Raises	3 X 12	Lunge Walks		Calf Raises	3 X 10	Lunge Walks			

"Some people want it to happen, some people wish it to happen, some people make it happen" - Michael Jordan

WEEK 3				WEEK 4					
Day 1		75%	Day 2		Day 1		80%	Day 2	
Power Clean	3 X 8		Squat	3 X 8	Power Clean	3 X 8		Squat	3 X 8
Dead Lifts	3 X 8		Bench (Barbell)	3 X 8	Dead Lifts	3 X 8		Bench (Barbell)	3 X 8
Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 8	Biceps			Push Press	3 X 8
Shrugs	3 X 10		Incline (Dumbbell)	3 X 8	Shrugs	3 X 10		Incline (Dumbbell)	3 X 8
Bent Over Rows	3 X 10		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Leg Culs/Extentions	3 X 10		Lunge Walks		Leg Culs/Extentions	3 X 10		Lunge Walks	
DAY 3			Day 4		DAY 3			Day 4	
Power Clean	3 X 8		Front Squat/Single Leg Squat	3 X 10	Power Clean	3 X 8		Front Squat/Single Leg Squat	3 X 10
Dead Lifts	3 X 8		Bench (Dumbbell)	3 X 8	Dead Lifts	3 X 8		Bench (Dumbbell)	3 X 8
Lat Pulldown/Pull Ups	3 X 10	Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10	Shoulder Raises	3 X 10		
Biceps		Push Press	3 X 8	Biceps		Push Press	3 X 8		
Shrugs	3 X 10	Incline (Barbell)	3 X 8	Shrugs	3 X 10	Incline (Barbell)	3 X 8		
Bent Over Rows	3 X 10	Triceps/Dips		Bent Over Rows	3 X 10	Triceps/Dips			
Calf Raises	3 X 10	Lunge Walks		Calf Raises	3 X 10	Lunge Walks			

EVERY WORKOUT NEEDS TO BEGIN WITH PROPER STRETCH AND DYNAMIC WARMUP --EVERY WORKOUT NEEDS TO BE COMPLETED WITH CORE WORK AND 5 MIN. JUMP ROPE

WEEK 5				WEEK 6					
Day 1		85%	Day 2		Day 1		90%	Day 2	
Power Clean	3 X 6		Squat	3 X 6	Power Clean	3 X 4		Squat	3 X 4
Dead Lifts	3 X 6		Bench (Barbell)	3 X 6	Dead Lifts	3 X 4		Bench (Barbell)	3 X 4
Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 6	Biceps			Push Press	3 X 4
Shrugs	3 X 10		Incline (Dumbbell)	3 X 6	Shrugs	3 X 10		Incline (Dumbbell)	3 X 4
Bent Over Rows	3 X 10		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Leg Culs/Extentions	3 X 10		Lunge Walks		Leg Culs/Extentions	3 X 10		Lunge Walks	
DAY 3			Day 4		DAY 3			Day 4	
Power Clean	3 X 6		Front Squat/Single Leg Squat	3 X 10	Power Clean	3 X 4		Front Squat/Single Leg Squat	3 X 10
Dead Lifts	3 X 6		Bench (Dumbbell)	3 X 6	Dead Lifts	3 X 4		Bench (Dumbbell)	3 X 4
Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 6	Biceps			Push Press	3 X 4
Shrugs	3 X 10		Incline (Barbell)	3 X 6	Shrugs	3 X 10		Incline (Barbell)	3 X 4
Bent Over Rows	3 X 10		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Calf Raises	3 X 10		Lunge Walks		Calf Raises	3 X 10		Lunge Walks	

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WEEK 7				WEEK 8					
Day 1		95%	Day 2		Day 1		100%	Day 2	
Power Clean	3 X 3		Squat	3 X 3	Power Clean	3 X 2		Squat	3 X 2
Dead Lifts	3 X 3		Bench (Barbell)	3 X 3	Dead Lifts	3 X 2		Bench (Barbell)	3 X 2
Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 3	Biceps			Push Press	3 X 2
Shrugs	3 X 10		Incline (Dumbbell)	3 X 3	Shrugs	3 X 10		Incline (Dumbbell)	3 X 2
Bent Over Rows	3 X 10		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Leg Culs/Extentions	3 X 10		Lunge Walks		Leg Culs/Extentions	3 X 10		Lunge Walks	
DAY 3			Day 4		DAY 3			Day 4	
Power Clean	3 X 3		Front Squat/Single Leg Squat	3 X 10	Power Clean	3 X 2		Front Squat/Single Leg Squat	3 X 10
Dead Lifts	3 X 3		Bench (Dumbbell)	3 X 3	Dead Lifts	3 X 2		Bench (Dumbbell)	3 X 2
Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10	Lat Pulldown/Pull Ups	3 X 10		Shoulder Raises	3 X 10
Biceps			Push Press	3 X 3	Biceps			Push Press	3 X 2
Shrugs	3 X 10		Incline (Barbell)	3 X 3	Shrugs	3 X 10		Incline (Barbell)	3 X 2
Bent Over Rows	3 X 10		Triceps/Dips		Bent Over Rows	3 X 10		Triceps/Dips	
Calf Raises	3 X 10		Lunge Walks		Calf Raises	3 X 10		Lunge Walks	

EVERY WORKOUT NEEDS TO BEGIN WITH PROPER STRETCH AND DYNAMIC WARMUP --EVERY WORKOUT NEEDS TO BE COMPLETED WITH CORE WORK AND 5 MIN. JUMP ROPE

WEEK 1				WEEK 3			
MONDAY		WEDNESDAY		MONDAY		WEDNESDAY	
PRO SHUTTLE	X 4	SPRINT LADDER	X 2	PRO SHUTTLE	X 4	SPRINT LADDER	X 2
TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4	TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4
FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5	FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5
SPRINTS 40YRD/10YRD	X 5	3 MILE RUN		SPRINTS 40YRD/10YRD	X 5	3 MILE RUN	
POSITION MOVEMENTS	SETS 1-5			POSITION MOVEMENTS	SETS 1-5		
				POSITION MOVEMENTS	SETS 1-5		
TUESDAY		THURSDAY		TUESDAY		THURSDAY	
SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS	SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS
2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS	2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS
STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS	STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS
ONE LEG BACKWARD	3 X 12 REPS			ONE LEG BACKWARD	3 X 12 REPS		
SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	200 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3
WEEK 2				WEEK 4			
MONDAY		WEDNESDAY		MONDAY		WEDNESDAY	
PRO SHUTTLE	X 4	SPRINT LADDER	X 2	PRO SHUTTLE	X 4	SPRINT LADDER	X 2
TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4	TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4
FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5	FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5
SPRINTS 40YRD/10YRD	X 5	3 MILE RUN		SPRINTS 40YRD/10YRD	X 5	3 MILE RUN	
POSITION MOVEMENTS	SETS 1-5			POSITION MOVEMENTS	SETS 1-5		
TUESDAY		THURSDAY		TUESDAY		THURSDAY	
SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS	SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS
2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS	2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS
STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS	STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS
ONE LEG BACKWARD	3 X 12 REPS			ONE LEG BACKWARD	3 X 12 REPS		
SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	200 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3

WEEK 5				WEEK 7			
MONDAY		WEDNESDAY		MONDAY		WEDNESDAY	
PRO SHUTTLE	X 4	SPRINT LADDER	X 2	PRO SHUTTLE	X 4	SPRINT LADDER	X 2
TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4	TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4
FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5	FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5
SPRINTS 40YRD/10YRD	X 5	3 MILE RUN		SPRINTS 40YRD/10YRD	X 5	3 MILE RUN	
POSITION MOVEMENTS	SETS 1-5			POSITION MOVEMENTS	SETS 1-5		
TUESDAY		THURSDAY		TUESDAY		THURSDAY	
SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS	SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS
2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS	2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS
STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS	STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS
ONE LEG BACKWARD	3 X 12 REPS			ONE LEG BACKWARD	3 X 12 REPS		
SHUTTLE (25yd interval)	250 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	200 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3
WEEK 6				WEEK 8			
MONDAY		WEDNESDAY		MONDAY		WEDNESDAY	
PRO SHUTTLE	X 4	SPRINT LADDER	X 2	PRO SHUTTLE	X 4	SPRINT LADDER	X 2
TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4	TAPIOCA	4 X 20 YRDS	4 CONER SHUFFLE	X 4
FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5	FIVE - TEN - FIVE	X 4	POSITION MOVEMENTS	SETS 1-5
SPRINTS 40YRD/10YRD	X 5	3 MILE RUN		SPRINTS 40YRD/10YRD	X 5	3 MILE RUN	
POSITION MOVEMENTS	SETS 1-5			POSITION MOVEMENTS	SETS 1-5		
TUESDAY		THURSDAY		TUESDAY		THURSDAY	
SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS	SINGLE LEG VERT. JUMP	3 X 12 REPS	BOUNDING	3 X 20 YRDS
2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS	2 FEET SIDE TO SIDE	3 X 12 REPS	SKIPPING	3 X 20 YRDS
STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS	STEP UPS	3 X 12 REPS	SQUAT JUMP	3 X 20 YRDS
ONE LEG BACKWARD	3 X 12 REPS			ONE LEG BACKWARD	3 X 12 REPS		
SHUTTLE (25yd interval)	250 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3	SHUTTLE (25yd interval)	200 YRDS X 3	SHUTTLE (25yd interval)	150 YRDS X 3

## Speed and Conditioning

### Week 1

Day 1 25yard shuttles x 3, **Agility work.**  
Day 2 40 yd sprints x 5, 10 yd sprints x 5  
Day 3 25yard shuttles x 4, **Agility work**  
Day 4 3 mile run.

### Week 2

Day 1 25yard shuttles x 4, **Agility work.**  
Day 2 40 yd sprints x 6, 10 yd sprints x 6  
Day 3 25yard shuttles x 5, **Agility work**  
Day 4 200 meter sprints x 6 (85%)  
*Backs & Ends 23-29 sec. (60 sec. rest)*  
*Lineman 30-35 sec. (90 sec. rest)*

### Week 3

Day 1 25yard shuttles x5, **Agility work**  
Day 2 40 yd sprints x 7, 10 yd sprints x 7  
Day 3 25yard shuttles x 6, **Agility work**  
Day 4 3 mile Run.

### Week 4

Day 1 25yard shuttles 6 , **Agility work**  
Day 2 40 yd sprints x 7, 10 yd sprints x 7  
Day 3 25yard shuttles x 7, **Agility work**  
Day 4 100 yd sprints x 2 (75%)  
200 meter sprints x 6 (85%)  
*Backs & Ends 23-29 sec. (60 sec. rest)*  
*Lineman 30-35 sec. (90 sec. rest)*

### Week 5

Day 1 25yard shuttles x7, **Agility work**  
Day 2 40 yd sprints x 8, 10 yd sprints x 8  
Day 3 40 yard shuttles x 4, **Agility Work**  
Day 4 3 mile run.

### Week 6

Day 1 25yard shuttles x7, **Agility work**  
Day 2 40 yd sprints x 8, 10 yd sprints x 8  
Day 3 40yard shuttles x 5, **Agility work**  
Day 4 100 yd sprints x 4 (75%)  
200 meter sprints x 8 (85%)  
*Backs & Ends 23-29 sec. (55 sec. rest)*  
*Lineman 30-35 sec. (85 sec. rest)*

### Week 7

Day 1 Run a half game – 20 x 20 yd sprints (25 sec. rest)\*  
Day 2 Gasers – 50 yards shuttles, Up & Back twice = 1 , 3 reps  
Day 3 Squadrons – (run perimeter of football field) x 3, **Agility work**  
**Linemen 75 seconds, Backs & Ends – 65 seconds**  
Day 4 Run a game - 25 x 20 yd sprints (25 sec. rest)\*  
\*3-5 min. break after 15 reps

### Week 8

Day 1 Run a game – 30 x 20 yd sprints (20 sec. rest)\*  
Day 2 Gasers - 50 yard shuttles x 4  
Day 3 Squadrons – ( run perimeter of football field) x 4, **Agility work**  
**Linemen 75 seconds, Backs & Ends – 65 seconds**  
Day 4 3 mile run.

● **Shuttles-** run 25yards touch the line with outside hand, sprint back. Then repeat with opposite hand. Up and Back twice = 1 rep. Give yourself a 45sec break between sets, when half way through 1min and half break.

● **200 meter sprints** should be done on a track. Line yourself up on the track with the middle of the goal post and run around the track until you reach the middle of the opposite goal post. These should be done at (85%) speed.

● **Run a game workout.** Each play is a 20 yd sprint from a football stance. After each sprint, walk back to your starting point, which should take you 20 seconds, get in your stance and sprint again. At the end of each quarter (15 sprints or plays), take a 3-5 minute break. Every third sprint should be run backward. All sprints should be run at full speed.

\*\* **Agility work** – Ladder Work, Cone Drills, Pro shuttle, Jump Rope etc.

**Gasers (50 yard shuttles). 50 yards up and back – 2 times consecutively. 3 reps**  
**Goals: Skill players - 52 seconds, Linemen – 65 seconds**