CONCORDIA UNIVERSITY

FALCON FOOTBALL

STRENGTH & CONDITIONING

PRE-SEASON

Weightlifting & Conditioning Summer Program

Specific

Explosive

Power

Development

PHASE III

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8 Ways to Sound Nutrition

These recommendations aren't the newest techniques from the latest cutting-edge research or gimmicky diet plans from fancy magazines in the grocery store check-out lane. The ideas listed are simple, time-tested, nonosense habits that responsible individuals should consider implementing into daily routine to ensure proper balance between health & athletic performance.

- 1. Eat every 2-3 hours, no matter what. Try to consume quality food items in similar portions 5 times per day.
- 2. Eat complete (containing essential amino acids) lean protein with each meal. (Ex. fish, chicken, lean cuts of red meat.)
- 3. Eat colorful vegetables with each meal and consume with meals containing your lean meats.
- 4. Ensure that the majority of carbohydrate intake comes from fruits and vegetables. Avoid eating large servings of breads (white), pastas, pizza and buns.
- 5. Ensure that 15-25% of your energy intake comes from fat. Fat intake should be split equally. Saturated (e.g. animal fat), Monounsaturated (e.g., olive oil), and Poly-unsaturated (e.g. flax oil, fish oil).
- 6. Drink low-calorie / sugar beverages. Best choices being water, low sugar sports drinks and juices that are100% natural.
- 7. Ingest as much whole food as possible avoiding processed, canned, frozen, fried, greasy & fatty foods. Avoid drowning your foods with dressings, syrups, ketchup, and other condiments.
- 8. Eat foods for what they are & you'll learn to appreciate what they can do for you physically & mentally!

*If you aren't already practicing the above-mentioned habits, and by practicing them I mean putting them to use over 90% of the time, training and physical development will be compromised!

Falcon Dynamic Warm-ups

Warm-up Overview

- *The warm-up will serve to elevate the athlete's tissue temperature, thus producing optimal contractile functioning with-in musculture which will contract more rapidly and more intensively when a higher than resting temperature is reached.
- *General warm-ups will include light exercise such as jogging, biking, jumping rope & calisthenic type movements to be performed for about 5-8 minutes or until the onset of perspiration. This part of the warm-up provides the athlete with an increase in the functional potential of the body as a whole and protects from possible injury.
- *Specific warm-ups will include movements that are similar to that of the particular sports skill the athlete will be taking part in. These movements are generally more intensive and dynamic and may include sprint form running, balance, and stabilization. It is recommened that these drills be done for 10-20 minutes prior to engaging in high intensity sprinting, plyometric or agility drills. This final stage of the warm-up enhances the optimal relationship between the upcoming movement and the activities of the central nervous system which are associated with movement patterns with-in the activity.
- *Static Stretching is benificial for lengthening & releaving tension in tight musculature and should be done after weightlifting, conditioning or athletic events. Static Stretches should be held for 30-60 seconds for a lengthening effect to occur. Recent research suggests that static stretching for a >1minute hold per stretch prior to explosive movements such as sprinting, weightlifting & jumping events seems to have a 5-7% decrease in performance. A dynamic stretching protocol is suggested prior to exercises or performances that require high speed, velocity, power, & strength.
- *It is recommended that *multiple dynamic exercises* that stress the joints of an athlete through their full range of motion are performed and are important to an athlete preparing for increased intensity in sports requiring dynamic components. Static Stretching should be done at the conclusion of exercise performing each stretch for 30-60 seconds.

Falcon Dynamic Warm-ups

General Warm-ups (Low to High Intensity)

*Athletes should supplement various methods of aerobic exercise in addition to light jogging or running. Aerobic methods can consist of biking, rowing, swimming, jumping rope for 5-10 min.

Warm-up "A" Dynamics + Cals	
1. Jog / Run 400 meters	
2. Front & Back Leg Swings x10 each	_
3. Front Lunge - alt. legs x20	
4. Bouncing Toe Touches x15	_
5. Toe Raise to Heel Raise x15	
6. Windmills x5 each side	
7. Push-ups x10-20	
8. Crunches x20	
9. Supermans (arms by side) x10	\dashv
10. Supine Leg Crosses x5 each	

Warm-up "C" Dynamics + Cals
1. Jog / Run 1200 meters
2. Retro Lunge - alt. legs x20
3. Cherry Pickers x10
4. Ankle Hops (toe to heel) x15
5. Bird Dogs (on hands & knees) x10 each
6. Fire Hydrants (on hands & knees) x10 each
7. Extenders (on hands & knees) x10 each
8. Rotational Push-up x5-10 each arm
9. Supermans (opposite arm & leg) x5 each
10. Basket Curls x15

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Warm-up "E" Med Ball Dynamics
1. 800m Progressive Run (slow to fast)
2. MB Squat to Press x10
3. Push-up - 1 hand on MB x5-10 each
4. MB Crunch x15
5. Spinal Twists (straight arms) x10
6. MB Wood Chopper x10 each
7. MB Lunge & Twist x20
8. MB Overhead (side to side) x10 each
9. Superman - MB x10
10. MB Jump & Pass x10

20/20/20/20/20/20/20/20/20/20/20/20/20/2
Warm-up "B" Dynamics + Cals
1. Jog / Run 800 meters
Rock Bottom Squat to Toe Raise x10
Lateral Leg Swings x10 each
4. Lateral Lunge & Twist - alt, legs x20
5. Torso Rotations x5 each way
6. Single Leg Push-up x5-10 each leg
7. Single Leg Jacknifes x10 each leg
8. Superman (arms extended) x10
9. Prone Leg Crosses x5 each
10. Side Leg Raises (inner & outer) x10 each
, and

Warm-up "D" Dynamics + Cals
1. Jog / Run 1600 meters
2. Lateral Skater Bound x10 each
3. High Knee + Lower Leg Swing x10 each
4. Mountain Climbers x40
5. Inverted Scissors x10
6. Inverted Wideouts x10
7. Inverted Bicycles x20
8. Seated Single Leg Hip Raise x10 each
9. Roll Back & Reach x10
10. Prone Leg Crosses x5 each

Warm-up "F" Med Ball Dynamics
1. Jog / Run 1600 meters
2. MB Squat to Chest Pass x10
3. MB Side Toss x10 each
4. Single Leg Chest Pass x10 each
5. Seated Chest Pass x15
6. Superman Pass x10
7. Standing Shot Put x10 each
8. Supine SL Hip Raise off MB x10 each
9. MB Jump & Throw Down x10
10. Between the Leg Forward Toss x10

Sport:	Football	Duration: May - August	IPhase 21 0 - 0	929
Position:	01.111.1.1			Week #1
	ORIII / LIIIe	Explosive Development	Specific Conditioning	Base

Day 1

Training Theme:	Straight Line Sprinting / Speed Endurance	
Dynamic Warm-up:	Jog 400 meters + Dynamic A	
Sprint Drilling:	Speed Frainer + jog back rest b/w or Speedladder	
Sprinting:	5x40yds *Walk back rest b/w reps	
Speed Endurance:	300 yd shuttle (25yds 6 round trips) 2x *5min. rest b/w sets	
Post Workout:	Cool down 800m + Hurdle Mobility 1x6 hurdles + Static Stretching	

Day 2

Training Theme:	Pure Acceleration		
Dynamic Warm-up:	800 meter progressive run + Dynamic B		
Sprint Drilling:	Level-III + Sprint 10yds after every other drill		
Acceleration:	3x20 yds *Jog back rest b/w reps		
	3x30 yds		
	3x40 yds		
Skill Running:	Position route running or 7on7		
Post Workout:	Cool down Jog 5min. + Static Stretching		

Day 3

Training Theme:	Agility / Plyometric	
Dynamic Warm-up:	Jog 400 meters + Dynamic C	
Sprint Drilling:	Level-IV + Jog back after each drill	
Agility:	Pro-Agility, Nebraska Agility, L-Agility 4xea. *Rest 45sec. b/w reps	
Plyo's:	Ankle Hops, Squat to Vertical J. Tuck J. Box J. (speed) 2x10ea.	
	Power Skip, Speed Bound, Power Bound 2x20yds ea.	
Post Workout:	Cool down 400m + Static Stretching	

Training Theme:	Speed Endurance		
Dynamic Warm-up:	Jog 800 meters + Dynamic D		
Sprint Drilling:	Level-I + Sprint 10yds after each drill		
Speed Endurance:	Skill: 5x100yds *1min. Rest b/w		
	Line: 5x60yds		
Skill Running:	Position route running or 7on7		
Post Workout:	Cool down 800m + Hurdle Mobility 1x8 hurdles + Static Stretching		
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JF.	alcon F	ootball Stren	gth & Conditi	ioning
Sport:		Duration: May - August	Phase 3: Pre-Season	Week #2
Position:	Skill / Line	Explosive Development	Specific Conditioning	Build

Day 1

Training Theme:	Acceleration / Agility		
Dynamic Warm-up:	Jog 400 meters + Dynamic E		
Sprint Drilling:	Speed Trainer + Jog back after each drill		
Acceleration:	Throw & Sprint: Rocket Throw, Between leg forward toss,		
	Overhead backward toss 3xea. *Rest 30sec. b/w reps		
Agility:	Off-Set Weave, 4-Corners, X-Box 6xea. *Rest 45sec. b/w reps		
Post Workout:	Cool down 800m + Static Stretching		

Day 2

Training Theme:	1st Step Quickness / Plyometric	
Dynamic Warm-up:	800 meter progressive run + Dynamic F	
Sprint Drilling:	Level-III + Sprint 10yds after every other drill	
1st Step Quickness:	Multi-positional starts 10x15yds / *walk back rest b/w	
Plyo's:	Ankle Hops (stairs), Cycled Split J. Sq. to Tuck J. SL Hops 2x15ea	
	Broad J to Tuck J, SL Run, Depth J.+ 6 Power Skips 2x20yds	
	*Rest 45sec. b/w reps	
Post Workout:	Cool down Jog 5min. + Hurdle Mobility 1x8 hurdles + Static Stretching	

Day 3

Training Theme:	Agility / Straight line Sprinting
Dynamic Warm-up:	Jog 400 meters + Dynamic A
Sprint Drilling:	Level-IV + Jog back after each drill
Agility:	Route Running or 7 on 7
Sprinting:	5x40yds race modeling
	*Jog back rest b/w reps
Post Workout:	Cool down 400m + Static Stretching

Training Theme:	Speed Endurance	
Dynamic Warm-up:	Jog 800 meters + Dynamic B	
Sprint Drilling:	Level-I + Sprint 10yds after each drill	
Speed Endurance:	Skill: 5x100yds *Jog back rest b/w reps	
	Line: 5x60yds	
Skill Running:	Position route running or 7 on 7	
Post Workout:	Cool down 800m + Static Stretching	

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Phase 3: Pre-Season Week #3 Position: Skill / Line Explosive Development Specific Conditioning Recovery

Day 1

Training Theme:	Acceleration / Agility
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-I + jog back after each drill or Speedladder
Acceleration:	Resisted harness runs resist 10yds sprint 20yds 5x
	*Rest 45sec. b/w reps
Agility:	Pro-Agility, X-Box, Off-set weave 2xea.
	*Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Plyometric	
Dynamic Warm-up:	800 meter progressive run + Dynamic D	
Sprint Drilling:	Speed Trainer + jog back rest b/w	
Plyo's:	Tuck J. 2x10, Speed Bounds 2x20yds, Power Skip 2x20yds	
	Side to Side hop over barrier 2x20, Continuous Broad J. 2x10	
	*Rest 45sec. b/w sets	
Post Workout:	Cool down jog 5min. + Static Stretching	

Day 3

Training Theme:	Acceleration / Speed Endurance	
Dynamic Warm-up:	Jog 400 meters + Dynamic E	
Sprint Drilling:	Level-V + Jog back b/w	
Acceleration:	Resisted Sled Towing (light) 5x30yds	
	*Rest 1min. b/w reps	
Speed Endurance:	300yd Shuttle (25yds 6 round trips)1x	
Control of the Contro		
Post Workout:	Cool down 400m + Hurdle Mobility 1x6 hurdles + Static Stretching	

Training Theme:	Straight line Sprinting	
Dynamic Warm-up:	Jog 800 meters + Dynamic F	
Sprint Drilling:	Level-III + Sprint 10 meters after each drill or Speedladder	
Speed Training:	3x15yds	*Walk back rest b/w
	3x30yds	
	3x40yds	
Post Workout:	Cool down 800m + Static Stretching	

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Phase 3: Pre-Season Week #4 Position: Skill / Line Explosive Development Specific Conditioning Base

Day 1

Training Theme:	Acceleration / Overspeed	
Dynamic Warm-up:	Jog 400 meters + Dynamic A	
Sprint Drilling:	Level-IV + jog back after each drill	
Acceleration:	Face to Face resist 10yds sprint 15yds 3x	*Rest 45sec. b/w reps
	Face & Chase resist 10yds sprint 20yds 3x	Rest 45sec. b/w reps
Overspeed:	Downhill sprinting 5 degree slop 5x30vds	
D / W/	*Full rest b/w reps	2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -
Post Workout:	Cool down 800m + Static Stretching	

Day 2

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	800 meter progressive run + Dynamic B
Sprint Drilling:	Level-V + sprint after each drill
Agility:	4-Corners, Nebraska, Ladders, 4-Cone Reaction Drill 3xea
	*Rest 30sec. b/w reps
Plyo's:	Vertical J. Box J. Tuck J. Pike J. Lateral Box J. 2x15ea.
*Rest 45sec. b/w reps	SL Bounds 2x20yds, Hurdle Hops 2x6, SL Run 2x20yds
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-II + Sprint after everyother drill
Acceleration:	Resisted runs w/ harness resist 15yds sprint 20yds 5x
	*Rest 45sec. b/w reps
Overspeed:	Bungee Cord Runs 3x40yds
	*Full rest b/w reps
Post Workout:	Cool down 400m + Static Stretching

Training Theme:	Speed Endurance	
Dynamic Warm-up:	Jog 800 meters + Dynamic D	
Sprint Drilling:	Level-VI + jog back after every drill or Speedladder	
Speed Endurance:	6x150yds skill *1min. Rest b/w reps	
	6x100yds line	
Skill Running:	Position route running or 7on7	
Post Workout:	Cool down 800m + Static Stretching	

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Phase 3: Pre-Season Week #5 Position: Skill / Line Explosive Development Specific Conditioning Build

Day 1

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic A
Sprint Drilling:	Level-II + jog back after each drill
Acceleration:	Face to Face resist 40. I
64th earl Continues	Face & Chase resist 10yds sprint 20yds 3x *Rest 35sec. b/w reps
Overspeed:	Downhill sprinting 5 degree slop 5x30yds
MODE OF SERVICE PROPERTY.	*Full recovery b/w reps
Post Workout:	Cool down 800m + Hurdle Mobility 1x8 hurdles + Static Stretching

Day 2

Training Theme:	Plyometric / Agility	
Dynamic Warm-up:	800 meter progressive run + Dynamic B	
Sprint Drilling:	Level-IV + sprint after each drill	
Agility:	4-Corners, Nebraska, Ladders, 5-Cone Drill 3xea	
	*Rest 35sec. b/w reps	
Plyo's:	Vertical J. Box J. Tuck J. Alt Lateral Box J. SL Tuck J. 2x15ea.	
*Rest 45sec. b/w reps	Diagonal Hurdle Hops 2x6, SL Bounds, Speed Bounds 2x30yds	
Post Workout:	Cool down jog 5min. + Static Stretching	

Day 3

Training Theme:	Acceleration / Overspeed	
Dynamic Warm-up:	Jog 400 meters + Dynamic C	
Sprint Drilling:	Level-II + Sprint after everyother drill or Speedladder	
Acceleration:	Resisted harness runs resist 15yds sprint 20yds 5x	
	*Rest 45sec. b/w reps	
Overspeed:	Bungee Cord Runs 3x40yds	
	*Full recovery b/w reps	
Post Workout:	Cool down 800m + Static Stretching	

Training Theme:	Speed Endurance Jog 800 meters + Dynamic D	
Dynamic Warm-up:		
Sprint Drilling:	Level-VI + jog back after every drill	
Speed Endurance:	6x150yds skill 6x100yds line	*Jog back rest b/w reps
Skill Running:	Position route runr	ning or 7on7
Post Workout:	Cool down 800m +	- Static Stretching

Sport:	Football	Duration: May - August		Washula
Position:		Explosive Development		Week #6
	21110	TEXPlosive Development	Specific Conditioning	Recovery

Day 1

Training Theme:	1st Step Quickness / Plyometric	
Dynamic Warm-up:	Progressive 400 meter Run + Dynamic E	
Sprint Drilling:	Level-V + jog back after each drill or Speedladder	
1st Step Quickness:	Multi-Positional Starts 8x20yds *Walk back rest b/w reps	
	Before start do the following jumps1x: Tuck, Vertical, Pike, Broad, I	
Plyo's:	(Plyos barefoot in sand) Ankle Hop, Tuck J. Star J. 2x15ea	
B 2000 3	Side to Side Hops, Broad J. SL Tuck J. 2x15ea. *Rest 45sec h/w set	
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching	

Day 2

Training Theme:	Specific Agility	
Dynamic Warm-up:	400 meter run + Dynamic F	
Sprint Drilling:	Level I + sprint after each drill	
Agility:	Pro-Agility (multiple starting positions) Off-Set Weave 2xea.	
	X-Box, 4-Corners, Ladders 2xea. *Rest 45sec. b/w reps	
Skill Running:	Position route running or 7on7	
Post Workout:	Cool down Bike 5min. + Static Stretching	

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 800 meters + Dynamic A
Sprint Drilling:	Level III + Sprint after everyother drill
Acceleration:	Resisted Sled Towing (alt. heavy / light pulls) 6x30yds
	*Rest 1min. b/w reps
Overspeed:	Downhill sprinting 5 degree slop 5x40yds
	*Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	Jog 400 meters + Dynamic B
Sprint Drilling:	Leve IV + jog back after every drill or Speedladder
Plyo's:	Speed Bounds, Power Skips, Power Bounds 2x40yds ea.
	SL Runs, Combo Bound LLR, RRL 2x40yds ea. *Rest 45sec. b/w se
Agility:	T-Agility, Fast Foot Drill, L-Agility 2xea. *Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Phase 3: Pre-Season Week #7 Position: Skill / Line Explosive Development Specific Conditioning Perform

Day 1

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Progressive 400 meter Run + Dynamic D
Sprint Drilling:	evel-II + iog back efter and bill
Acceleration:	Level-II + jog back after each drill or Speedladder Face to Face resist 10vds / aprint 20vds 2
	Face to Face resist 10yds / sprint 20yds 3x *Rest 45sec. b/w reps Face & Chase resist 15yds / sprint 40yds 3x
Overspeed:	Bungee Runs 3x40yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching
	533. Gorm Goom + Static Stretching

Day 2

Training Theme:	Agility / Plyometric
Dynamic Warm-up:	800 meter progressive run + Dynamic E
Sprint Drilling:	Level-I + sprint after each drill
Agility:	4-Cone Reaction Drill w/ ball 5x(3,4,5,6,7) cones
	rennis Ball Reaction Drill 5x10balls *Past 45ccc h/www.
Plyo's:	Z looted Stall J. Lateral 2 footed Stair J. St. Stair J. 202000
Post Workout:	Lateral Box J, Cycled Box J (speed) 2v20 Donth L LE Donth
rost workout:	Cool down Bike 5min. + Static Stretching

Day 3

Acceleration / Overspeed	
Speed Trainer	
	t 15vde & book Fy
Optimi Sprinting 5-10 degree slop 3x20vds	*Rest 1min. b/w reps
Downhill sprinting 5 degree slop 3x20yds	*Full Recovery b/w reps
Cool down 800m + Hurdle Mobility 2x8 burd	
	Acceleration / Overspeed Jog 400 meters + Dynamic F Speed Trainer Harness Resisted Runs resist 15yds / sprint Uphill Sprinting 5-10 degree slop 3x20yds Downhill sprinting 5 degree slop 3x20yds Cool down 800m + Hurdle Mobility 2x8 hurd

Training Theme:	1st Step Quickness / Agility
Dynamic Warm-up:	Progressive 800 meter run + Dynamic A
Sprint Drilling:	Level-V + jog back after every drill
1st Step Quickness:	Med Ball Throw & Sprint: Rocket, Between Leg Forward Toss,
	Overhead Backward Toss 3xea. *Rest 30sec. b/w reps
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Phase 3: Pre-Season Week #8 Position: Skill / Line Explosive Development Specific Conditioning Base

Day 1

Training Theme:	Plyometric / Acceleration
Dynamic Warm-up:	Jog 800 meters+ Dynamic B
Sprint Drilling:	Level-III + jog back after each drill or Speedladder
Plyo's:	Horizontal Ankle hops, Power Skips, Vertical J. 2x30vds ea
A I	Broad J. to Tuck J. SL Run, Speed Bounds 2x30vds ea
Acceleration:	Resisted Sled Towing 3x30yds heavy / 3x40yds light
Post Workout;	*Rest 1min. b/w reps
Post Workout;	Cool down 800m + Static Stretching

Day 2

Training Theme:	Agility / Straight line Sprinting	
Dynamic Warm-up:	400 meter progressive run + Dynamic C	
Sprint Drilling:	Level II + sprint after each drill	
Agility:	4-Cone Reaction Drill w/ ball 7x10sec.	*Rest 45sec. b/w reps
	Tennis Ball Reaction Drill 7x10sec.	rest 10000. D/W Teps
Skill Running:	Position route running or 7on7	
Post Workout:	Cool day Bill 5	
r ost Workout.	Cool down Bike 5min. + Static Stretching	

Day 3

Training Theme:	Plyometric / Overspeed	
Dynamic Warm-up:	Jog 800 meters + Dynamic D	
Sprint Drilling:	Level-V + jog back after every drill	
Plyo's:	(Done barefoot in sand) Ankle hops, Sq. to Vertical J. 2x10ea	
	Pike J. Side to Side J. SL Tuck J. 2x10ea. *Rest 45sec. b/w sets	
Overspeed:	Bungee Cord Runs 5x40yds *Full recovery b/w reps	
Post Workout:	Cool down 800m + Static Stretching	

Training Theme:	Acceleration / Agility
Dynamic Warm-up:	400 meter progressive run + Dynamic E
Sprint Drilling:	Speed Trainer
Acceleration:	Harness Resisted runs resist 15yds / sprint 20yds 5x
	*Rest 45sec. b/w sets
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning Football Duration: May - August Phase 3: Pre-Season Position: Skill / Line Week #9 Explosive Development Specific Conditioning Build

Day 1

Sport:

Training Theme:	Agility / Straight line Sprinting	
Dynamic Warm-up:	Jog 400 meters+ Dynamic F	
Sprint Drilling: Agility:	Level-II + jog back after each drill	
Skill Running:	4-Cone Reaction Drill 5x5cones L-Agility, Nebraska Agility 3xea.	*Rest 30sec. b/w reps
	Position route running or 7on7	
Post Workout:	Cool down 800m + Hurdle Mobility 23	x8 hurdles + Static Stretching
Day 0		- are static Stretching

Day 2

Acceleration / Overspeed
800 meter progressive run + Dynamic A
Speed Trainer
Resisted Harness runs resist 20yds no sprint 5x20yds
Resisted Harness runs resist partner laterally 10yds / sprint 15yds 2xea
Downhill Sprinting 5 degree slop 5x30yds *Full Recovery b/w reps
Cool down Bike 5min. + Static Stretching
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Day 3

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	Jog 400 meters + Dynamic B
Sprint Drilling:	Level-I + jog back after every drill
Plyo's:	(Uphill Plyos) Ankle hops 2x15, Speed Bounds 2x20yds, Broad J. 2x10
Skill Running:	Position route running or 7on7 *35sec. Rest b/w sets
Post Workout:	Cool down 800m + Hurdle Mobility 1x6 + Static Stretching
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Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	800 meter progressive run + Dynamic C
Sprint Drilling:	Level-III + Sprint affor every other 1211
Acceleration:	Level-III + Sprint after every other drill or Speedladder Resisted Sled Towing light 5x40yds *Rest 1min. b/w reps
Overspeed:	Bungee Cord Runs 7x40yds *Full Recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

	ootball	Duration: May - August	Phase 3: Pre-Season	Week #10
Position: S	skill / Line	Explosive Development	Specific Conditioning	Recovery

Day 1

Training Theme:	Plyometric / 1st Step Quickness
Dynamic Warm-up:	Jog 800 meters+ Dynamic B
Sprint Drilling:	Level-I + jog back after each drill
Plyo's:	Speed Bounds, Power Bounds, Power Skips 3x30yds ea.
	SL Vertical J. Broad J. 3x15 SL Bounds 3x20yds *Rest 45sec. b/w rep
1st Quickness:	Multi-positional starts 10x20yds *Walk back rest b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Agility / Acceleration	
Dynamic Warm-up:	400 meter progressive run + Dynamic C	
Sprint Drilling:	Level-II + sprint after each drill	
Agility:	4-Cone Reaction Drill w/ ball 7x10sec.	*Rest 30sec. b/w reps
	Tennis Ball Reaction Drill 7x10sec.	Treet dedder by Wileps
Acceleration:	Face to Face resist 15yds sprint 30yds 3x	*Rest 1min. b/w reps
	Face, Chase & Race resist 10yds sprint 20yds & back 3x	
Post Workout:	Cool down Bike 5min. + Static Stretching	

Day 3

Training Theme:	Plyometric / Overspeed	
Dynamic Warm-up:	Jog 800 meters + Dynamic D	
Sprint Drilling:	Level-V + jog back after every drill or Speedladder	
Plyo's:	Box J. (speed), Alt. Lateral Box J. Cycled Box J. 2x20ea.	
*Rest 45sec. b/w reps	SL Stair J. SL Box Push-Off, Alt. Lateral Box J. 2x10ea.	
Overspeed:	Down Hill Sprinting 5 degree slop 7x30yds	
	*Full recovery b/w reps	
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching	

Training Theme:	Speed Endurance	
Dynamic Warm-up:	400 meter progressive run + Dynamic E	
Sprint Drilling:	Speed Trainer	
Speed Endurance:	Line: 3x100yds *Jog back rest b/w reps Skill: 3x150yds	
Skill Running:	Position route running or 7on7	
Post Workout:	Cool down 800m + Static Stretching	

Sport:	F41-11		gin & conditi	uning
	01 111 1 1 1		Phase 3: Pre-Season	Week #11
Position:	Skill / Line	Explosive Development	Specific Conditioning	Perform

Day 1

Plyometric / Acceleration
Jog 800 meters+ Dynamic B
Level-III + jog back after each drill
Horizontal Ankla hans Tark I Silver a
Horizontal Ankle hops, Tuck J. Side to Side Hop 1x20ea.
Speed Bounds, SL Run, Combo Bound 1x30yds ea.
8x40yd race model
Cool down 800m + Static Stretching
Section 1

Day 2

Agility / Specific Conditioning
400 meter progressive run + Dynamic C
Level-II + sprint after each drill
Pro-Agility, X-Box, Tennis ball Reaction, Off-Set Weave 3xea.
*Rest 30sec. b/w sets
Position route running or 7on7
Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Plyometric / Overspeed	
Dynamic Warm-up:	Jog 800 meters + Dynamic D	
Sprint Drilling:	Level-V + jog back after every drill or Speedladder	
Plyo's:	(On Stairs) 2-footed hops every step, SL hops every step 2x20ea.	
*Rest 45sec. b/w sets	Power Bound, 2-footed Broad J. SL Bounds 2x20yds ea.	
Overspeed:	Bungee Cord Runs 6x40yds *Full recovery b/w reps	
Post Workout:	Cool down 800m + Static Stretching	

Training Theme:	Acceleration / Agility	
Dynamic Warm-up:	400 meter progressive run + Dynamic E	
Sprint Drilling:	Speed Trainer	
Acceleration:	Resisted Sled Towing heavy 3x20yds light 3x30yds	
	*Rest 1min. b/w reps	
Agility:	4-cone reaction w/ ball 5x10sec. Tennis ball reaction 5x10sec.	
	Pro-Agility 3xea *Rest 30sec. b/w reps	
Post Workout:	Cool down 800m + Static Stretching	

Sport:	Football	Duration: May - August	Phase 3: Pre-Season	Week #12
Position:	Skill / Line	Explosive Development	Specific Conditioning	Base

Day 1

Training Theme:	Acceleration / Agility	
Dynamic Warm-up: Jog 400 meters + Dynamic C		
Sprint Drilling:	Level-I + jog back after each drill or Speedladder	
Acceleration:	Resisted harness runs resist 10yds sprint 20yds 5x	
	*Rest 45sec. b/w reps	
Agility:	Pro-Agility, X-Box, Off-set weave 2xea.	
	*Rest 30sec. b/w reps	
Post Workout:	Cool down 800m + Static Stretching	

Day 2

Training Theme:	Plyometric
Dynamic Warm-up:	800 meter progressive run + Dynamic D
Sprint Drilling:	Speed Trainer + jog back rest b/w
Plyo's:	Tuck J. 2x10, Speed Bounds 2x20yds, Power Skip 2x20yds
*Rest 45sec. b/w sets	Side to Side hop over barrier 2x20, Continuous Broad J. 2x10
Post Workout:	Cool down jog 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Speed Endurance
Dynamic Warm-up:	Jog 400 meters + Dynamic E
Sprint Drilling:	Level-V + Jog back b/w
Acceleration:	Resisted Sled Towing (light) 5x30yds
	*Rest 1min. b/w reps
Speed Endurance:	300yd Shuttle (25yds 6 round trips)1x
Post Workout:	Cool down 400m + Hurdle Mobility 1x6 hurdles + Static Stretching

Training Theme:	Start Technique Training
Dynamic Warm-up:	Jog 800 meters + Dynamic F
Sprint Drilling: Level-III + Sprint 10 meters after each drill or Speedladder	
Speed Training:	40yd starts: x 5-10 at 15yds *Walk back rest b/w
Post Workout:	Cool down 800m + Static Stretching

- *These drills are intended to be done after a thorough warm-up and are designed to enhance mechanical aspects of sprinting.
- *Athletes must perform drills slowly at first to gain proficiency then increase speed of movement with-in the drill.
- *When performing drills athletes should complete them with the goal of taking as many foot contacts or steps between the beginning and end of each drill.
- *Once proficiency is gained in drills, athletes must develop the intent to move quickly with-in each drill.

Level - I Sprinting Drills

*The following drills should be done over a distance of 10-20 meters

	Sprinting Drills (done for time, reps & distance)
	T. Faw & Claw (1x20 sec. continuous)
	2. Seated Toe Taps (1x20 sec. Continuous)
	5. Seated Arm Swings(1x20 sec. Continuous)
	4. Wall Runs (1x10 sec. Continuous)
	5. "A" March
	6. Walking Lunges
	7. "A" Skip
	8. Ankling
	9. Straight Leg Shuffle
	10. Low Knee Butt Kicks
	11. Straight Leg Toe Touches
	12. "B" March
	13. Carioca (left & right sides)
İ	14. "B" Skip
-	

- *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Level - I Weekly Progressions
Week #1. Drill 10 meters + iog back
Week #2: Drill 15 meters + sprint 10 meters after every other drill
Week #0. Drill 20 Meters + sprint 15 meters after every other drill
Week #4: Drill 20 meters + sprint 20 meters after each drill

*Skillfull execution of these drills should be emphasized prior to introducing the following Level II series.

Level - II Sprinting Drills

*The following drills should be done over a distance of 15-25 meters

Sprinting Drills (done for time, reps & distance)
1. Paw & Claw (1x30 sec. + arm cycle + cue)
2. Seated Toe Taps (1x30 sec. continuous)
3. Weighted Seated Arm Swings (1-2lbs.) 2x20 sec. continuous
4. Wall Runs + Cue Sequence (3,5,7,9,11,13 foot strikes)
5. Change of Support
6. Ball of Foot Skip (alternating legs)
7. "A" Side "A" Front
8. Double "A" Skip
9. Straight Leg Run
10. High Knee Carioca (left & right sides)
11. Retro Walking Lunge
12. High Knee Butt Kicks
13. Retro Run
14. Alternate Leg Foot Touch
15. Horizontal Wideouts

- *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Level - II Weekly Progressions
Week #1: Drill 15 meters + jog back
Week #2: Drill 20 meters + sprint 10 meters after every other drill
Week #3: Drill 25 meters + sprint 15 meters after every other drill
Week #4: Drill 25 meters + sprint 20 meters after each drill

*Skillfull execution of these drills should be emphasized prior to introducing the following Level III series.

Level - III Sprinting Drills

*The following drills should be done over a distance of 20-25 meters

- 10 20 mcters
Sprinting Drills (done for time, reps & distance)
T. Weighted Faw & Claw (ankle weights) 4.00
3. Weighted Seated Arm Swings (2-3lbs.) 2x20 sec. continuous 4. Wall Runs + Cue Seguence (2.5.7.0.1)
4. Wall Runs + Cue Sequence (3,5,7,9,11,13 foot strikes)
5. Skater Bound + pause
6. Fast Foot Carioca (left & right sides)
7. Skater Bound (speed)
8. Fast Leg Singles (left then right)
9. "A" Run
10. Fast Leg Doubles (left then right)
11. "B" Run
12. Continuous Fast Leg (left then right)
13. Retro Skater Bound + pause
14. Continuous Non Alternate Leg "B" Skip
15. Retro Skater Bound (speed)
(speed)

- *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Week #1: Drill 20 meters + jog back
Week #2: Drill 25 meters + sprint 10 meters offer every all
1. Dilli do liletels + sprint 15 meters offer every att
Week #4: Drill 30 meters + sprint 20 meters after each drill

^{*}Skillfull execution of these drills should be emphasized prior to introducing the following Level IV series.

Level - IV Sprinting Drills

*The following drills should be done over a distance of 15-25 meters

Sprinting Drills (done for time, reps & distance)

- 1. Resisted Paw & Claw (ankle tubing) 1x25 sec. + arm cycle (1-2lbs) + cue
- 2. Seated Toe Taps 2x30 sec. continuous
- 3. Weighted Seated Arm Swings (4-5lbs.) 2x15 sec. continuous
- 4. Resisted Wall Runs (ankle tubing) 2x10 sec. continuous
- *The following drills are done with 2.5 5 lb. ankle weights or ankle tubing of varying resistance.
- 5. Change of Support
- 6. "A" Skip
- 7. Straight Leg Toe Touch
- 8. "A" Side "A" Front
- 9. Straight Leg Shuffle
- 10. Double "A" Skip
- 11. Lateral Shuffle (left & right)
- 12. High Knee Butt Kicks
- 13. Horizontal Wideouts
- 14. "B" Skip
- 15. Fast Leg Alt. Singles (1x left then 1x right, 1x right then 1x left)
- 16. Retro Run
- 17. Fast Leg Alt. Doubles (2x left then 2x right, 2x right then 2x left)
- 18. High Knee Carioca
- 19. Continuous Fast Leg (left & right)
- *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Level - IV Weekly Progressions

- Week #1: Drill 10 meters + jog back
- Week #2: Drill 15 meters + sprint 10 meters after every other drill
- Week #3: Drill 20 meters + sprint 15 meters after every other drill
- Week #4: Drill 20 meters + sprint 20 meters after each drill
 - *Skillfull execution of these drills should be emphasized prior to introducing the following Level V series.

Level - V Sprinting Drills

*The following combination drills should be done in segments of 10-15 meters

Sprinting Drills (done for time, reps & distance)
1. Paw & Claw (ankle tubing or ankle weights) 1x30 sec. + arm cycle + cue
2. Ocated Toe Taps 3x20 sec. continuous
3. Weighted Seated Arm Swings (4-5lbs.) 3v10 according
4. Wall Runs (ankle tubing or ankle weights) 3x10 sec. continuous
e de la continuous

^{*}The following drills should be mastered before they are attempted with 2.5 - 5 lb. ankle weights or ankle tubing of varying resistance.

Sprint Drill "Doubles"

5. Ankling + Straight Leg Shuffle
6. Low Knee Butt Kicks + High Knee Butt Kicks
7. Change of Support + "A" Skip
8."A" Side "A" Front + Double "A" Skip
9. "B" March + "B" Skip
10. Lateral Shuffle + High Knee Carioca (left then right sides)
11. Horizontal Wideouts + Alternate Leg Foot Touches
12. Retro Skip + Retro Run
13. Alt. Fast Leg Singles + Alt. Fast Leg Doubles
14. Continuous Fast Leg Right + Continuous Fast Leg Left

- *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Level - V Weekly Progressions
Week #1: Drills done for 10 meter segments + log book
Week #2: Drills done for 15 meter segments + sprint 10 meters effect and the segments of the s
Treat no. Dring dolle lot 20 Meter segments + enricht 15 motors offen and
Week #4: Drills done for 20 meter segments + sprint 20 meters after each drill

^{*}Skillfull execution of these drills should be emphasized prior to introducing the following Level VI series.

Level - VI Sprinting Drills

*The following combination drills should be done in segments of 10-15 meters

Sprinting Drills (done for time, reps & distance)

- 1. Paw & Claw (ankle tubing or ankle weights) 1x30 sec. + arm cycle + cue
- 2. Seated Toe Taps 3x20 sec. continuous
- 3. Weighted Seated Arm Swings (4-5lbs.) 3x10 sec. continuous
- 4. Wall Runs (ankle tubing or ankle weights) 3x10 sec. continuous
- *The following drills should be mastered before they are attempted with 2.5 5 lb. ankle weights or ankle tubing of varying resistance.

Sprint Drill "Triples"

- 5. Ankling + Alternate Ball of Foot Skip + Straight Leg Shuffle
- 6. Low Knee Butt Kicks + Straight Leg Run + High Knee Butt Kicks
- 7. Change of Support + "A" Skip + Double "A" Skip
- 8."A" March + "A" Side "A" Front + "A" Run
- 9. "B" March + "B" Skip + Continuous Non Alt. "B" Skip (5 meters each leg)
- 10. Lateral Shuffle + High Knee Carioca (left then right sides)
- 11. Horizontal Wideouts + Alternate Leg Foot Touches + Straight Leg Run
- 12. Retro Walking Lunge + Retro Skip + Retro Run
- 13. Alt. Fast Leg Singles + Alt. Fast Leg Doubles + Ball of Foot Skip
- 14. Continuous Fast Leg Right + Continuous Fast Leg Left + Single Leg Run L/R
 - *At the conclusion of each or everyother drill a sprint of 10-20 meters may be added to increase intensity.
 - *A jog back to the start should be done for rest between each drill and acceleration.

Level - VI Weekly Progressions

Week #1: Drills done for 10 meter segments + jog back

Week #2: Drills done for 15 meter segments + sprint 10 meters after every other drill

Week #3: Drills done for 20 meter segments + sprint 15 meters after every other drill

Week #4: Drills done for 20 meter segments + sprint 20 meters after each drill

Level - VII Sprinting Drills

*The following drills should be done over a distance of 15-30 meters with a jog back to the start for rest in between each drill.

Speed Trainer

1. Walking Lunge
2. Ankle Hops
3. Sprint 15 meters from 3 pt. stance
4. Change of Support
5. Alternate Ball of Foot Skip
6. Sprint 20 meters - Tall & Fall
7. "A" Skip
8. Speed Bound
9. Sprint 25 meters - Push-up & Go
10. "B" Skip
11. Power Bound
12. Sprint 30 meters - Bow, Touch & Go
13. High Knee Butt Kicks
14. Continuous Broad Jumps
15. Sprint 15 meters - Push-up, Vertical J. & Go
16. Fast Leg Alternating Singles
17. Single Leg Bound (switch half way)
18. Tuck Jump x5 + Sprint 20 meters
19. Double "A" Skip
20. Power Skip (height & distance)
21. Side to Side Tuck Jump x6 + Sprint 25 meters
22. "A" Side "A" Front
23. Combo Bound: Left, Left, Right - Right, Right, Left
24. Sprint 30 meters - 4 pt. stance

*As a part of each athletes speed development it is critical that great attention is given to the selected sprint technique drills (levels I-VII). These drills will serve as the basis for proper enhancement and correction of mechanical errors.

Sprinting Methods: "The Start"

- *When starting in a 3-point stance, the athlete's front foot should be a foot's length away from the starting line. The back foot should be a half to whole foot's length behind the front foot's heel. The feet should be about hip width appart.
- *The opposite hand of the front foot should be down just behind the starting line and the other arm should be cocked back ready to swing through at the start.
- *In this position the athlete's front leg (strong side) should have a 90 degree angle and the back leg (quick side) should be around 120 degrees.
- *A glance from the side of the athlete should show that the hips are raised slightly higher than the shoulders.
- *The athlete must maintain a forward body lean and equal weight displacement on both feet in the starting position for an efficient take off.
- *In the starting position the athlete should lift the hips into the "get set position" and inhale to about 80% of max consumption. Athlete must also maintain tension in legs or constant pressure prior to taking off.
- *In the first step of the start, the athlete should forcfully swing the cocked arm through, step forward with the opposite leg and keep the breath held.
- *When the athlete takes off, they should have a good amount of forward lean so that they feel as if they were falling forward and trying to get their feet underneath their hips.
- *This phase of the race is referred to as the "acceleration phase" and to develop maximum velocity an athlete should try to maintain this phase for up to 15-25 meters.
- *Athletes who "pop-up" immediately need to be corrected because they are not developing proper acceleration mechanics and may lose large amounts of time racing in this manner.
- *In the acceleration phase the athlete should focus the eyes downward and gradually bring the head up as they accelerate through 15-25 meters.

Sprinting Methods: "Race Modeling"

- *For an athlete to compete in high level situations, there must be a sound plan or technical preparation for achievment. Therefore, when racing in short sprints (i.e.) the 20, 40 yard and 100 meters a coach must devise a plan for optimum performance if an athlete is to be successful. Race Modeling is a formulated game plan for an athlete to utilize during a race and should be repeated many times to ensure that it fits the athlete's skill level and promotes improvement.
- 1. Athlete must establish a consistant starting position that is practiced the same way each time they start and be able to replicate it without much thought during competition.
- 2. Acceleration mechanics must be worked on by utilizing the following drills seen in the later portion of this training section. *Ex. Resisted Running, Wall Runs, Towing ect.*
- 3. Once proper development in speed strength, flexibility and acceleration technique is achieved, the athlete should then move on to specific breathing patterns for their race.

			20 yard R	ace Model	5.55		
Start ^		٨		Finish	-Exhale at	finish	
-Inhale -Hold to	80% max ca 10 yards th	10yds apacity and hold en exhale, inha	d in "get set po ale and hold to	20yd sition" finish (some a		hold breath	to finish)
Start		٨	40 yard R	ace Model	٨		Finish
		NAME AND ADDRESS OF TAXABLE PARTY.					
		15yds		30	yds		40yd
-Inhale a -Hold to	80% max ca 15 yards, e	15yds pacity and holo xhale & inhale.	l in "get set po Hold to 30 yar	sition" ds repeat prev		ue and hold	
-Inhale and to Start	80% max ca 15 yards, e	pacity and hold	l in "get set po Hold to 30 yar	sition"		ue and hold	

- -Inhale 80% max capacity and hold in "get set position"
- -Hold to 15 yards then exhale, inhale and hold to 30 yards
- -Repeat breathing pattern at: 45, 60, 75, 90 hold to finish then exhale

Straight Line Sprinting

*With the start of any speed training program it is critical that an athlete establish a solid foundation prior to engaging in resisted, overspeed, and plyometric training protocols. It is suggested that athletes complete 4-6 weeks of straight line sprinting, sprint technique drills I-VII and agility drills. Completing basic sprint training will allow an athlete to develop proper strength in tendons, ligaments and control through enhanced intra-muscular coordination. This will decrease the risk of injury and increasing the liklihood an athlete will progress properly without over training.

Acceleration

*This type of sprinting method is done primaraly to increase an athletes stride frequency or turnover. When beginning this type of training it is important that each athlete learns how to take-off from multiple starting positions with correct mechanics. (see "the start" above)

Partner Face to Face 10-20yds 1 10-40yds 2 A Y A Y gets resisted by "B" at shoulde "A" gets released & sprints to desired cone

- 1. At the start "A" leans forward (45 degrees) and drives into "B" with arms & knees driving foreward
- 2. When athletes reach cone #1 "B" moves to side and lets "A" sprint to cone #2

		Partner Fac		
	10-20yds	1	10-40yds	2
٨				^

[&]quot;A" gets resisted by "B" at shoulders.

- *Athlete "A" starts in crouch position with athlete "B" resisting A's shoulders
- 1. Start is the same as the Face to Face drill
- 2. When athletes reach cone #1, "B" will push off slightly on "A".
- 3. "A" must try to catch "B" before reaching cone #2

^{*}Athlete A starts in crouch position with athlete B resisting A's shoulders

[&]quot;A" then gets released & sprints to tag "B" on back before getting to cone

Resisted Running
Face, Chase & Race

- *Athlete "A" starts in crouch position with athlete "B" resisting A's shoulders
- 1. Start is the same as the Face to Face drill
- 2. When athletes reach cone #1, "B" will slightly push off "A's" shoulders
- 3. "A" & "B" will sprint down to cone #2 and back through cone #1

Harness Resisted Runs

*Athletes can get a great acceleration workout from utilizing simple equipment that is easily accessable to them. Examples: athletes may use their own shirt, sweat pants, towel, rope, or strape for a harness that is used to resist another athletes forward momentum while sprinting



- *Athlete "A" starts in various positions athlete "B" resists using a harness around "A's" waist
- 1. Athlete "A" starts on command with "B" providing a considerable amount of resistance
- 2. "A" should focus on staying low and falling forward with arms and knees driving quickly
- 3. Athletes that are being resisted should not try to power through the resistance but rather be smooth and quick through the resistance
- 4. The forward movement speed in the resisted zone is to be slow, focusing on as many foot contacts as possible. A cue for this drill is to get as many foot touches as possible between the two cones
- 5. In this drill series an athlete can be resisted laterally or shuffling in the resisted zone
- 6. Another variation of this drill can be done by being resisted backpeddling

Towing

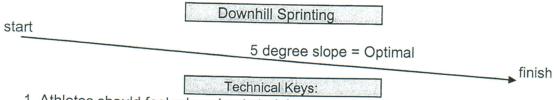
*Towing can be done by using a sled or parachute for added resistance. Various methods can be implemented when using towing apparatuses to enhance acceleration. 1st athletes can utilize a light resistance which allows them to work at near sport specific velocity's. 2nd athletes can use a heavily weighted sled or larger parachute that develops speed strength. For maximal development of accelerative abilities athletes should utilize both methods with in the weekly conditioning plan.

Technical Keys:

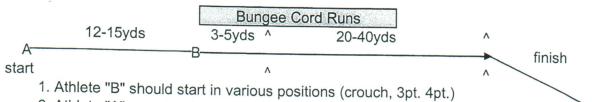
- 1. Towing is generally done over short distances ranging from 10-50yds.
- 2. Athletes should start in sport specific positions they are in on the playing field.
- 3. When performing towing drills quick forward & backward arm swing at 90 degrees along with explosive knee drive in which the athlete is leaning forward at 45-65 degrees.

Overspeed Running

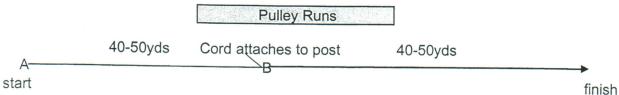
*Overspeed training requires that an athlete has a substantial amount of leg strength & flexibility prior to engaging in this method of training. Athletes that don't have adequate strength & flexibility maybe prone to injury in hamstring, quad, & hip musculature. It is suggested that athletes start with the easiest method of Overspeed training which would be considered the Downhill Sprint. When athletes have reached a competent level of proficiency in this drill they could progress to more intensive training with bungees & speed assisters.



- 1. Athletes should feel relaxed not straining as they perform an overspeed run
- 2. Ground contact with foot should be directly under the hip not extended and reaching
- 3. Proper arm action should be maintained & no noticeable slowing down during rep
- 4. Athletes should increase their 40yd time by at least .2 sec. in a 100% rep
- 5. Full recovery should be given when performing these runs
- 6. The steeper the slope over 5 degrees = slower time / breakdown of mechanics

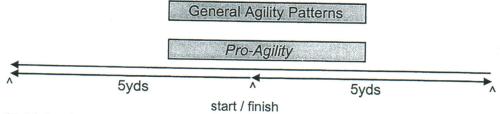


- 2. Athlete "A" can start in a crouch or 3pt.
- "B" should sprint as fast as possible maintaining good forward lean driving knees & pumping arms forcefully. This should look similar to a resisted harness run.
- 4. When "B" reaches the first set of cones (3-5yds) "A" will take off and sprint at 100% through the last set of cones.
- 5. It is important that when "B" reaches the last set of cones or when he/she feels the tension on the cord dissipate they sprint on a sharp angle so that tension is maintaned

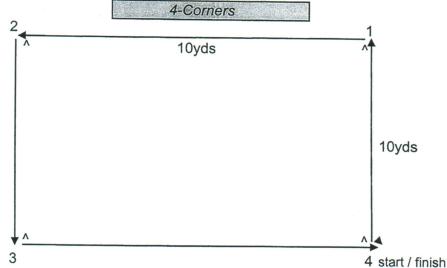


- 1. Athlete "B" should start in various positions (crouch, 3pt. 4pt.)
- 2. Athlete "A" can start in a crouch
- 3. "B" should start gradually not trying to accelerate at 100%. "B" should sprint at 70-85%
- 4. "A" starts when "B" starts so there is constant tension on the cord
- 5. "A" should maintain proper technique & max speed for approximately 60-80yds

*Agility is the ability to rapidly change directions without the loss of speed, balance or body control. Training methods for developing specific agility as it pertains to an athletes sport must encompass similar patterns of movement that an athlete will mimic with-in a given play, approach, or response to another competitor. A progressive implementation of agility training should go from general to specific to maximize performance results. General agility patterns should include pre-determined courses that challenge an athletes awarness, bodycontrol and accelerative ability. Specific drills should include patterns that are not pre-determined so an athlete is forced to react to change of direction that they would encounter in a competitive situation



- *Athlete starts in various positions (3pt., 4pt., ready position)
- *Two athletes should compete across from each other
- *Start by going toward right or left cone (5yds)
- *Quickly turn facing cone sprint (10yds) to other cone
- *Turn facing cone and sprint (5yds) through middle cone



- *Athlete starts in various positions (3pt., 4pt., ready position)
- *Once athlete gets to 1st cone the next athlete goes
- *Patterns for drill may vary
- 1. Back peddle to #1, shuffle to #2, sprint to #3, carioca to #4
- 2. Sprint to #1 (turn facing cone), carioca to #2, back peddle to #3, shuffle to #4
- 3. Sprint through all cones (sharp change of direction at each cone)
- 4. Shuffle/carioca to #1, sprint to #2, shuffle/carioca to #3, sprint to #4

General Agility Patterns

Nebraska Agility

start

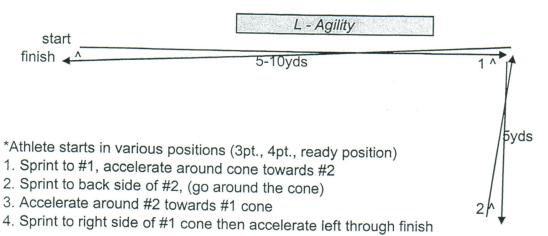
5-10yds

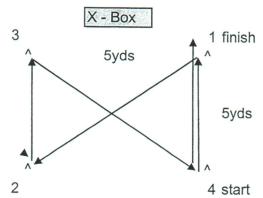
1 ^

5yds

3 ^ finsh

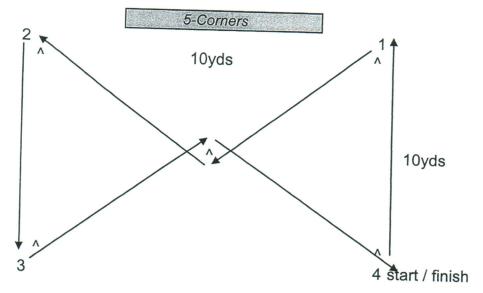
- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to #1, accelerate around cone in the direction of #2 cone
- 2. Sprint to back side of #2, (go around the cone) then backpeddle through #3



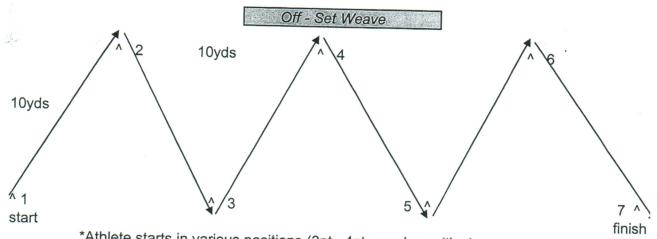


- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to #1, touch cone, quickly turn and sprint diagonally towards #2
- 2. Touch #2, then sprint to #3, quickly turning and sprinting diagonally towards #4
- 3. Touch #4, then sprint through #1

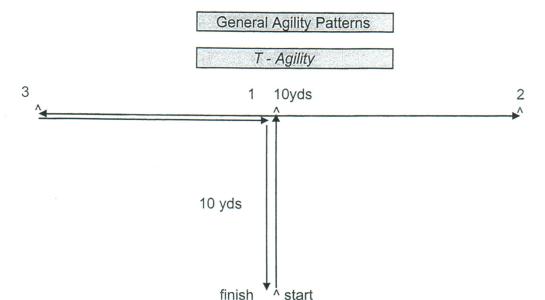




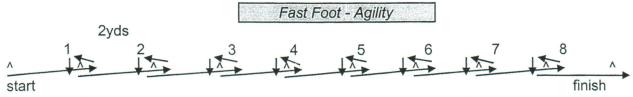
- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to #1, (going around cone) accelerate to middle cone
- 2. Go around middle cone and sprint to #2, then towards #3, back to middle
- 3. Turn diagonally and sprint through finish



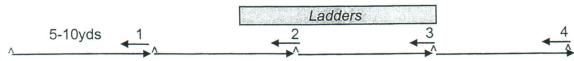
- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to #1, shuffle to #2, (repeat the following patterns to finish)
- 2. Shuffle to #1, sprint to #2
- 3. Sprint to #1, carioca to #2
- 4. Carioca to #1, sprint to #2
- 5. Sprint to #1, backpeddle to #2
- 6. Backpeddle to #1, sprint to #2



- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to #1, shuffle to #2 or #3 cone
- 2. Sprint back to #1
- 3. Turn and backpeddle through finish



- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Sprint to right or left of #1 cone
- 2. Complete a circle around the cone
- 3. Accelerate to the same side of the next cone
- 4. Athlete should continue same pattern for entire length of course
- 5. Athlete can also alternate sides each cone



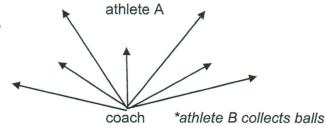
start/finish

- *Athlete starts in various positions (3pt., 4pt., ready position)
- 1. Athlete can sprint, shuffle, carioca to #1 cone then back to starting cone
- 2. Repeat until athlete finishes working through all cones.
- 3. Use a variety of movement patterns: sprint to #1, backpeddle to starting cone Shuffle to #1, sprint back to start. Sprint to #1, Vertical Jump at cone & carioca back

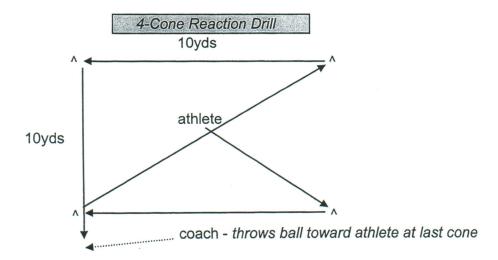
Specific Agility Patterns

Tennis Ball Reaction Drill

*Throw ball with-in 10yd diameter



- *Athlete starts in ready position (facing coach or away)
- 1. Athlete stands 5-10yds away from coach
- 2. Coach bounces ball off ground in pre-determined spot
- 3. Athlete must react to ball and catch it in one bounce
- 4. Coach throws another ball when athlete reaches 1st ball
- 5. Athlete should toss ball back to another athlete who gathers the balls and places them into a bucket
- 6. Use time limit 10-45sec. Or 3-15 balls or until athlete fails to secure the ball



- *Athlete starts in ready position (facing coach)
- 1. Athlete stands in the center of the 10x10yd box
- 2. Coach will indicate by pointing with ball to cone the athlete should sprint to
- 3. Athlete should use specific defensive technique for dropping into coverage
- 4. Coach can start with directing athlete to 3 cones, 4, 5, 6 etc. or timed method
- 5. Above is an example of a 5 cone rep that is done in random order

50000000000				Law of September 2015 and the September 2015
Sport:	Schmidt	Duration: May - August	Pre-Season Phase	Week #1
Name:	Schmidt	Collegiate Balistic Development	Meso #1: Explosive Reload	Olympics: 70%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt7	Wt 8	Wt 9	Wt 10
Clean Pull / F	165	4	x3	135	135	135	135						
Back Squat / BB + Sq. to TJ 3x5	215	4	x5	120	140	165	165		A.S. E.J.				
Bicep & Tricep Combo	165	3	x8ea										
Front Lunge / BB + CSJ 3x10	215	3	x8ea	65	65	65				Ma	S		an and a second
Clean RDL / BB	165	3	x5	145	145	145							
23 (100 00 43) 100		10.2	X 50		\$ 35.72	7.7	M. COS	2600		2722			135
CORE: PARTNER MB: SIT-UP &	PASS, S	SUPERI	MAN PA	SS, KICK	(-UPS, S	SIDE PA	SS, JUN	IP & PA	SS 1X1	5EA			

DAY 2 *Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

DATZ		Notat	or our	Dana T	aiiii ap	1 (0 pa	,		And the second second second	Discourage from the contract of	Established States	NATIONAL CONTRACTOR CARROLS	DAY OF STREET
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB + Plyo-Pup 3x5	180	4	x5	100	120	135	135						
SL Bent Over Row / BB / alt grips		3	x6				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1					10.20 11.00 15	24.
Seated Shoulder Press / BB	115	4	x5	65	75	90	90						AMP 14 10 10 10 10 10 10 10 10 10 10 10 10 10
SL Upright Row / BB	164.0	3	x6					Sec. 13	AND AS A		Security is	82.15.4	and Market
SL Shrug / DB		3	хЗеа							020103000000000000000000000000000000000			100000000000000000000000000000000000000
Straight Arm Lat Pulldown / C		3	x6	-		800							\$ 2000
CORE: MULTI-POSITIONAL ABS	6X15E	4											

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	. promongerations	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt7	Wt 8	Wt 9	Wt 10
Snatch Pull / F	140		x3	115	115	115	115						
Front Squat / BB + BJ 3x10	190	4	х5	105	125	145	145	S. 45 J. 45				11-03-6	2000
Pull-up & Dip Combo		3	x8ea					South decimandation to the same					
Retro Lunge / BB / alt + CBJ 3x20	215	3	x8ea	65	65	65	1200			100	State of the Con-		50.00.5
Leg Curl / M / 2-up 2-down		3	x8ea						1 100002800000000				3 500 300 500 500
					Salah	40		2 Sec. 1995	80000000000000000000000000000000000000				EF-
CORE: PARTNER MB: KICK-UPS,	JUMP	& PAS	S, SUPE	RMAN F	PASS, S	EATED	CHEST,	PUTS,	SIDE 1X	(15EA			

DAT 4		ITTOTAL	inp ma			MANAGEMENT (1970)	SHIPTING STREET, STREE	SECTION STATES	200000000000000000000000000000000000000	3000 - S	7.6 77. 0	Wt 9	144640
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	wt 9	Wt 10
Inc Bench / BB	165	4	x5	95	110	125	125					W. 12400303030503	50000000
SL SA Row / DB		3	x6ea	2							The Manager	La Visionia	ter entre
Lunge & Press / BB	115	4	x5	60	65	75	75		Sauce and the con-				TO CONTRACT
Pullover / DB		3	x8		19 3 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1 5 1			ger and the	100	200	2.4.4.4		
SL Upright Row / DB		3	x4ea										
AND STREET, ST		100 (100)	100		FIG. 13				A. S. C.				
CORE: 4-Way Incline Plane 45se	c. ea.												

^{*}Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

Falcon Football Strength & Conditioning Sport: Football Duration: May - August Pre-Season Phase Week #2 Name: Schmidt Collegiate Balistic Development Meso #1: Explosive Reload Olympics: 75%

*Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	14/4 0	1440	14/6 40
Power Clean & Jerk / F	165	4	x3	85	100	Townson, Co., Company	2004-46-7010274031039	The second second second	992 0	VVL	Wt 8	Wt 9	Wt 10
Front Squat + TJ 3X5	190	5	x5	105	A STATE OF THE PARTY OF THE PAR		State Color State Color	Company of the Compan			N. 1. 1. 1.		
Clean Pull / F	165	3	x3	145	2013/01/2019 10/2019 20/20	Marine Andreas	200000000000000000000000000000000000000	100	25/20/24/20	L MERSON SON			
Jump Squat / BB + DB VJ 3x5	215	3	x5	45	45	SCHOOL STATE				2.53			
Kneeling Leg Curl / Partner		4	x6		,,,				Magazin, vali	1			
CORE: MULTI-POSITIONAL ABS	5X15EA											A1100000000000000000000000000000000000	CONTRACTOR OF PARTY

DAY 2	*Rotator Cuff Rand Marm	10 111) Internal / External Rotation 1x12ea
	Totator Curi Band Warm-up	(3-positions	Internal / External Rotation 1x12ea

	Max	Sets	Reps	Wt1	Wt 2	SALES CONTRACTOR SALES CONTRACTOR		Wt 5	STAGES OF THE PARTY OF THE PART	AND DESCRIPTION OF THE PERSON NAMED IN	THE RESIDENCE OF STREET		Wt 10
Inc Bench / BB + Fast P-ups 3x10	165	5	x5	95	***************************************	Control Control of Con		***************************************	\$1000 DO GRADA DO 100,000		7720	7713	VVL 10
Bent Over Row / DB / alt arm		4	x6ea	100000			979 F 1	7.00		500000	- 30		
Shouler Press / BB / split legs	115	4	хЗеа	60	65	75	75		1	E-Park Control	Mariathe Said be		94
Pullover / DB		4	x6				, 0		7		4.5	9-01-03-06	
Flye / C / split legs		4	хЗеа			Sec. 14-3-28-98-25	2352711643194800	Marketta Carlos (Marketta)		81423000	Security Constitution	Burtania sylvania	Sala (Marin)
SL Lateral Raise / DB		4	x6ea	10000		e e e e e e				Contract of the	3000000000	100000000000000000000000000000000000000	S. V. Terrier
CORE: MULTI-POSITIONAL ABS 5	X15EA				1000000-00/A-04V00					the setting se			

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Power Snatch / F	140	4	x3	70	85	100	040907-000-00-000	07007070 T600000	l constant	7 (2.0.5)		1013	VVL 10
Back Squat / BB + PJ 3x8	215	5	х5	120	140	SECTION AND ADDRESS OF	AZONIC NAMED IN THE OWNER.	50000000000000000000000000000000000000	G-146				12-8
Snatch Pull / F	140	3	x3	120	120	120	200 200 200 200 200 200 200 200 200 200		1867-04-93-94-94	600000000000000		200000000000000000000000000000000000000	See a second a
Single Leg Squat / BB	215	3	x5ea	90	90	Marie Control of the							
Clean RDL / BB	165	3	x5	175	175	175	Contract Contract Minds	Participation (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Delical State of the	1		Security (March	86 c 36 c 60
制度程式的		gadi i		200						100			
CORE: SEATED PARTNER MB: C	HEST F	PASS, F	UTS, SI	DE, CRU	JNCH &	THROW	, SUPE	RMAN 1	X12EA		Franklije Herika, del		Same of Allegiste

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB	180		x5	100		6740-677603-46250-600	ZORONA CONTRACTORISMON	ALC: 0.75 7.50 7.50 7.50	100000000000000000000000000000000000000			7713	VVE 10
SL SA Bent Over Row / DB		4	x6ea						Zife in				Section 1
Seated Shoulder Press / BB	115	4	x5	65	75	90	90		120400000000000000000000000000000000000	**************************************		######################################	
Dip / body wt. or DB		4	x6					83882					
Frontal Raise / DB / alt arm		4	x6ea			100000000000000000000000000000000000000			000000000000000000000000000000000000000		Total Section Sec	E	William Charles
Straight Arm Pullback / DB x2 on b	ench	4	x6							5000			
Core: 3-Way Plank 1x65 sec.											CV-902-4-G-3.5020-C		

^{*}Rest b/w Sets = 1 1/2 - 2min.

Sport:	Football	Duration: May - August	Pre-Season Phase	Week #3
Name:	Schmidt	Collegiate Balistic Development	Meso #1: Explosive Reload	Olympics: 60%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Push Jerk / BB	165	4	x3	85	95	100	100						
Back Squat + VJ 2X8	215	4	x5	120	140	165	165						
Power Clean / F + TJ 2X8	165	4	x3	85	95	100	100						
Cycled Squat Jump / BB	215	2	x10	45	45								
Clean RDL / BB	165	3	x5	125	125	125							
"特别"。在图像大型特别。			F31.5	7			- 100 mg			1000			
CORE: BB ROTATOR, HAMME	ER HIP TO	SS, ST	RAIGHT	LEG RO	TATORS	, BASK	ETCUR	LS 1X15	EA				

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

D/// L		Notal	or our	Dana V	railli-up	, (o-po	sicion 13)	michia	I / LALOI	nai ito	auon	1120a.	
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	4	x5	95	110	125	125						
Horizontal Pull-up / BB / body wt. o	radd	3	x8ea	6-20 C									
Lat Pulldown / C / alt grips		3	x8										
Flye / DB / balance ball		3	x8				80266						
Plyo Dip / body wt.		3	x8										
Plyo Pull-up / body wt.		3	x8									12.00	
CORE: MULTI-POSITIONAL ABS	7X15E	4											

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Snatch Pull / F	140	4	x5	70	80	85	85						
Front Squat / BB + TJ 3x8	190	4	x5	105	125	145	145						
Overhead Squat / BB	140	2	x5	80	80								
Lateral Step-Up / BB+SL LBJ 2x8ea	215	2	x5ea	90	95	25.5				04.22.2.3.4 2.00.00000000000000000000000000000000			
SL RDL / DB x2		3	x5ea										
CORE: KICK-UPS, JUMP & PASS,	SEATI	D PUT	S, SIDE	PASS, 0	CRUNC	4 & THR	OW 1X1	2EA					2200

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB + Plyo P-up 3x5	180	4	x5	100	120	135	135						
SL Bent Over Row / DB x2		3	x4ea			the state of the s	12/15				F 5550		
SL SA Shoulder Press / DB		3	x8ea										
Upright Row / BB		. 3	x8		Mary Sales		10-215						
Inc Flye / DB / balance ball		3	x8										
CORE: MULTI-POSITIONAL ABS 7	X15EA		7-11-12-13-13-13-13-13-13-13-13-13-13-13-13-13-									100	500 SE

^{*}Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football	Duration: May - August	Pre-Season Phase	Week #4
Name:	Schmidt	Collegiate Balistic Development	Meso #1: Explosive Reload	Olympics: 75%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Power Clean / F	165	5	x2	85	100	120	125	125					1 455000-Takes 10-Takes
Back Squat + VJ 3x5	215	5	x5	130	155	165	165	165					18/01 (21 TO 18)
Clean Pull / F + BJ 3x5	165	3	x3	145	145	145							120000000000000000000000000000000000000
Single Leg Squat / BB	215	3	x5ea	90	95	100							
Clean RDL / BB	165	3	x5	165	165	165							
Bicep & Tricep Combo		4	8,8,8,6										91.5
CORE: SEATED PARTNER M	B: CHEST,	SIDE-U	PS, PUT	S, SIDE	PASS,	SUPERI	MAN PA	SS, KICI	K-UPS	2X12EA			

DAY 2 *Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	6	x5	100	120	125	125	125	125				
Lat Pulldown / C / alt grips		4	8,8,8,6				4 ft or 3 ft o						
Staggered Shoulder Press / BB	115	5	x5	65	75	85	85	85					
Seated Row M		4	8,8,8,6	Sayon and Say									
Shrugs / BB		4	8,8,8,6										
Upright Row / DB / alt arms		4	8,8,8,6										8 5 5
CORE: MULTI-POSITIONAL ABS 5	X15EA	\											

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Power Snatch / F / alt legs	140	5	x2	70	85	100	105	105					
Snatch Pull / H + LBJ 3x10	140	3	x3	120	120	120							
Front Squat + SL BJ 3x8ea	190	5	x5	115	135	145	145	145					
Snatch RDL / BB	140	3	x5	140	140	140					7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
Pull-up & Dip Combo		4	x8ea										
CORE: KICK-UPS, JUMP&PASS, S	UPER	MAN PA	ASS, PU	TS, CHE	ST, OV	ERHEAD	1X12E	Α				1002	

DAY 4	*Multi-Hip Machine Warm-up: Hip Flevion-Extension-Abduction-Adduction 1v12ea

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt7	Wt8	Wt 9	Wt 10
Bench Press / BB	180	6	x5	110	130	135	135	135	135				
SL Bent Over Row / DB / alt arm		4	8,8,8,6								100 mm		
SL Shoulder Press / DB / alt arm	115	5	x5ea										\ .
Flyes / C		4	8,8,8,6	Salah Arasus	6-6-6-22								
Lateral Raise / C		4	8,8,8,6										
CORE: MULTI-POSITION ABS + M	IB 5X1	5EA	44000	40 - 10			\$ 35-134			24.50	19.5.6.6		# NO.

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Falcon Football Strength & Conditioning Duration: May - August Sport: Football Pre-Season Phase Week #5 Name: Schmidt Collegiate Balistic Development Meso #2: Explosive Reload

*Rest b/w Sets = 1 1/2 - 2min.

Olympics: 80%

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	14/4 0	14// 0	
Power Clean & Jerk / F	165	5	x2	85	100	10 00000000000000000000000000000000000	In management of the control of the			VVL 7	Wt 8	Wt 9	Wt 10
Front Squat / BB + LBJ 3x10ea	190	5	x3	115	145	Televica Company	100.000.000.000						
Clean Pull / F + TJ 3x10	165		x3	160	NOT SERVICE AND ADDRESS.	CONTRACTOR CONTRACTOR	THE RESIDENCE OF THE PARTY	103	Marie Constitution	400	900000000000000000000000000000000000000		
Front Lunge / BB / alt	215	3	x5ea	90			Elizabeth de la constant de la const		2 000000000000000000000000000000000000			25725000000	
Kneeling Leg Curl / Partner	165	4	x8			100	\$16490000			8002 NV 109		0.7-20.4	ie order
Bicep Curl / BB & Skull Crusher / B	BB .	4	8,8,8,6						314 17 (34 74)			l section and	
CORE: SIT-UP & PUSH, BB ROTA	TOR. F	AMME	R HIP TO)SS ST	PAICHT	LEC DO	TATOR	C DAC	/===			25.00	Service Services

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea

Exercise & Description	Max	Sets	Reps	Wt 1	CONTRACTOR OF THE PARTY OF THE	NAME OF TAXABLE PARTY.	Wt 4	ON STREET, SHIPPING	Market Name of Street	NO STATE OF THE PARTY OF THE PA		14/6.0	1000
Bench Press / BB + Plyo P-up 3x5	180		x5	110	135				\$2000000000000000000000000000000000000	100 CO	Wt 8	Wt 9	Wt 10
Bent Over Row / BB / alt. grip		4	8,8,8,6	27 E 77 15			100	100	133		Fig. 19 Sept.	15 Sept 45 5 5 5 5	
SL Shoulder Press / BB	115		x5	60	65	70	70	70				8-12 H. E	650,230
SL Upright Row / DB		4	8,8,8,6			-77	, ,	70			72155591915	100 PM 100 PM	
Pullover / DB	\		8,8,8,6	Carried Street, Control of Control	6.00 (1.00 per 1.00 p/2).		MET 20.0% / TOBS		800 M (2019)	Security Control	2.50	Strain Section	E action
Chest Press / DB + Sa Row / DB		-	8,8,8,6										97573.07697.5
Core: 3-Way Plank on Bal. Ball 1x60	sec.			F 280 9 75 TO	0.000	000000000000000000000000000000000000000				Ed Services			

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	144 40
Power Snatch / F	140	5	x2	70		100		STATE OF THE PARTY		July 1	VVL O	WI 9	Wt 10
Back Squat	215	5	х3	130	165	185			Filmon				
Snatch Pull / F	140	3	х3	135	135	135	Manager School Section States		Marian Angles (gr)	Shekating A		Transmission States	2000000
Front Step-up / BB / alt	215	3	x5ea	90	95	100	W. 72-53			23/02/03			0.50
Kneeling Leg Curl / Partner		4	x5				20072-0-0007-4000		P2000000000000000000000000000000000000	# 1000 (Tag 9 (d)			Wildlaw E
Bicep Curl / C & Tricep Pushdown	C	4	8,8,8,6							X15	914	S 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	BACO STORY
CORE: SEATED PARTNER MB: C	HEST F				S. SUP	ERMAN	PASS S	SIDE PA	SS SIT		ASC 1V	1554	Konnani i

DAY 4

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	distribution and distributions	Wt 5	ACMINISTRATION OF THE PARTY.	PARTICIPATION AND ADDRESS	Elizabeth September 1	I SOUSCE SERVICE SERVI	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	6	x3	100	Shake a service of the service of th	Annual Control of the Control	AND HOLDER OF A CONTROL	**************************************	145	SALES ASSESSED.	OW O	VVLS	VVL 1U
SL SA Bent over Row / DB		4	8,8,8,6				100	33.5	140			2002	Salpresson ()
Inc Flys / balance ball		4	8,8,8,6				*************	947 944 (00/4) (00)	(C)	PRODUCTION STATES	01.470.00440	Participants	The special section is
Bent Over Lateral Raise / DB / benc	h	4	8,8,8,6			Y	2*13.75	40.00			To a series		
Seated Shoulder Press / BB	115	5	x5	70	90	95	95	95	88 o. Jan 100 100 2000	(A. J		Section and a section of the section	
Straight Arm Lat Pulldown / C		4	8,8,8,6			1,000	9.					2000	
MULTI-POSITIONAL ABS 5X15EA				20 20 20 20 20 20 20 20 20 20 20 20 20 2		Dance High	(Sec. 1997)	450.2 (C) (C) (C)			48 6: F.84		Sach Service

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football		or o condition	119
		Duration: May - August	Pre-Season Phase	Week #6
Name:	Schmidt	Collegiate Balistic Development	Mana #0. F. 1 ' F. 1	Olympics: 70%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	1447	14/4 0	147.5	
Split Clean / F / alt legs	165		x3	85	Service School Co. (1997) 542	10000007415E00000	33334		ANT O	Wt 7	Wt 8	Wt 9	Wt 10
Front Squat + DB VJ 3x8	190	500 M 200 M	x8	115			W1.00 (1 %.00.00.00			2.43, 244.5	NECKLI ACK	31603674090999	
Spllit Jerk / DB / alt. legs			хЗеа		100	100	133						
Retro Lunge / BB / alt. legs	215	565 MS 3 6 5 6 6 6 6 6 6	x8ea	80	80		40 (m) (m)		19 20 20				
Leg Curl / Balance Ball			x8		- 00			A. C. L.		ASSESSED OF			
Bicep & Tricep Choice	1000000	3	x8ea						100000000000000000000000000000000000000			1 PM 12 THE SHAPE	
CORE: SEATED PARTNER MB:	CHEST	PASS C	VERHE	AD DUT	e eine	DACC	CLIDED	MANI C	TUDA				Kana San

DAY 2 *Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea

Exercise & Description	Max	Sets		Wt 1			Wt 4		Wt 6		Wt 8	14# 0	712
Inc Bench / BB + Plyo P-up 3x5	165		x8	100					VVC O	AAT 1	MICO	Wt 9	Wt 10
Horizontal Pull-up + Wt.	City (ag	3	x8	13000	120	120	120			200			#51 50 to \$100 to \$4
Seated Shoulder Press / BB	115		x8	70	85	85	85	Access (Constant)	86.2233 M			1000000	GR.
Lat Pulldown / C	40 H G	2000000 200000000	x8	70	00	83	00		antonie sa		MACHINE STATE		160
Flyes / Balance Ball / DB			x8	Bronder (State)	(C)				1860	202 200 0	1 2234573		Kilon (
Bent Over Lateral Raise / DB / Ba	l. Ball	Sales and the sa	x8	5-2 - 6			F20 10		\$65×65×66	922.000	100000000000000000000000000000000000000	X 10-20-0000000000	
CORE: MULTI-POSITIONAL ABS	8X12EA	San Anna ann an Aireann an Airean	3.0		10.400/cs=656			64-75 - × 32.			1000000	S-2002	

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	1440	144 40
Split Snatch / F / alt legs	140	4	x3	70	2-Minute Vermanus (45%)	100	100	STATE OF THE PARTY NAMED IN	7720	9027	VVL O	Wt 9	Wt 10
Back Squat + Multi BJ 3x8	215	4	x8	130	200000000000000000000000000000000000000								10 P. S.
Push Jerk / BB	165		х3	85	100		200000000000000000000000000000000000000	SOURCE STATE OF THE SECOND	Mes Leader A. A.	SAME OF THE REAL PROPERTY.	Section 1		Section of the Co
Cross Over Step-Up / DB	215	2	x8ea	80	Property and the second		120						
SL Curl / alt. legs / M			x8ea			100 W 10 C	APPLICATION OF THE	29/5/July 19/29/	200200000	attacket Att Sa	E	8.66 (A.6.42)	
Pull-up & Dip Combo		NOT SHOW A SHOW	x8ea		0.000							St. Company	No. of the second
CORE: BB ROTATORS, SEATE	D TWISTS	SUP	RMAN	+ MP DE	ACH TI	IDEMO	CIDE O	DUNO		Kan III		2	\$ 4 C E S

		Sets	Reps	Section Control of the Control of th	EXPERIENCE AND DESCRIPTION OF THE PARTY OF T	-	Wt 4		Wt 6		W# 8	- Company of the Comp	Wt 10
Bench Press / BB + Plyo P-up 3x5	180	4	x8	110	400000000000000000000000000000000000000						7720	701.3	VVL 10
Seated Row / M		3	x8										
Staggered Shoulder Press / BB	115	3	x8	60	70	70	70		Rest School Restances	2000,100,00		Georgia Salato	
Horizontal Pull-up / BB		3	x8				225725240			71000000			E TO SERVE
SL Upright Row / DB / alt. arms			x8			2000 CONCERNO	MACO DE 5026			22.66		200	
Shrugs / BB	5	3	x8						MARK COMP				
CORE: SL JACKNIFES, REACH TH	REWS			S SFA	TED TW	ISTS + I	MR SIII	DEDMAN	I + MD	V12EA	W. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.	800000	2000000

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football	Duration: May - August	Pre-Season Phase	Week #7
Name:	Schmidt		Mana #0. 5 1 1 2 2 1	Olympics: 85%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	344 40
Squat Clean / F	165	6	x2	85	100			200000000000000000000000000000000000000	AND STORY OF THE PARTY OF THE P	W. J	ANT O	VVL 9	Wt 10
Front Squat + VJ 3x8	190	6	x3	115	135	155	-	Marian Marian	175				
Jump Squat / BB	215	3	x5	80	80	80	WAS THE RESIDENCE OF THE PARTY		,,,,	8.566,70.00			
Clean RDL / BB	165	3	x5	190	190	190						25,027,030	
Skull Crusher / BB & Bicep Curl / Bl	В	4	8,8,6,6					\$5 K.30 \(\frac{1}{2}\) \$\(\frac{1}{2}\) \$\(\frac{1}\) \$\(\frac{1}{2}\) \$\(\frac{1}{2}\) \$\(\frac{1}{2}\) \$\		Lead of the second		23	0.29533
		12-4-63	State 1	Certific			Service .						
CORE: BB ROTATORS, HAMMER	HIP TO	SS, ST	RAIGHT	LEG RO	OTATOR	S SL J	ACKNIE	F + MR	1¥12EA				

DAY 2 *Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea

Exercise & Description	Max	Sets	Reps	Wt 1	EDITORIO SERVICIO DE LA CONTRACTORIO DE LA CONTRACT			Wt 5	W# 6		Wt 9	144 40
Inc Bench / BB	165	6	x3	100	EASTERNA MINISTRA CONTRIBUTION					ANT O	VVL 9	Wt 10
SL Bent Over Row / alt. arm / DB		3	8,8,6,6				20 - 10 - 10 - 10 - 10 - 10 - 10 - 10 -	100	130			The Control
Staggered Shoulder Press / DB	115		6,5,4,3	70	85	90	95	40770396000	Marine and A	Maria Cara	200	
Straight Arm Lat Pulldown / C		CONTRACTOR DE CO	8,8,6,6				FE-FF-100	a restance		* 1 2 2 2		8700 July 10479
Inc Flyes / DB			8,8,6,6		Bangara es escribiros yado.		Bob Alexander State	3 0.200.000.000	Section 1	Parate Section 2.	Sheet to death	ELLECTION.
Frontal Raise / DB		CONTRACTOR DESCRIPTION	8,8,6,6		34.55.4	(2000)					7.6	Extra extra
CORE: PLATE CRUNCH, SIDE UP	S + MB				RMAN +	MR 1Y1	2EA				8.34 G	

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt9	Wt 10
Split Snatch / F	140	6	x2	70		100			C-10 92400 (0 10 pp 10 2000)	10-40-years 60"	1000	701 3	VVL 10
Back Squat + DB VJ 3x8	215	6	x3	130	155	175	185	2000/0/2014 000000000					
Cycled Jump Squat / BB + LBJ 3x8	215	3	x5	65	65	65		40000000000000000000000000000000000000		leason accesses	1 1000000000000000000000000000000000000	No. of the office of	
Kneeling Leg Curl / Partner		3	x8					15.755				5752723	
Bicep & Tricep Combo		3	8,8,6,6			0-22-23-2-2-30-20-20-20-20-20-20-20-20-20-20-20-20-20		100000000000000000000000000000000000000		\$3000 Self-Spice	SC 150 120 AND	\$100 M	20000000
CALL STORY OF THE													7 7 mario
CORE: PARTNER MB: KICK-UPS, .	JUMP	& PASS	, SIT-UF	& THR	OW, SE	ATED P	UTS 1X	12EA	84/07/02/08[J. 4] (C. 49)		## # 10 K # 10 K	and the second	Example 100

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	94670.78.30.70.70.70.70	Wt 8		Wt 10
Bench Press / BB	180	6	х3	110	130	145	155	Manufacture Control	NAME OF TAXABLE PARTY.	CONTRACTOR		77.23	VVC IO
Bent Over Straight Arm Pullback /	DB.	3	8,8,6,6	7.8426			54.45		4 44 5 5	E 2002		A- 45 (5)	
Seated Shoulder Press / BB	115	3	6,5,4,3	70	85	95	100		(#2000)##Y07000	100000000000000000000000000000000000000		(Control of the Control	
Lat Pulldown / C		3	8,8,6,6	2553.55				V 3 - 2 - 2		54 HTZ	E	200	\$ 25 S
Flye / C		3	8,8,6,6				COLUMN ASSESSMENT		EU-1000 C (14.20 N 10-90 X 10	100000000000000000000000000000000000000		THE COLUMN TOWN	200000000000000000000000000000000000000
Shrugs / DB	277	3	8,8,6,6			44					10 May 10 Ma	4-5	
CORE: MULTI-POSITIONAL ABS	5X12											10x3/02/07/08/08	

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football	Duration: May - August	Pre-Season Phase	Week #8
Name:	Schmidt	Collegiate Balistic Development	Meso #3: Velocity Specific	Olympics: 85-55%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Clean & Jerk / F	165	6	x1	85	100	120	125	135	145				
Back Squat + BJ 3x8	215	6	x2	130	155	175	185	185	185				
Clean Pull / F + Multi-BJ 3x8	165	3	x3	160	160	160							90.52C.;#65.50
Clean RDL / BB	165	3	x5	185	185	185						3	
Pull-Up & Dip Combo		4	8,8,6,6										
· 一个一个一个一个一个							to and						
CORE: SEATED PARTNER MB:	CRUNCH	4 & THR	OW, SU	PERMA	N PASS	, SEATE	D TWIS	TS, SIT	-UP & P	ASS 1X	10EA	See	**************************************

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB	180	6	x2	110	130	145	155	155	155				
SL Bent Over Row / DB / alt arm		4	8,8,6,6								10000		
Inclined Flye / DB		4	8,8,6,6										
Shoulder Press / DB / Bal. Board	115	4	x5								7415		
Upright Row / BB		4	8,8,6,6										
SL Shrug / DB		4	8,8,6,6										
CORE: MULTI-POSITIONAL ABS	5X12												

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt7	Wt 8	Wt 9	Wt 10
Squat Snatch / F	140	6	x1	70	80	80	80	80	80				
Jump Squat / BB + VJ 3x8	215	4	x5	55	55	55	55					Sala madi	200
Snatch pull / F + VJ 3x8	140	3	x4	95	95	95							
Leg Curl (2up - 1 down) alt. legs		3	x5ea									7 V. 18	Section 14
Bicep & Tricep Combo		4	8,8,6,6										
CORE: SEATED PARTNER MB: C	HEST I	PASS, C	VERHE	AD, SID	E, SUPE	RMAN	PASS 2	X12EA					

DAY 4

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB	165	6	x2	100	120	135	145	145	145				
Bent Over Row / DB / alt. arm		4	8,8,6,6										
Seated Shoulder Press / BB	115	4	x5	70	85	95	100						
Flye / Balance Ball		4	8,8,6,6	52/45/200 52/45/200									
Lateral Raise / DB		4	8,8,6,6										
Pullover / DB		4	8,8,6,6					7					
Core: 4-Way Plank 1x90 sec.													

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

		Pre-Season Phase	Week #9
Name: Schmidt Collegia	te Balistic Development	84 46 \ / 1 \ 1 \ 6	Olympics: 80-50%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	14/4 40
Power Clean / F	165	5	x2	85	100	120		00.000 00 00 00 00 00 00 00 00 00 00 00	04/04/02/02/02/03/03/03/03/03/03/03/03/03/03/03/03/03/	77.0	7710	W 9	Wt 10
Front Squat + Multi-BJ 3x8	190	5	x3	115	145	Administration	POST CONTRACTOR						2000000
Clean Pull / H + DB VJ 3x8	165	4	х3	160	160	160		Annual Parkette State of the St		1 100 40 100 100 100			
Front Lunge / BB + CBJ 3x10	215	3	x5ea	90	95	NAME OF TAXABLE PARTY.					Same		
Clean RDL / BB	165	3	x5	185	185	185	TO THE RESERVE TO SERVE TO SER	#planters:Side		9000000000	\$00.0000000000000000000000000000000000		200

DAY 2 *Rota

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Methodological Application	CONTRACTOR CONTRACTOR	CHEST SHOW SHOW SHOW SHOW	-	Wt 7		144.0	14/// 40
Bench Press / BB	180	5	x3	110	20/20/20/20/20/20/20/20/20/20/20/20/20/2	Charles Charles Charles	000000000000000000000000000000000000000	100 cm - 100 TOPE - 10		VVL. 7	NAT O	Wt 9	Wt 10
Bent Over Row / DB / alt arms	4-1-10	4	6,6,5,5		100	100	100	100			20.00.00475		
SL Shoulder Press / BB	115		6,6,4,4	60	65	75	75		34	2000000		26.5	600000
SL Upright Row / BB			6,6,5,5			70	73	7.7		(2) (S.) (C. / (S.	WINNESS AND		E6040600
Pullover / DB			6,6,5,5	### (Fig. 1) Fig. 1) F	Burth Michigan				M. 2000.003	Marines and Special Co	34.14.53.3	Marin Jan	Man I gar
Bent Over Lateral Raise / DB		-	6,6,5,5			2.1				9.00		(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Seary Cons
Core: 4-Way Plank 1x75 sec.					Consumosaliti	5.004/01/92/90/92	Mark Commission		SO CEARDO	80000000		200	B. T. C. S.

DAY 3 : Weight = Light / Intent to move weight with speed while maintaining control!

			Reps	Wt 1	Wt 2	Wt-3	Wt 4	Wt 5	Wt 6	Wt 7	11/1/2	Wt 9	Wt 10
Split Snatch / F / alt legs	140	5	x4	65	70	70	70	Seeman Service Control (Co.)		State and State	V/C C	WES	VVLIU
	215	5	x5	65	65	65		No. of Street,				75.75.75.5	
Snatch Pull / H + BJ 3x8	140	4	x5	85	85	85		Part Victoria Constitution Cons	B 10 10 10 10 10 10 10 10 10 10 10 10 10	2018 194 1946	NO. VIETO	100000000000000000000000000000000000000	STATE OF THE PARTY
Lateral Step Up / BB / non alt	215	4	x5ea	65	65	M17 - CATTO CONTRACTOR AND ADDRESS OF THE ADDRESS O	2000	District Control of Control		2.000	5.00		\$ 100 miles
Kneeling Leg Curl / Partner GORE: SEATED PARTNER MB: CHE			x5			**************************************			######################################	100111111111111111111111111111111111111	200000	en er same	Stranger of the

DAY 4

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	5	х3	100	125			- AND ROOM CONTRACTOR	100000000000000000000000000000000000000		UNIC CO	Wit S	VVL 10
SA Row / DB		5	6,6,5,5	(135±8		The Sanda	125			3.500		F 1 4 5 5	(d)///////
Lunge & Press / BB	115	4	6,6,4,4	70	85	95	95		26 4000000000000000000000000000000000000	\$2,000 to \$100			and the second
Lat Pulldown / C / alt grip		- 4	6,6,5,5						A-100	11.55 F. S.			E PROPERTY.
SL Shrugs / DB		4	6,6,5,5					300000000000000000000000000000000000000	No. 4 - 100 (200 (200 (200 (200 (200 (200 (200	15 0 5 4 4 7 4 7 4 7 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1 4 9 1	8203-0225-023	SPLESS SHARE	ALCOHOLDS.
Lateral Raise / DB		4	6,6,5,5					1-12-22					
MULTI-POSITIONAL ABS 5X15EA								374 SA		**************************************			

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football	Duration: May Assess		
	rootball	Duration: May - August	Pre-Season Phase	Week #10
Name:	Schmidt	Collegiate Balistic Development	Meso #3: Velocity Specific	Olympics: 55%

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	144 40
Squat Clean / F	165	4	x5	85	95	20000-000000000000000000000000000000000	2-0-00200000000000000000000000000000000	0.910.000.000.000.000			7720	701.9	Wt 10
Front Squat + DB VJ 3x5	190	4	x8	115	135	6525 10 TOWN CONSIDERATE.	01.01010.010.10.000.			0.000			
Split Jerk / BB + CSJ 3x10	165	4	x5	85	95	95	29-2-100 0-2104200	200000000000000000000000000000000000000	884000000000000000000000000000000000000	100 000 000 000 000	is before the Post 200		10 may 27 mg
SL RDL / DB	100	3	x8ea				7			E			
Bicep & Tricep Choice		4	x8ea		22.33 -12 8,00	Www.cocooonies.com		S	British Research				
			V. 200									2.40.00	
CORE: SEATED PARTNER MB: C	HEST F	PASS, C	VERHE	AD, PUT	S, SIDE	PASS.	SUPER	MAN. SI	T-UP &	THROV	V 1X12F	Δ	

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Exercise & Description	Max	Sets	Reps	Wt 1	420000-085-000-034-240	Wt 3	AND ROBERT OF THE PARTY OF THE					Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	4	x8	100								101 0	111
Bent Over Row / BB		3	x8										
Seated Shoulder Press / BB	115		x8	70	85	85	85	Para santagra en gra		F11 (1) (50 (1) (1) (1)	\$1000000000	35.4	20 - 12 - 12 - 12 - 12 - 12 - 12 - 12 -
SA Lat Pulldown / C		3	x8ea										\$100 miles
Upright Row / BB		3	x8	390-100-00-00-00-00-00-00-00-00-00-00-00-0	1025/04/15/02/15/4/15	200000000000000000000000000000000000000	BOTOLOGICA CONTRACTOR	(MP1/25/20/96/4/7/2	et inne	100000000000000000000000000000000000000	8625/66/5	Section Section	Backer 43
Shrugs / BB		3	x8										
CORE: MULTI-POSITIONAL ABS 8	X12EA				199900000000000000000000000000000000000	240,000	2000	100000000000000000000000000000000000000					50.00185

DAY 3 : Weight = Light / Intent to move weight with speed while maintaining control!

							Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
140	4	x5	70	80	80	80					10000 200 200 0000000000000000000000000	
215	4	x8	130	155	155	155						
140	4	x5ea							1000,000,000,000,000	12000000000000000	2.0000000000000000000000000000000000000	8088800000
	3	x8ea	4									
	215	215 4 140 4	215 4 x8	215 4 x8 130 140 4 x5ea	215 4 x8 130 155 140 4 x5ea	215 4 x8 130 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea	215 4 x8 130 155 155 155 140 4 x5ea

DAY 4

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB + Plyo P-up 3x5	180	4	x8	110	130						34747447444459637	San Carlotte Control Control	\$6.000 State \$1.000.
Horizontal Pull-up	24	3	x8			2-25-2							
Staggered Shoulder Press / BB	115	4	x8	70	85	85	85						3,000
Straight Arm Lat Pulldown / C		3	x8			10-702		1.		1000			
Flye / C		3	x8										
Lateral Raise / C		3	x8:				2000			227			
CORE: SL JACKNIFES, REACH TH	HREWS	, BASK	ETCURI	S, SEA	TED TW	ISTS +	MB, SUI	PERMAN	V + MB	1X12EA			

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Sport:	Football	Duration: May - August	D 0	Wash #44
Name:	Schmidt		Mana #2. \/- '\ 2	Week #11

^{*}Rest b/w Sets = 1 1/2 - 2min.

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	144 7	14// 0	100000000000000000000000000000000000000	
Split Clean / F / alt legs	165	4	x2	85	200000000000000000000000000000000000000	Service Annual Control	70mm-00-0000000000000000000000000000000	Name and Address of the Park o	ANT O	Wt 7	Wt-8	Wt 9	Wt-10
Front Squat + SL Bx Push-off 3x8ea	190	5	x3	115		720				100 March 200 Ma			
Jump Squat / DB	215		x5	80	80	80	The state of the s	100	Section 128	Electronic			
Clean RDL / BB	165	3	x5	145	145	STORY OF THE PROPERTY.	Carlo						
Bicep & Tricep Choice			x6ea		1-10	140	Editor Jaco			F202302 (48)		Section 19	Berry Co.
			Page 20	er er									
CORE: BB ROTATORS, HAMMER	HIP TO	SS, ST	RAIGHT	LEG RO	OTATOR	S, SL J	ACKNIF	E + MB	1X12EA			\$65256085506 8 5	

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Exercise & Description	Max	Soto	Reps	MARIA	11/1/20	National Control of the Control of t	NAME OF TAXABLE PARTY.		-	lauon 1X	,		
		Indiana and a second	rteps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	5	x3	100	120	135	145	145				No No. All Contract of Contrac	District Conference Conference
Horizontal Pull-up		3	6,6,5	35 5 E	58 40 40		M750 (180	7.7.7	32.59433.5	162732732	10 10 10 10 10 10 10 10 10 10 10 10 10 1	200	NAME OF THE OWNER.
Seated Shoulder Press / BB	115		5,5,3,3	85	05	400	400	Section 2015	600.00000000000000000000000000000000000	F 5655.00		S	San Sil
Bent Over Straight Arm Pull-back	110	100000000000000000000000000000000000000	-	00	95	100	100						
		3	6,6,5								4777		
Inc Flyes / DB		3	6,6,5								NAMES OF THE PARTY	0344327000427908420	CONTRACTOR CONTRACTOR
Bent Over Lateral Raise / DB / on be	ench	3	6,6,5	100		10000				Finisher			000 CO
CORE: PLATE CRUNCH, SIDE UP:	C + MD	DACK	ETOUD	OUDE									
E TONOTI, SIDE OF	3 + IVIB	, BASK	ETCURL	., SUPE	KMAN +	MB 1X1	2EA						

DAY 3 : Weight = Light / Intent to move weight with speed while maintaining control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	1440	144 40
Squat Snatch / F	140	4	x2	65	65	65	500000000000000000000000000000000000000	99000 CONTRACTOR (00000	7720	7767	AME O	Wt 9	Wt 10
Jump Squat / BB + VJ 3x5	215	3	x5	80	80	200000000000000000000000000000000000000	PORTO DE CONTROL DE CO	9 10 90			F2000000	2000000	
Kneeling Leg Curl / Partner		3	x5		34000000000000000000000000000000000000		2013/06/2015	2000 Can (→ 100 C	6/5/2/3/5/6/C				
Front Lunge / BB / alt legs	215		x5ea	80	80	80	Eranger Va	1200		Section 1	10 2 6 20		
CORE: PARTNER MB: KICK-UPS, .	JUMP	& PASS	, SIT-UF	& THR	OW, SE	ATED PI	JTS 1X	12EA			2		

DAY 4

Exercise & Description	Max	Sets	Reps	Wt 1	TO SOLD STATE OF THE SAME	SANGER AND ADDRESS OF THE PARTY	BX5-03-West conference on the	Wt 5	200000000000000000000000000000000000000	Wt 7	Provinces programme and the		14# 40
Bench Press / BB	180		x3	110	20000000000000000000000000000000000000	and the second of the second o	DOMESTIC STATE OF THE PARTY OF	And the second second	No. of Contrast of	VVL 7	ANT O	Wt 9	Wt 10
SL SA Bent Over Row / DB		3	6,6,5			22.7							16,400
Lunge & Press / BB	115	4	5,5,3,3	85	85	95	95	NO. 6.40 (180 (190 (190 (190 (190 (190 (190 (190 (19	PARK RECORD 18 1960			22.3333	
Lat Pulldown / C / alf grips		3	6,6,5			200	1000m.	100		4.		11. 11.	
												BOOK CONTRACTOR	SCHOOL SCHOOL
										76.00		1.2	
CORE: MULTI-POSITIONAL ABS 5	X12												A STATE OF THE STA

^{*}Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Falcon Football Strength & Conditioning Sport: Football **Duration**: May - August Pre-Season Phase Week #12 Name: Schmidt

*Rest b/w Sets = 1 1/2 - 2min.

Meso #3: Velocity Specific *Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Olympics: 75-45%

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	W# 7	Wt 8	Wt 9	Wt 10
Squat Clean / F	165	3	x2	85	100	120			The Control of the Co		100	VVL 9	VVL 10
Front Squat	190	3	x5	115	135	155							60.2/4.15
Cycled Jump Squat / DB	215	3	x8	80	80	80	E880 A CONT. (NAS. 90.00	2000 200 00000	To a reconstruction of the state of the stat	K \$35000000000000000000000000000000000000	1947-02-2916,10	A Ministration	9.2(0.000)
Clean RDL / BB	165	3	x5	145	145	145	200		10.5		The Capital St	10000000	
Bicep & Tricep Choice		3	x6ea		100000000000000000000000000000000000000		and significants	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	800000000000		1 442.00 (50.00)	100000000000000000000000000000000000000	
				100									
CORE: BB ROTATORS, HAMI	MER HIP TO	SS, ST	RAIGH	LEG RO	OTATOR	S. SL J	ACKNII	FE + MB	1X12E	V			

DAY 2 *Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea

Collegiate Balistic Development

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165		х6	100	San	7-P4-2-08-08-75-905	20/24/20/20/20/20/20/20/20/20/20/20/20/20/20/	2010/2010/2010/2010	e Tarent Day Transport			1113	10
Horizontal Pull-up		3	6,6,5			22 W 12 W 13					1 4 5 3 6		
Seated Shoulder Press / BB	115	3	x6	70	75	90	867301760478068	000000000000000000000000000000000000000	9400 PR 1840 P		14/19/06/2005	the offer actions	\$0,000,000,000,000,000,000,000,000,000,
Bent Over Straight Arm Pull-back		3	6,6,5								5 75 6 75 7		
Inc Flyes / DB			6,6,5		BE 400 (100 (100 (100 (100 (100 (100 (100	SUPPLIES STUBBOUT	#63000000000000000000000000000000000000		300-94 (A 700-200		7990 Cale 2798	190 A. 19. 19. 19.	Shirtle And Sant Ch.
Bent Over Lateral Raise / DB / on be	ench	3	6,6,5				71						
CORE: PLATE CRUNCH, SIDE UP	S + ME			SUPE	RMAN +	MB 1X1	2FA		000000000000000000000000000000000000000	201408-05-17-08;	Ge (1 2 2 4 4 C) (1)	8.000	Resident Cases

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt7	Wt 8	Wt 9	Wt 10
Squat Snatch / F	140	3	x2	65	65	65		102000000000000000000000000000000000000	**************************************			,,,	10
Snatch Pull / Hang	140	3	x5	95	95	95			30 70 PE			2000	200 F
Kneeling Leg Curl / Partner		3	x5						G ASO TO SERVE			**************************************	1925/02/15/20/20
Front Lunge / BB / alt legs	215	3	x5ea_	80	80	80							
					la fi								
CORE: PARTNER MB: KICK-UPS,	JUMP	& PASS	, SIT-UF	& THR	OW, SE	ATED P	UTS 1X	12EA				200000000000000000000000000000000000000	440000000000000000000000000000000000000

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt7	Wt 8	Wt 9	Wt 10
Bench Press / BB	180	3	x3	110	130	145	155				330.50 50950		
SL SA Bent Over Row / DB		3	6,6,5	A SECURITY	4		unitaly, Assi			344.51	10.000		
Lunge & Press / BB	115	3	x6	85	85	95		000000000000000000000000000000000000000		100.400.0040000	000 00 00 00 00 00 00 00 00 00 00 00 00	25.00.000,000,000	
Lat Pulldown / C / alt grips		3	6,6,5										
CORE: MULTI-POSITIONAL ABS 5	X12						##A.U./ Morter 10-27.E.		50 449 10 00 140 pt di .	and the second second second	Mes/2002004VA	1500-1600 to 2,000	600,000,000,000