

**SUMMER
WORKOUTS
2010**

Racer Football Warm-up / Flexibility

The following warm-up will prepare your body to train in a very intense manner. Prior to all exercise sessions whether it is strength training; conditioning, speed training, or agilities a complete warm-up and flexibility session must be completed. A proper warm-up will.

1. Prepare the major joints for strenuous activity through all ranges of motion
2. Increase the body's internal body temperature prior to training
3. Protect against injury by improving the range of motion within the muscles and the joints
4. Is specific to the workout or spot you are preparing to do
5. Mentally prepare an athlete for the training that is about to be done
6. Pre-heat the muscles so that you can obtain maximum benefits from the pre-workout stretch
7. Increases blood flow. Increase in oxygen supply
8. Stimulate the Central Nervous System
9. Reduces the time of motor reactions
10. Improves coordination which improves motor performance

Before starting your strength-training workout, complete the following warm-up exercises.

Upper Body Warm-up

General Warm-up: An indication of a good warm-up is a light sweat.

1. Jog, bike, jump rope, or use a cardio machine at your training facility for 10-15 minutes.

Specific warm-up: Incorporates movements similar to the athlete's sport or the movement patterns they will be using during the workout.

1. Shoulder rolls (fwd & bwd): x10 each way.
2. Bear crawl (fwd, bwd, sideways): x10 yards each
3. Upper Body stick stretch: x10 sec hold for each.

Lower Body Warm-up

General Warm-up: An indication of a good warm-up is a light sweat.

1. Jog, bike, jump rope, or use a cardio machine at your training facility for 10-15 minutes

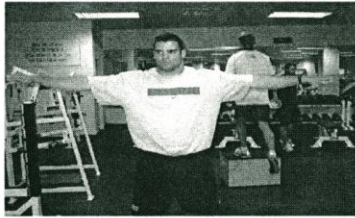
Specific warm-up: Incorporates movements similar to the athlete's sport or the movement patterns they will be using during the workout.

1. Overhead squat: 2x10
2. Good mornings: 2x10
3. Twists: 1x10
4. Lying leg swings: 1x10
5. Lower Body Static Flexibility routine: x: 10 sec hold for each.

Before starting your running workouts, complete the following warm-up exercises.

Warm-up

SHOULDER ROLLS FORWARD/BACKWARD



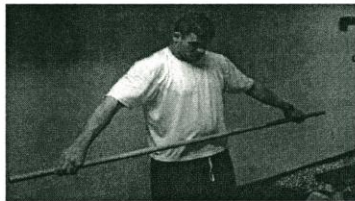
Hold both arms up to the sides so that they are parallel to the floor. Keeping the elbows straight, rotate at the shoulders so the hands move in small circles. The circles should be about the size of a basketball. Perform in both directions

BEAR CRAWL FORWARD/BACKWARD/SIDEWAYS



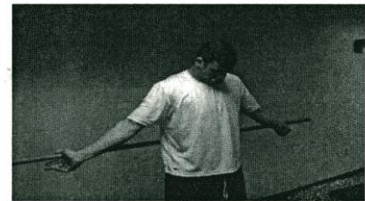
Perform this exercise on both hands and both feet. The rear end should be held higher than the shoulders. Crawl on both hands and both feet for the specified distance. Keep most of your weight on your hands and move very slowly. When moving sideways move side to side.

STICK STRETCHES (OH GRIP BEHIND THE HEAD)



Grasp the stick with an overhand grip. Pull the stick behind. Hold it and pull it back and front.

STICK STRETCHES (UH GRIP BEHIND THE HEAD)



Grasp the stick with an underhand grip. Pull the stick behind. Hold it and pull it back and front.

FWD FLIP



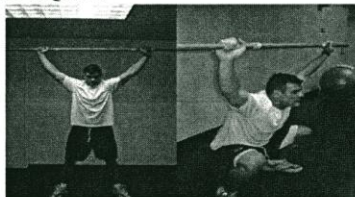
Hold the back of the stick in front of the body. Flip it over the shoulder. Pull the top of the stick downward with the opposite arm.

BWD FLIP



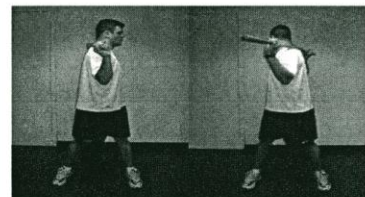
Hold the stick in back of the body. Flip it over the shoulder. Pull the top of the stick with the opposite arm.

OVERHEAD SQUAT



Grip a broom stick with hands wide and elbows straight. Keep the stick above the head the entire exercise. Perform a normal squat with good technique: Hips below knees, heels flat on floor, knees behind toes, and chest up

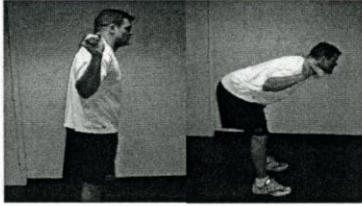
TWISTS



Place a broom stick across the shoulders as if to perform a squat. Keep the toes pointed straight ahead, and twist the hips and shoulders 90 degrees each direction.

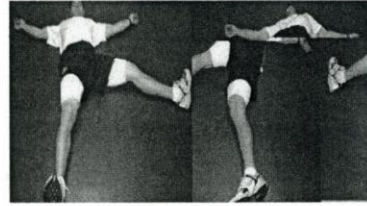
Warm-up

GOOD-MORNINGS



Place a broom stick on the shoulders as if to perform a squat. Keep the knees in a very slight bend, and lean forward at the waist. Bend until upper body is parallel and return to starting position.

LYING LEG SWINGS



Lie on back with one leg out to the side and on the floor. Flop it across the body while keeping shoulders on the ground. At a fast pace, bring the leg back and forth from one side to the other.

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 sides with toes pointing forward and feet flat. Keep chest up and back flat.

HIP FLEXOR



Keep 1.5 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, but put opposite elbow on knee and twist. Try to get shoulders parallel to thigh of front leg.

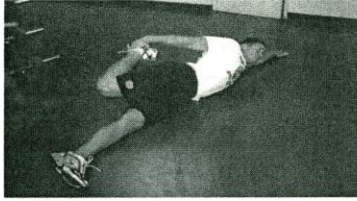
SQUAT STRETCH



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 with elbows.

Warm-up

QUAD STRETCH



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

CALF STRETCH



Keep legs straight, heels on ground and hips high.

FEET TOGETHER (SEATED)



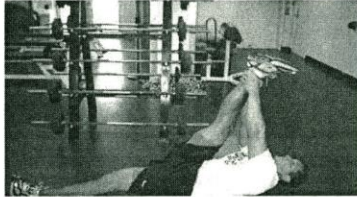
Feet together, reach hands toward toes. Relax low back, do not bounce.

GROIN STRETCH



Pull the heels as close to the body as possible. Push out and down on the elbows with the knees.

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.

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.

Dynamic Warm-up

This warm-up involves flexibility exercises while doing sport specific movements. The movements used are specific to the sport and the workout program.

Dynamic Warm-up Routine: All movements should be completed for 20 yards

Walking Knees to Chest: Standing in an upright position walking forward, pull the knee up to the chest, Alternate each leg.

A-Skip: Drive knees high towards chest, with toe up (dorsi – flexed), knee up and chest up while keeping good posture. Keep arms bent at 90 degrees.

High Knees: Drive knees high towards the chest, keeping good posture. Make sure the knees go above the hips every rep. Keep elbows bent at 90 degrees.

Butt Kicks: Bring the heel to the hip immediately following plantar-flexion (toe down). Keep the foot plantar-flexed as it is brought up the hip. Movement should be quick and smooth while covering as many steps as possible. Stay tall and upright with arms bent at 90 to 105 degrees.

Walking Straight Leg Kick: Walk forward keeping toes and leg extended in front of the body. Try and touch the opposite hand, alternate each leg.

World's Greatest Lunge Walk: While walking forward with a big step, place elbow down even with the inside of the front foot. Extend the back leg stretching out the hip flexor. After holding this stretch for a ½ second, extend the front leg, place the back knee on the ground and reach for the front foot with both hands stretching out the hamstrings. Repeat this movement by alternating the lead leg.

Walking Quad Stretch: Take a step forward keeping leg bent slightly, grab the opposite leg, reach down and touch the opposite foot. Keep back, flat make sure to stay balanced.

Backward Hamstring Walk: While walking backwards, reach down straddling the front foot. Make sure to keep the back flat as you reach down and stretch the front leg. Perform this step with tempo.

Lateral Lunge Walk: Moving laterally extend the back leg as you take a step followed by a recover step by the lead leg. Keep knees bent in a good football position. Maintain a flat back.

Cross behind Shuffle: Lateral movement done at a slow pace. Step with right leg slightly bent while immediately stepping behind the bent leg with the left leg. Both legs are bent in this position.

Back Pedal: While moving backward, move quickly with arms bent at 90 degrees rotating at the shoulder joint. Stay on the balls of the feet. The chest should lean over the toes.

Backward Run: Same motion as back pedal, except take heel to butt; extend outward reaching back while moving smoothly.

Lateral Shuffle: Moving laterally take short quick steps with both feet keeping 12-18" apart. Don't let heels touch.

Carioca: Cross step laterally while swinging opposite arm in front of the body. Take big strides to get the hips loose. Make sure the cross leg knee goes above the hip.

Percentage Run: Sprints done at a percentage of maximum speed to prepare the body for the workout. Do two at 50% and two at 75%.

*****Do this warm-up before all speed/plyo, agility, and conditioning workouts.**

Dynamic Warm-up

WALKING KNEES TO CHEST



Standing in an upright position walking forward, pull the knee up to the chest. Alternate each leg.

BUTT KICKS



Bring the heel to the hip. Keep the foot plantar-flexed as it is brought up the hip. Movement should be quick and smooth while covering as many steps as possible. Stay tall and upright with arms bent at 90 to 105 degrees.

HIGH KNEES



Drive knees high towards the chest, keeping good posture. Make sure the knees go above the hips every rep. Keep elbows bent at 90 degrees

A-SKIPS



Drive knees high towards chest, with toe up (dorsi - flexed), knee up and chest up while keeping good posture. Keep arms bent at 90 degrees. Take steps with a skip.

CRADLE WALK



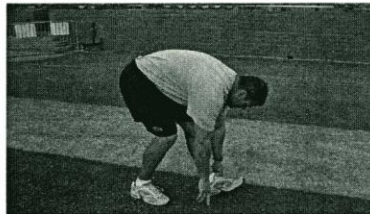
Walk forward, lift leg up to a 90 degree angle, pulling on the ankle and pushing on the thigh. Make sure to come up on the toe, Alternate sides and stay balanced.

WALKING QUAD STRETCH



Take a step forward keeping leg bent slightly, grab the opposite leg, reach down and touch the opposite foot. Keep back flat make sure to stay balanced.

BACKWARD HAMSTRING WALK



While walking backwards, reach down straddling the front foot. Make sure to keep the back flat as you reach down and stretch the front leg. Perform this stretch with tempo.

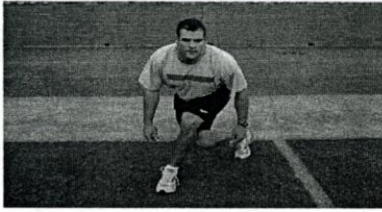
LATERAL LUNGE WALK



Moving laterally extend the back leg as you take a step followed by a recover step by the lead leg. Keep knees bent in a good football position. Maintain a flat back.

Dynamic Warm-up

CROSS BEHIND SHUFFLE



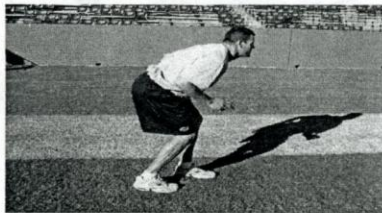
Lateral movement done at a slow pace. Step with right leg slightly bent while immediately stepping behind the bent leg with the left leg. Both legs are bent in this position.

LATERAL SHUFFLE



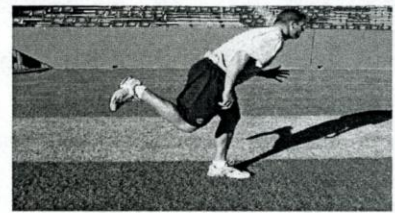
Moving laterally take short quick steps with both feet keeping 12-18" apart. Don't let heels touch.

BACK PEDAL



While moving backward, move quickly with arms bent at 90 degrees rotating at the shoulder joint. Stay on the balls of the feet. The chest should lean over the toes.

BACKWARD RUN



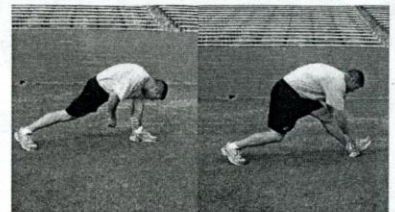
Same motion as back pedal, except take heel to butt, extend outward reaching back while moving smoothly.

CARIOCA



Cross step laterally while swinging opposite arm in front of the body. Take big strides to get the hips loose. Make sure the cross leg knee goes above the hip.

WORLD'S GREATEST LUNGE WALK



While walking forward with a big step, place elbow down even with the inside of the front foot. Extend the back leg stretching out the hip flexor. After holding this stretch extend the front leg, place the back knee for a 1/2 second, on the ground and reach for the front foot with both hands stretching out the hamstrings. Repeat this with opposite leg.

WALKING STRAIGHT LEG KICK



Walk forward keeping toes and leg extended in front of the body. Try and touch the opposite hand, alternate each leg.

PERCENTAGE RUN'S



Sprints done at a percentage of maximum speed to prepare the body for the workout. Do two at 50% and two at 75%

STRENGTH

TRAINING

Racer Football Strength Training

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 training can also help each athlete's confidence, help minimize injuries, decrease rehabilitation time, and give meaning to the entire team or program.

Strength training is a precise year round program designed to help each athlete achieve their full athletic potential. The strength training plan is based on the progressive overload principle. Athletes will improve in strength by slowly and periodically, (depending on the athlete) adding resistance to the body. The body adapts to these stresses by becoming stronger.

Strength training fits into the equation for power, speed development, muscular endurance, agility and quickness, conditioning and flexibility. The Racer strength program has a saying. "It's not what you do, but how you do it." Their maximum effort must be given to achieve maximum results. Strength training forces an athlete to develop mentally and physically as they approach the competitive season, and challenges the athlete to stay physically and mentally strong during the in-season.

Each day a Racer trains, his mindset must include these four thoughts.

- 1. Mentally out prepare and out tough our opponent!**
- 2. Get stronger and in top condition to dominate my opponent!**
- 3. Enhance athletic performance!**
- 4. Be more resistant to injury!**

Important Aspects of Racer Training

Intensity

This is the most important element of our program. In order for an athlete to achieve their goals, they must have great training passion, all-out effort, and consistent hard work

Consistency

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

Mental Toughness

Training hard, practicing hard, and giving relentless effort each day even when you don't feel like it is mental toughness. Our players must be able to push through each day in the face of discomfort and repeatedly have the willpower to keep going at full effort.

Accountability

Being accountable to your teammates and coaches with everything we do, whether it is training, practice, going to class, or personal decisions. Our players will be held accountable for all of their actions. As a teammate you must come prepared to all workouts and practices prepared. When you do this, you are being accountable.

Attitude

Approach everyday with a positive, enthusiastic, mind set. This must apply to all phases of your life, including training, practice, and class work. The first step in achieving your goals is putting all of your heart and soul into the team.

Strength Training Principles

Use strict 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. The quality of each rep is far more important than the amount of weight being lifted.

Training with a teammate (spotter)

The person you train with is extremely important. They push you, make sure your reps are being done correctly and they never let you miss or cheat a workout. We must train with passion, enthusiasm, and high care factor. You must train and sport teammate as hard as possible. We train and push each other in order to make team better.

Emphasize the lowering of weight

It should take you twice as long to lower a weight as it did to raise it. After the pause at the completion of the lift, begin the controlled negative descent on the way down. The same muscle that lifts a weight also lowers it. You can lower approximately 40% more than you raise so do not waste this part of the exercise.

The explanation of a rep

One of the most important parts of our strength program is the rep. It's how you perform the rep that matters. There are two parts to the rep, the raising and the lowering. When lowering the weight, make sure to go slow and keep constant tension on the muscle. When raising the weight make sure to pause the weight momentarily and drive it back up without using momentum or bouncing.

How much weight?

Use 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 much time between sets and exercises?

Rest 1:00 – 2:00 minutes between sets of the same exercises. 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 workout. This reduces intensity and negates the conditioning effect.

Work Sets

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 using the percentage max chart if necessary. Once you satisfy the rule given for that particular scheme increase the resistance in the 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.

Finding Your Max

You will use a 5-9 rep max test. You must warm-up before doing the actual weight you will use for the test.

Use a weight with light resistance, which allows you to easily perform eight reps.

Take a 1-minute rest period. Make a slight load increase (5-10pds). Use a weight with light resistance, which allows you to easily perform five reps.

Take a 2-minute rest period.

Make slight load increase (5-10pds) and perform the test. There will be two situations that can occur.

1. You performed the test, achieved nine reps easily and felt as if you could have done more. If that is the case, then slightly increase the load and perform the rep test again. If the load is still light increase the load and perform the test within the 5-9 rep range again. If you perform the test within the 5-9 rep range, and that is all you can do, record that weight and find your max using the rep max chart.
2. You performed the test within the 5-9 rep range, and that is all you could do. Next, record that weight and find your max using the rep max chart.
3. You performed the test and were not able to achieve the reps within the 5-9 rep range because the weight is too heavy. Decrease the weight by 5-10pds and try the test again. If it is still too heavy, decrease it and take the test again

When do I Increase My Max?

If a workout is completed successfully and the last set of reps was easy for you, increase the max by 5 pounds for the next workout.

If you barely get the last rep or you miss one or two reps of the workout, leave the weight the same.

If you miss three or more reps on any of the sets reduce the max by 5 pounds for the next workout.

Bench Press, Barbell Incline Press, Narrow Grip Bench, Squat

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

4 x 10 - 4 x 8 - 4 x 6 - 4 x 5 - 4 x 4 - 5, 3 x 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.

Set/Rep Schemes

The following set/rep schemes will be used for the workouts in the manual. The specific set/rep scheme of each exercise is located 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.

Multiple Sets, Same Weight

Choose a weight where it is challenging enough to be difficult, but not too heavy where it is impossible to achieve the reps.

3 x 12, 3 x 10, 3 x 8: Use the same weight for all sets. Once all reps are achieved, add 5 pounds for next workout.

2 x 12, 2 x 10, 2 x 8: Use the same weight for all sets. Once all reps are achieved, add 5 pounds for next workout.

Strength Increase Weight Sets

When you see the following scheme on a workout card, perform the prescribed rep/scheme by adding weight to each progressive set. Increase the weight 5-15 pounds depending on how difficult the previous set was.

Explosive/ Strength Routine, Progressive Sets

Begin with a lighter weight. Make sure form is done correctly before adding weight. The most important part of this lift is to move the bar fast with great technique. Add weight only if the reps are done correctly.

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 10-20 pounds to achieve the reps within the range. Once the top number of reps is achieved on the first set, add 5 pounds for the next workout.

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.

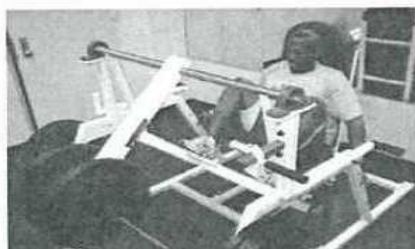
DEADLIFT



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:



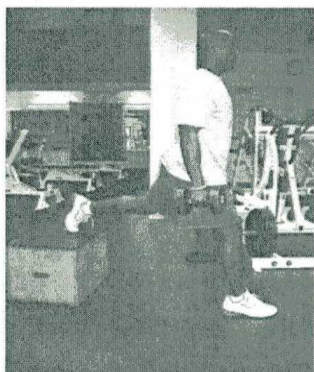
Starting Position: Position feet on the platform so that the knees do not come over the toes when doing the exercise. Keep your rear end all the way down in the seat. Position the seat close to allow for a full range of motion and so the carriage does not contact the bumpers before reaching a thigh parallel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

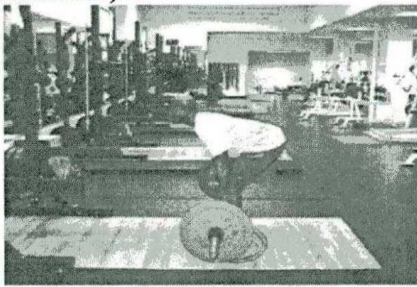
STEP-UP



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.

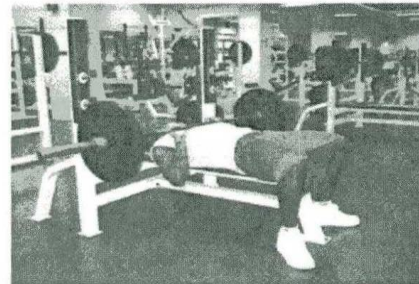
LEG CURL



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.

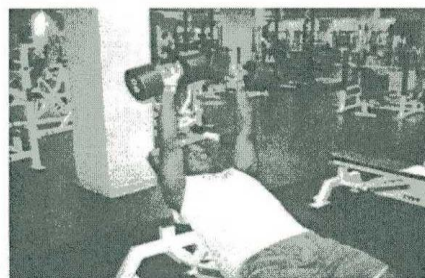
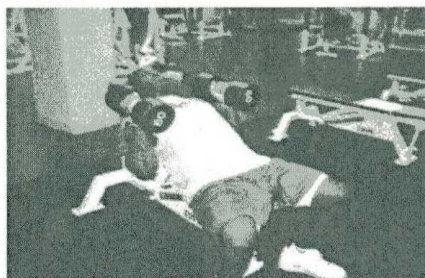
BARBELL INCLINE PRESS



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.

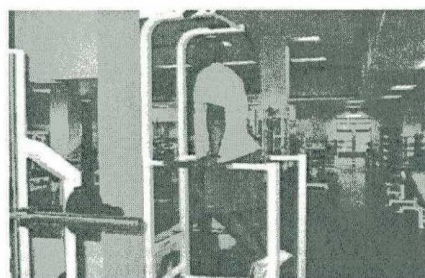
DUMBBELL INCLINE PRESS



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.

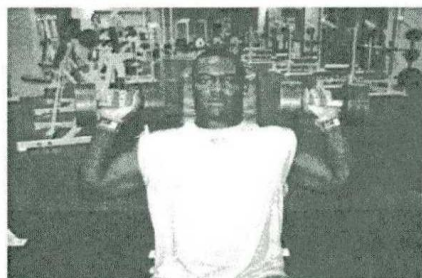
BARBELL OR DUMBBELL PUSH PRESS



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.

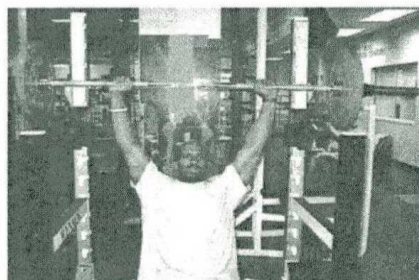
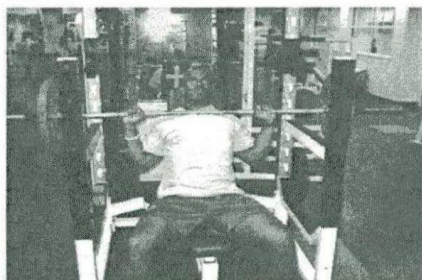
DUMBBELL SHOULDER PRESS



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.

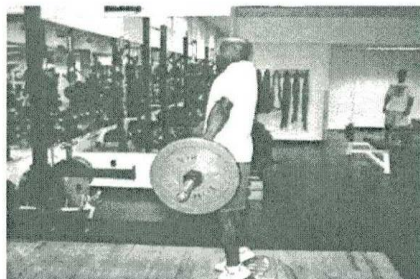
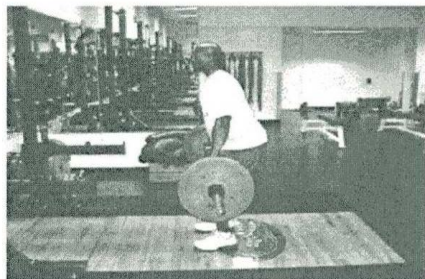
BARBELL SHOULDER PRESS



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.

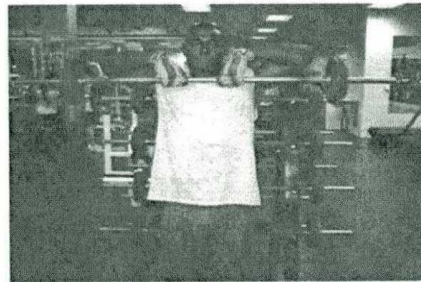
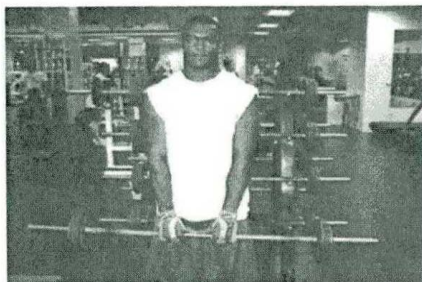
PULL-UPS



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.

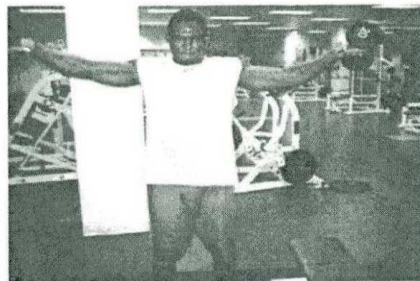
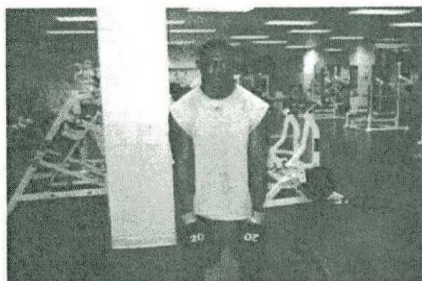
UPRIGHT ROW



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.

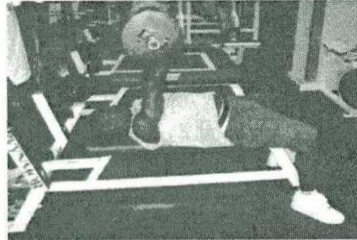
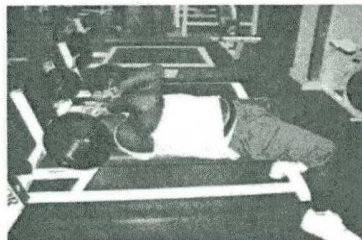
PLATE RAISE



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.

Manual Neck Flexion

The lifter lies on his back on a flat bench with his head hanging completely over it. The spotter sits or kneels directly beside the lifter. He places the heel of his hand on the lifter's forehead and the other heel of his hand on the lifter's chin. The lift begins with the lifter's head tilted backwards. The lifter brings his head forward on a 2 second count, chin to chest. The lifter pauses and the spotter return the lifter's head to the original position on a 5 second count. The exercise continues until the lifter cannot lift his head up.

Manual Neck Extension

The lifter lies on his stomach on a flat bench with his head hanging completely over the end in a chin to chest position. The spotter stands directly in front of or in the back of the lifter's head. The spotter places his hands, thumbs together on the back of the lifter's head. The lifter raises his head on a 2 second count and pauses for a full second. The spotter returns the lifter's head to its original position on a 5 count. The lifter must tuck his chin on the descent of each repetition. The exercise continues until the lifter cannot lift his head.

Manual Side Neck (Left and Right)

The lifter lies on his side on a flat bench with his arms hanging off of the end. The spotter stands directly behind the lifter places one hand on the side of the lifter's head (Hand must be placed right above the ear), while the other hand is on the lifter's rib cage. Lifter places his ear on the trap of his shoulder. The lifter raises his head on a 2 second count and pauses for a full second. The spotter returns the lifter's head to its original position on a 5 count, ear to trap. The exercise continues until the lifter cannot lift his head.

STRENGTH

TRAINING

WORKOUTS

OFF – SEASON

10 WEEKS

**4 DAY UPPER/ LOWER
SPLIT**

**MONDAY/ TUESDAY:
UPPER BODY**

**THURSDAY/ FRIDAY:
LOWER BODY**

MONDAY OFF-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Bench Press	3x10			4x8			4x6			4x5			5/3/3/3		
Rows	3x8-12			3x8-12			3x8-12			3x6-10			3x6-10		
Shoulder Press	2x10			2x10			2x10			2x8			2x8		
Pulldown	2x8-12			2x8-12			2x8-12			2x6-10			2x6-10		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

MONDAY OFF-SEASON: UPPER BODY

Exercise	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Bench Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Rows	3x6-10			3x6-9			3x6-9			3x4-8			3x4-8		
Shoulder Press	2x8			2x6			2x6			2x6			2x5		
Pulldown	2x6-10			2x6-9			2x6-9			2x4-8			2x4-8		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

TUESDAY OFF-SEASON: LOWER BODY

<i>Exercise</i>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Hang Clean	2x6			2x5			2x4			2x3			2x2		
Squat	3x10			4x8			4x6			4x5			5/3/3/3		
Leg Curl	2x10			2x10			2x10			2x8			2x8		
Lunges	2x10			2x10			2x10			2x8			2x8		
Straight Leg Deadlift	2x10			2x10			2x10			2x8			2x8		
Calf Raise	50			50			50			75			75		

TUESDAY OFF-SEASON: LOWER BODY

<u>Exercise</u>	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Hang Clean	3x6			3x5			3x4			3x3			3x2		
Squat	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Leg Curl	2x8			3x6			3x6			3x6			3x5		
Lunges	2x8			2x6			2x6			2x6			2x5		
Straight Leg Deadlift	2x8			3x6			3x6			3x6			3x5		
Calf Raise	75			75			100			100			100		

THURSDAY OFF-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Incline Press	3x10			4x8			4x6			4x5			5/3/3/3		
Pulldown	3x8-12			3x8-12			3x8-12			3x6-10			3x6-10		
Shoulder Press	2x10			2x10			2x10			2x8			2x8		
Upright Row	2x8-12			2x8-12			2x8-12			2x6-10			2x6-10		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

THURSDAY OFF-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Incline Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Pulldown	3x6-10			3x6-9			3x6-9			3x4-8			3x4-8		
Shoulder Press	2x8			2x6			2x6			2x6			2x5		
Upright Row	2x6-10			2x6-9			2x6-9			2x4-8			2x4-8		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

FRIDAY OFF-SEASON: LOWER BODY

<i>Exercise</i>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>	<i>Scheme</i>	<i>Wt.</i>	<i>Reps</i>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Leg Press	3x10			4x8			4x6			4x5			5/3/3/3		
Glute-Ham	2x10			2x10			2x10			2x8			2x8		
Step-Up	2x10			2x10			2x10			2x8			2x8		
Straight Leg Deadlift	2x10			2x10			2x10			2x8			2x8		
Calf Raise	50			50			50			75			75		

FRIDAY OFF-SEASON: LOWER BODY

<u>Exercise</u>	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Leg Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Glute-Ham	2x8			3x6			3x6			3x6			3x5		
Step-Up	2x8			2x6			2x6			2x6			2x5		
Straight Leg Deadlift	2x8			3x6			3x6			3x6			3x5		
Calf Raise	75			75			100			100			100		

PRE – SEASON

10 WEEKS

**4 DAY UPPER/ LOWER
SPLIT**

**MONDAY/ THURSDAY:
UPPER BODY**

**TUESDAY/ FRIDAY:
LOWER BODY**

MONDAY PRE-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Bench Press	3x10			4x8			4x6			4x5			5/3/3/3		
Push-Ups	1xMAX			1xMAX			1xMAX			1xMAX			1xMAX		
Rows	3x8-12			3x8-12			3x8-12			3x6-10			3x6-10		
Side Raise	2x10			2x10			2x10			2x8			2x8		
Pulldown	2x8-12			2x8-12			2x8-12			2x6-10			2x6-10		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

MONDAY PRE-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Bench Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Push-Ups	2xMAX			2xMAX			2xMAX			2xMAX			2xMAX		
Rows	3x6-10			3x6-9			3x6-9			3x4-8			3x4-8		
Shoulder Press	2x8			2x6			2x6			2x6			2x5		
Chin-Ups	2xMAX			2xMAX			2xMAX			2xMAX			2xMAX		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

TUESDAY PRE-SEASON: LOWER BODY

Exercise	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Hang Clean	2x6			2x5			2x4			2x3			2x2		
Squat	3x10			4x8			4x6			4x5			5/3/3/3		
Wall Sit	:30			:40			:50			1:00			1:10		
Leg Curl	2x10			2x10			2x10			2x8			2x8		
Lunges	2x10			2x10			2x10			2x8			2x8		
Straight Leg Deadlift	2x10			2x10			2x10			2x8			2x8		
Calf Raise	50			50			50			75			75		

TUESDAY PRE-SEASON: LOWER BODY

Exercise	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Hang Clean	3x6			3x5			3x4			3x3			3x2		
Squat	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Wall Sit	1:20			1:30			1:40			1:50			2:00		
Leg Curl	2x8			3x6			3x6			3x6			3x5		
Lunges	2x8			2x6			2x6			2x6			2x5		
Wall Sit	:30			:40			:50			1:00			1:10		
Straight Leg Deadlift	2x8			3x6			3x6			3x6			3x5		
Calf Raise	75			75			100			100			100		

THURSDAY PRE-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Incline Press	3x10			4x8			4x6			4x5			5/3/3/3		
Push-Ups	1xMAX			1xMAX			1xMAX			1xMAX			1xMAX		
Pulldown	3x8-12			3x8-12			3x8-12			3x6-10			3x6-10		
Side Raise	2x10			2x10			2x10			2x8			2x8		
Upright Row	2x8-12			2x8-12			2x8-12			2x6-10			2x6-10		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

THURSDAY PRE-SEASON: UPPER BODY

<u>Exercise</u>	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>	<u>Scheme</u>	<u>Wt.</u>	<u>Reps</u>
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Shrugs	3x15			3x15			3x15			3x15			3x15		
Incline Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Push-Ups	2xMAX			2xMAX			2xMAX			2xMAX			2xMAX		
Pulldown	3x6-10			3x6-9			3x6-9			3x4-8			3x4-8		
Dips	2xMAX			2xMAX			2xMAX			2xMAX			2xMAX		
Upright Row	2x6-10			2x6-9			2x6-9			2x4-8			2x4-8		
Biceps	2x10			2x10			2x10			2x10			2x10		
Triceps	2x15			2x15			2x15			2x15			2x15		

FRIDAY PRE-SEASON: LOWER BODY

Exercise	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Leg Press	3x10			4x8			4x6			4x5			5/3/3/3		
Wall Sit	:30			:40			:50			1:00			1:10		
Glute-Ham	2x10			2x10			2x10			2x8			2x8		
Step-Up	2x10			2x10			2x10			2x8			2x8		
Straight Leg Deadlift	2x10			2x10			2x10			2x8			2x8		
Leg Press	50			50			50			50			50		
Calf Raise	50			50			50			75			75		

FRIDAY PRE-SEASON: LOWER BODY

Exercise	WEEK 6			WEEK 7			WEEK 8			WEEK 9			WEEK 10		
	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps	Scheme	Wt.	Reps
4-Way Neck	2x10			2x10			2x10			2x10			2x10		
Leg Press	8/6/4/2			4x4			4x3			6/4/3/2			4x2		
Wall Sit	1:20			1:30			1:40			1:50			2:00		
Glute-Ham	2x8			3x6			3x6			3x6			3x5		
Step-Up	2x8			2x6			2x6			2x6			2x5		
Wall Sit	:30			:40			:50			1:00			1:10		
Straight Leg Deadlift	2x8			3x6			3x6			3x6			3x5		
Leg Press	75			75			75			100			100		
Calf Raise	75			75			100			100			100		

Racer Football Running Program

The Racer running program will challenge you to the highest level. We expect you to attack this portion of the training program with the intent of arriving to school in top condition. The conditioning program will train you for;

- 1. Speed development training**
- 2. Agility and quickness training**
- 3. Anaerobic training**

Speed Training

Play The Game Fast

At Murray State our goal is to be the fastest team in the conference. For this to happen, you must attack this program with 100 percent focus and intensity. When doing speed workouts make sure to follow the reps, yardage, and percentages of each drill.

KEYS TO SPEED:

Stride Length: Best improved by increasing your force off the ground.

Stride Frequency: Time required to complete a stride. Best improved by increasing stride length.

Acceleration: 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. The ability to respond to certain stimulus and to get the body moving from a pre-snap position or on the run.

Quickness: The body's ability to perform specific movements in the shortest times possible.

Reaction Time: The ability to respond to a stimulus as fast as possible whether running or in a standing still position.

Football Speed: Football is a game of short explosive bursts lasting on an average of 4-6 seconds. Players also need to readjust in space, redirect to a different stimulus, all at different speed. This is football speed.

Speed Endurance: The ability to maintain true speed over a period of time. 1st quarter to 4th quarter. Prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. Training outcomes will be:

- A. Repeated short sprints all at the same speed can be made with minimum rest.
- B. Maximum speed is reached more quickly.
- C. Maximum speed is held for a longer distance before slowing occurs.

Training Variables That Affect Speed Improvement

1. **Strength:** Improvement in strength will improve force and power capability. Improvement in force and power improve arm drive and knee drive off the ground, which will increase speed.
2. **Flexibility:** Increases in flexibility will help to improve the stride length and help to prevent injuries.
3. **Power:** Increase in power will improve start, reaction ability, and acceleration.
4. **Conditioning:** Increases in anaerobic conditioning will improve the speed endurance phase.

Every speed workout will consist of:

1. Hip mobility exercises: Done to further warm-up the body.
2. Speed drills: To improve the mechanics and technique when you run.
3. Starts: Done to work on reaction time and explosion from a stand still position.
4. Acceleration Workouts: The ability to reach maximum speed as fast as possible.
5. Speed Endurance Workouts: The ability to maintain true speed over a period of time. Prevents you from slowing down late in the game.

Speed Workouts

We will use three different work percentages when training for acceleration.

50% - A stride, slightly faster than a jog.

75% - A high effort stride, with a noticeably faster pace than 50%

90% - A very fast spring, slightly slower than a full sprint.

Starts

Run for 10 yards from the prescribed starting position. Each start should be done at maximum speed. Make sure you follow the prescribed warm-up.

Percentage sets

Run the prescribed distance, (5-40 yards) at the given percentage. For example,

3 sets x (10, 15, 20, 25 yards)

Set 1 x 50%

Set 2 x 75%

Set 3 x 90%

Percentage Build-Ups (20/20)

Begin by striding the first 20 yards at 50%. When reaching the 20 yard mark, increase to 75% and hold for the entire 20 yards. After 1 week, will progress to 20 yards at 75% and 20 yards at 90%. For example, 2 sets x (20, 20yards)

Set 1 x 50%, 75%

Set 2 x 75%, 90%

Sprint Walks

These are done as a sprint at either 50, 75, or 90%, followed by a walk back to the starting line. The walk back is the recovery time. The walk yardage is half of the sprint yardage. The yardage will be between 10 and 50 yards.

For example,

2 sets of 4 x 20 yards at 50%

2 sets of 4 x 30 yards at 75%

Speed Endurance Workout

The ability to maintain true speed over a period of time. 1st quarter to 4th quarter. This workout prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. The work intervals and rest times for the following speed endurance workouts. Perform a series of sprints with 20-30 seconds rest. The goal is to build-up maintenance of speed for a period of time. Times will be given based on 80% of max effort. For example,

40's x 4 with :20 rest

50's x 4 with :25 rest

53's x 4 with :30 rest

40's

50's

53's

Sk :5.5

Sk :6.5

Sk :7.0

BSk :6.0

BSk :7.0

BSk :8.0

DLine :6.5

DLine :7.5

DLine :8.5

OLine :7.0

OLine :8.0

OLine :9.0

Factors that affect lateral speed

1. Strength
2. Power
3. Speed

Speed Training Abbreviations

Reps – Repetitions of each drill: How many to do of each drill.

%'s – Percentages; How fast to perform that particular drill.

***Always static stretch at the end of conditioning workouts.

Plyometric Training

Play the Game Explosively

The ability to apply a reactive force is the major goal of plyometric training. Plyometrics are used to apply an overload to the muscles with explosive speed strength and power as a goal.

We will do plyometrics during our speed / plyo conditioning workouts. The rest periods are listed on the running program.

It is extremely important to land properly when absorbing force. Make sure to land with your knees bent, weight back on heels, and keep the hips above the knees.

Limit eccentric loading on the muscle. Progression of plyo's.

1. Jumping Up
2. Jumping Over
3. Bouncing
4. Explosive minimal ground contact time.

Guidelines

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

Surface – The plyometric program should be done on a soft, level surface, preferably a synthetic surface that has some give. Avoid doing plyometrics 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.

Exercises - Make sure to read the descriptions and perform them correctly.

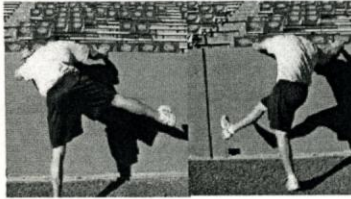
Power skips

Hurdle Hops (forward, sideways)

Tuck Jumps

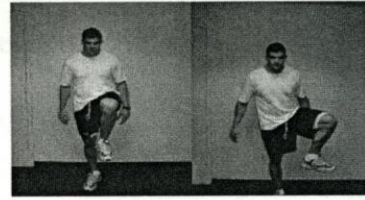
Double Leg Jumps

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 hyper-extending the low back. Control this motion and perform the prescribed reps. Also perform the leg swings from side to side.

HIP ROTATIONS



Lift one knee toward the chest, then rotate the leg outward as far as possible and place back on floor. Then pick it up from the side and rotate it back inward, and place back on the floor

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. (slow, medium, fast) Progression: Seated / 1 Knee / Standing

WALL DRILLS



Place both hands against the wall with a lean of about 60 degrees. Alternate both legs. Drive the knee up as high as possible, keep the toe up high then drive the leg down hard, underneath the hips. Perform the drill first with walking, then jogging, finally sprinting. Do each phase for 10 seconds

BASIC 2-PT STAGGERED



Upright posture staggered starting position. Make sure first step is explosive and progressive, but not over-extended. Make sure it is smooth.

FALLING STARTS



Upright posture starting position, lean forward prior to the first step and stride. Make sure first step is progressive, but not over-extended.

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

SINGLE KNEE STARTS



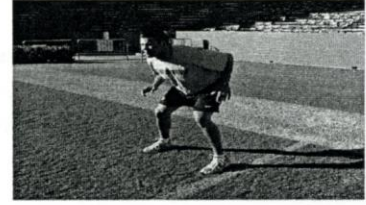
From one knee on the ground, and the other leg bent. Place the hand on the knee side next to the face. Place the hand on the bent leg side next to the pocket. Have a

SLED/TIRE PULL



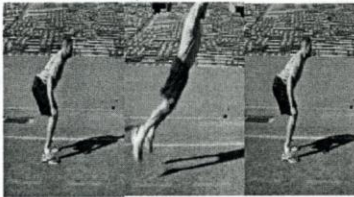
With a sled or tire connected to a belt, the athlete will accelerate 10-25 yards. The weight of tire/sled should be no more than 15% of body weight. These reps are done at 100% effort.

LATERAL STARTS



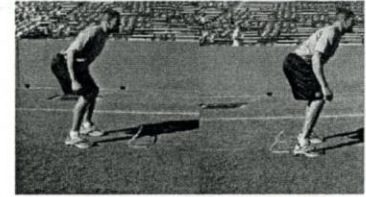
Start in a bent knee athletic position. Standing sideways explosively push off of back leg while rotating forward. Take a 6 inch first step with front foot and drive opposite arm.

DOUBLE LEG JUMPS (FORWARD MOVEMENT)



Start in a bent knee athletic position. Drive arms, extend hips. Try to get up and out with as much power as you can. Make sure to land with knees bent softly and without pounding the ground.

HURDLE HOPS (FORWARD)



Start in a bent knee athletic position. Drive arms, extend hips. Land as close to the hurdle as you can without landing on it. Make sure to land with knees bent softly and without pounding the ground.

ANKLE HOPS



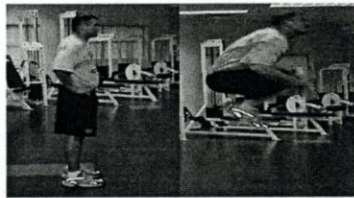
Explosive movement produced by the calves and jumping off of the balls of the feet only. Keep the knees slightly bent. Place hands on hips. Movement should be quick and continuous.

POWER SKIPS



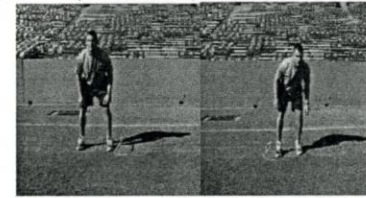
Explosive skipping movement driving the knees as high into the air as possible. Try to get maximum height and hang time.

TUCK JUMPS



Perform explosive jumps in place by bringing the knees up high to the chest. Do these jumps one after the other.

HURDLE HOPS (LATERAL)



Start in a bent knee athletic position. Drive arms, extend hips laterally. Land as close to the hurdle as you can without landing on it. Make sure to land with knees bent.

Agility Training

A Great Athletes Must Change Directions Quickly

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

Football is a game of angles, acceleration, changing gears, and reaction. A player must be able to redirect in space and redirect to a player. This must be done at different speeds or without slowing down at all. A football player must also have the ability to decelerate and accelerate quickly and explosively.

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, ect. Are also involved in agility training.

Rest periods should be long enough to ensure proper technique and all-out effort. (:25) These are listed in your conditioning schedule.

Work percentages are the effort you use must be 100%. Agility workouts should be done with perfect technical execution for every rep. Quality is more important than quantity.

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

Agility (lateral speed) includes:

1. Shuffling
2. Cross-over runs
3. Sideways running
4. Cutting
5. Change of direction drills

Exercises – Make sure to read the descriptions and perform them correctly.

N-Drill

Pro-Agility

Racer Drill

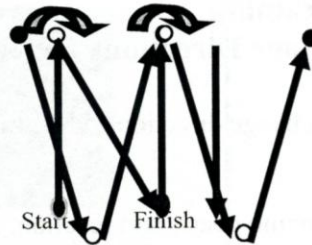
T-Drill

Agility Drill

Diagram:

Dimensions:

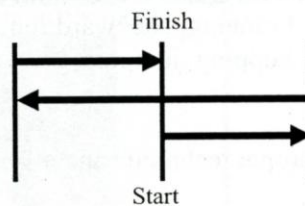
N DRILL



Backpedal 5 yards, touch the cone with 2 hands, sprint around cone, backpedal 5 yards around cone sprint through finish cone.

5 yds between each cone

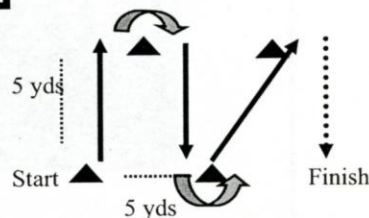
PRO-AGILITY



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

5 yds Between each of the marks.

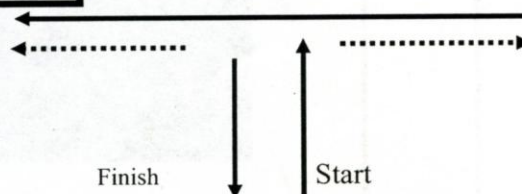
Racer DRILL



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.

5 yds between each cone

T - DRILL



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

10 yds between sprint cones. 10 yds between shuffle cones.

Quickness Training Play With Quick Feet

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.

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. 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 an 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.

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.

Racer Quickness

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 with rest. Start with 10 sprints and add 2 sprints each workout.

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

PATTERN

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

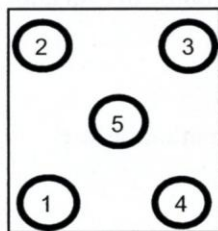
complete each foot / stay low / wide base

front/back

feet in 1 and 4

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

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.

Anaerobic – Interval Training Out- Condition The Opponent

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.

Shorter distance intervals entail a greater volume of runs, a relatively faster speed, and a higher work to rest ratio. Longer distance intervals involve fewer runs, a relatively slower speed, and a lower work to rest ratio.

Conditioning Abbreviations

WI – Work interval: The portion of the program that consists of high intense work.

RI – Rest interval. The time between work intervals. Never sit down or bend over.

Reps – Repetitions of each drill: How many to do of each drill.

%’s – Percentages: How fast to perform that particular drill.

Sk – Skill position; WR, DB, RB

Bsk – Big skill position; FB, LB, TE

OLine – Offensive Line position; OL

DLine – Defensive Line position: DL

The work interval and the rest times are given in the conditioning schedule for the following runs. ***Always static stretch at the end of conditioning workouts.

300 yd shuttle – This is done on a football field or grass field. We run this in 50 yd intervals making sure to stop and change directions for the entire 300 yds.

110 yd run’s – This is done on a football field or a grass field that allows you to run 110 yds straight. Explode out of start and run at a pace that allows you to not over reach while trying to make the times given.

80 yd run’s – This is done on a football field or a grass field that allows you to run 80 yds straight. Explode out of start and run at a pace that allows you to not over reach while trying to make the times given.

See Running Program Document.

STANDARDS OF SUPREMACY TESTING

Physical Testing

% Body Fat- measured with skin calipers

Test for the percentage of body fat and the amount of lean muscle mass

% Fat Norms

WR	5.0- 7.0	Cor	5.0- 7.0
ILB	8.0- 12.0	Saf	6.0- 9.0
OLB	6.5- 9.5	Te	9.0- 12.5
OL	14.0- 20.0	Dt	13.0-17.0
FB/QB/K	8.0- 12.0	Tb	6.0- 8.5

Body Circumferences Measurements measure of neck, arms, chest, waist, legs

Strength Testing

Upper Body

225 Combine Test: perform maximum reps with 225lbs. If one can not perform at least 5 reps with 225, use 205 lbs; Pre-season/Off-season

Pull-Ups-ups: max reps, overhand grip-shoulder width.

Conditioning

2 x 300 yd shuttles: test of functional capability of the LA/Atp-pc energy systems, and helps determines the athlete's ability to tolerate lactic acid build-up and fatigue 5x60yd/
2:00 minute rest times

Must average predetermined positional times

Skill:	48 seconds
Big Skill:	50 seconds
D line:	52 seconds
O line:	54 seconds