

John H. Guyer High School Wildcat Strength and Conditioning



“THE PROGRAM”

WILDCAT CODE

Relentless effort

Never give up; do everything you can to ensure victory.

Courage

Courage to lead, courage to follow, and courage to do what is right.

Faith

In the program, the coaches, your teammates, and yourself.

Toughness

Be tough in everything you do - it may be the deciding factor in competition.

Finish Strong

Finish every rep, every play, every day.

WILDCAT PRIDE

LIVE BY THE CODE

WILDCAT TRAINED! This term means more than just going through the average off-season. Your journey as a Wildcat will begin when you are a young freshman and continue to build upon itself until you reach your senior year. Each off-season you will participate in each of the following Phase 1, Phase 2, and Phase 3 as well as Phase 1 and 2 of summer conditioning. This manual will provide you with the very best researched, systematic, and progressive approach to developing you as an athlete. Should you successfully navigate this rigorous program you will find that you will have every tool you need to be a successful member of this family.

This manual is merely a tool to assist you in your physical preparation. YOU must add the work ethic, desire, determination, and hours of intense labor to derive the benefits from what is in print. We are not haphazard in anything we do or in anything we ask you to do. The work has been planned for you, now you must work the plan.

RELENTLESS EFFORT

COURAGE

FAITH

TOUGHNESS

FINISH

WE WILL ONLY GO TO BATTLE WITH
THOSE WHO ARE WELL CONDITIONED AND
TOUGH

PREPARE TO WIN!

Bryan Kegans MS CSCS, RSCC, USAW

Director of Strength & Conditioning

(940)230-1474 bkegans@dentonisd.org

Website: <http://www.dentonisd.org/5222051917540837/site/default.asp>

Kyle Keese RSCC CSCS USAW

Strength & Conditioning Coach

JOHN H. GUYER HIGH SCHOOL
WILDCAT STRENGTH AND CONDITIONING
STRENGTH AND CONDITIONING MANUAL

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Manual Overview

This manual was written to ensure that you have all the necessary information to be a successful Guyer Wildcat. The most important thing you can do with this information is read this manual from cover to cover, and make yourself familiar with as much as possible. Keep this manual as a strength and conditioning reference and use it as a source of quality information. You will be responsible for information presented in this manual. Before you ask questions please look at the manual to see if it can answer your question first.

The **weight training section** of this manual should be your training text book. Study each lift and have a working knowledge of all the lifts we do here at Guyer. We will practice these lifts nonstop, but if you have working knowledge of the lifts before-hand you will decrease your learning time.

Our **speed, agility, and conditioning programs** are of extreme importance. Study these sections and understand everything that we are trying to accomplish. Without speed you will get run down or you won't be in position to make the play. Without agility you will miss your block, your tackle, or your juke. Refer to each section for exercises, run times, and recovery times. It is not our goal to simply run you into the ground. Instead we look to increase your performance through smart well planned workouts. On field temperatures during practices and games exceeded 115 degrees. In these temperatures without speed, agility, and conditioning your body can and will shut down on you.

The Program has been prepared to meet the following objectives:

1. To increase performance through smart well planned strength and conditioning programs.
2. To increase and/or maintain your level of dynamic flexibility.
3. To increase your level of functional strength and power.
4. To increase your ability to accelerate to maximum speed and change of direction without loss of control.
5. To increase your maximum sprint speed.
6. To increase your level of functional muscle mass.
7. To increase improve your quickness and speed.
8. To increase your fat to lean muscle ratio.
9. To prepare you mentally and physically for the heat of Central Texas and being a part of a dominating Wildcat Team.
10. To teach you something about yourself
11. To prepare the Guyer Wildcats to WIN!



MISSION STATEMENT

The mission of Guyer Strength and Conditioning is to provide to every student athlete with the very best evidence based exercise programs. To provide strength and conditioning program that is committed to developing athletes into champions in their respective sports. A program dedicated to improving our athletes strength, speed, agility, power, and flexibility. To develop team bonding, leadership, mental toughness, and discipline through rigorous physical and mental tests. Also to properly educate our athletes on the importance of rest, injury prevention, and nutrition. Athletes graduating from Guyer High School will know and understand that the only limitations are the limits that they place upon themselves.

PHILOSOPHY

Strength and Conditioning must be a specific mission. Emphasis must be placed on developing athletes to be successful at their chosen sport. Every athlete must be discipline in 8 areas to ensure success. The areas of nutrition, muscular strength & power, endurance, speed improvement, agility, flexibility, lifestyle, and rest & recovery must be exercised and trained on a consistent basis over a long period of time to see the beneficial effects of training.

NUTRITION

Nutrition is often the most overlooked aspect of an athlete's preparation. **You are what you eat!** You must put the correct foods into the body in the correct amounts in order to continue to recover and improve. You must take the time to eat and live your life like a champion. Make an effort to go shopping and cook your own food! Do not rely on fast food to supply your body with what it needs to grow. Treat your body like a temple.

MUSCULAR STRENGTH & POWER

At **Guyer High School** we are going to train with free weights and do barbell exercises that require a great deal of concentration and effort. These exercises are total body exercises and require you to exert a great deal of energy every time you step into the weight room. It is important that you understand that we are not bodybuilders, weightlifters, or power lifters. However, we will perform a great deal of the same exercises that many of these great athletes do. They are arranged, sequenced, and prescribed in a manner that is designed for you to be the very best **ATHLETE** that you can be. This area is the foundation of your athletic pyramid. It is the one component you must develop by lifting weights. Lifting heavy weights requires a great deal of mental toughness; go to the weight room with a serious attitude. Make sure that you perform these exercises correctly and always concentrate on good technique. Strength gains are gradual, so you are unable to take long breaks from training and show consistent growth in this area. **Do not miss workouts.**

ENDURANCE

The **Guyer Wildcats** must be relentless competitors and play with toughness for the entire contest. To do this we must be in better shape physically than our opponents. Every individual must make a commitment to do his part or the team will ultimately be the one to suffer. Does anyone know of an easy way to do this? There is no easy way around it; you must out work your opponents in this area! Work as hard as you can for as long as you can and never quit. Come to work-out with an attitude, a purpose, and a goal to get better.

SPEED IMPROVEMENT

Not everyone is born with incredible speed. Improvements take a **disciplined** effort day after day, week after week, and year after year. Speed of movement is the primary goal in improving performance. Speed is the limiting factor in many athletic events. The ability to perform at maximum speed is an asset to the greatest of all competitive athletes. Developing maximum running speed is a laborious task. If you “go through the motions” during speed improvement drills, you will show little or no improvement at all. Run every sprint as fast as possible. Always rest the prescribed amount of time while mentally preparing for the next rep.

AGILITY

Agility defined is the ability to rapidly change directions without loss of speed and/or coordination. You must be able to “move” and change directions in athletics. Straight-line speed is not very helpful if you can’t change directions. Don’t just go through the motions! See yourself on the field or court, planting and changing directions and making plays. Learn to control yourself in and out of the drills by maintaining balance, coordination and footing. Agility training is just like speed development. You must perform each rep at maximum speed, rest, and do it again. Concentrate on keeping your center of gravity low and change directions as rapidly as possible.

FLEXIBILITY

Generally speaking, most people think of flexibility as a means of “warming-up” for an athletic event or workout. This is very true but flexibility also plays an important role in a person’s ability to be a great athlete. You must be able to “bend” and move effortlessly during competition. Flexibility gives you the ability to do this. In athletics the majority of people who are often injured are usually considered “stiff” people. It is our belief that this is due to stiff people getting into an awkward positions, and something must give. It’s usually the soft tissue around the joint that gives. When working on your flexibility remember to relax and try to work right up to the sticking point and gradually work past that point without pain. Developing flexibility is a gradual process, take your time and do it right.

LIFESTYLE

This is simple! You can’t train like a champion and live like a bum and expect to improve on a consistent basis. **Drinking, drugs and late-night partying will do nothing but destroy you as a person and as an athlete.** Think before you do anything that may harm your body and prevent you from being the championship caliber athlete that you want to be. Winning championships is an on and off the field commitment.

REST & RECOVERY

WORK HARD; but understand that you must recover from the work in order to get stronger, faster and improve on a consistent basis. You do not get stronger while you lift, you get stronger after your body rests and recovers from the work. Lifting, stretching, sprinting and practice break your muscles down. If you do not give your body an opportunity to recover and grow, you will not be the type of fast, muscular, and explosive athlete that you want to be. A hard working, dedicated athlete requires 6 to 9 hours of rest a night. Make sure that you have consistent sleeping times. Go to bed and fall asleep at the same time each night and you will find that you feel much better.

EFFORT & WORKOUT CONSISTENCY

Effort and consistency are the keys to your development. You must work hard every day in order to show consistent results. The world is full of average! The training process of a championship athlete is and should be hard. A perfect workout consist of these fundamentals in order to be successful.

1. Perfect repetitions performed with maximum effort.
2. Deep concentration throughout each exercise, set, and rep.
3. A relentless effort, until the workout is finished
4. Hard work, do not be distracted by others lifting, music, or personal problems.
5. Select the optimal weight for each set of each exercise.
6. Begin each workout by the book and finish it by the book.
7. Find a good training partner who will work as hard as you and make him work harder
8. Challenge yourself before walking into the weight room to train like a champion.
9. Visualize the perfect workout while driving or walking to the weight room, see yourself cleaning, benching, squatting as you have never have before. Use visualization to increase the intensity of your workout.
10. Drinks lots of water, eat a well-balanced meal and allow sufficient time for digestion.
11. Think, act, talk, and carry yourself like a champion every minute you are around the facility.
12. Never be negative, always be positive regardless of the circumstances. Do not allow yourself or someone else to drag you down. Always practice positive self-talk.



Tests and Procedures

Testing Procedures

As a **GUYER WILDCAT** you will be held accountable to strength, speed, and power standards that have been established by the hard work and sacrifices of the Wildcats that built this program from the very beginning. You need to understand that in order to give yourself every opportunity to be a successful athlete you need to meet certain strength and speed requirements. The only way to know what you capable of is to test yourself regularly.

The Wildcats test twice a year once in the winter and again in the spring. Winter testing serves as a baseline test to get operational numbers. We will test Squat, Bench, Power Clean, and Front Squat. With these numbers the strength coaches will plan your workouts and progressively build your strength from there. During the spring testing session our goal is to see how far you have come and assess what your summer goals should be. In the spring we will test all of our winter tests again and also test your speed and agility with the 40yd sprint, Pro-Agility, Vertical Jump, and Broad Jump. The rest of this section will serve as an explanation for the procedure on each test.



POWER CLEAN

We use the power clean as a test assessment because of its ability to show off the power of an athlete. Chances are athletes with high power clean numbers are the same athletes are knocking the snot out of every one. Sometimes high numbers in this lift will give an athlete, who hasn't seen to field very much, a chance to prove himself. This is a multi-joint lift and requires many months of practice before becoming proficient enough to do a max test on it. As a young athlete you will perform long hours of practice on the Power clean before we turn you loose to do it on your own.

Equipment

- An Olympic-style barbell with a revolving sleeve, weight plates, and two safety locks; enough total weight to accommodate the maximum load of the strongest athlete.
- A lifting platform or designated area set apart from the rest of the facility for safety.

Personnel

- One tester/ recorder

Procedure

1. Instruct the athlete in proper technique for the PC.
 - Should require the athlete to lift the barbell from the floor to the catch position in 1 continuous motion.
2. Warm-up sets are performed and load increments are selected as in the 1RM BP protocol.
3. Again, the 1RM maximum should be acquired within the first three to five attempts to avoid fatigue.

Testing Protocol

1. Light Warm-up with light resistance that easily allows 8-10 reps
2. 1 minute rest
3. Perform another set with weight that will allow you to complete 3-5 repetitions
4. 2 minute rest
5. Estimate a conservative load that will allow 2-3 repetitions
6. 2-4 minute rest
7. Make a load increase that will allow for a 1 repetition maximum and repeat until max is found

Bench

We use the bench press as a method for testing maximum upper body strength. As football players you will be required to jam your hands into someone's chest on a regular basis. You must possess a powerful upper body in order to be successful during your one on one competition.

Equipment

- A barbell, weight plates, and two safety locks; enough total weight to accommodate the maximum load of the strongest athlete; and a variety of plate sizes to allow for 5-pound gradations in weight.

Personal

- One spotter, one recorder

Procedure

1. Instruct the athlete in proper technique for the flat barbell bench press.
 - The athlete should lie supine, with hips and shoulder blades in contact with the bench and feet flat on the floor. With a grip slightly wider than shoulder width, the athlete will lower the bar to the chest and then forcefully push the upward until the arms are fully extended again.
2. The spotter stands at the head end of the bench throughout the test to help in raising the bar on a failed attempt and to help the athlete place the bar back on the rack.
3. The athlete then performs does a specific warm-up of 5 to 10 repetitions with a light to moderate load.
4. Usually, at least two more, heavier warm-up sets of two to five repetitions.
5. 1RM should be measured within the first three to five attempts to avoid fatigue.

Back Squat/Front Squat

These two tests will tell us just how strong your lower and upper body is. The back and front squat require you to control tremendous loads from the top of your torso all the way down to your toes. If you can squat incredible amounts of weight, through a full range of motion, then you can do incredibly athletic feats on the field.

Equipment

- A barbell, weight plates, and two safety locks; enough total weight to accommodate the maximum load of the strongest athlete; and a variety of plate sizes to allow for 5-pound gradations in weight.
- A sturdy rack with adjustable spotting bars to support the weight of the bar if the athlete is unable to rise.
- A flat solid surface to stand on.

Personal

- Two spotters, one recorder

Procedure

1. Instruct the athlete in proper technique for the back squat/front squat.
 - Grab the bar with hands approximately 6-8 inches outside of your shoulders. Place the bar above the deltoids at the base of the neck. Remove bar from rack, and descend into the lowest squat your body will allow.
2. Warm-up sets are performed as in the 1RM bench press test. However, the loads lifted are typically heavier than in the bench press so the load increments will be greater than those of the 1RM Bench.

40 YD Sprint

The forty yard sprint will test your maximum speed, acceleration, and ability to maintain speed through a designated distance. Because football is a sprint and relax sport there are not many times as a player that you will sprint any further than 40 yards.

Equipment

- Stopwatch
- Flat running surface with start and finish lines 40 yards apart, with at least 20 yards after the finish line for deceleration.

Personnel

- One timer/recorder

Procedure

1. Have athlete warm-up and stretch for several minutes.
2. Allow at least two practice runs at sub-maximal speed.
3. The athlete assumes a starting position using a three- or four-point stance.
4. On an auditory signal, the athlete sprints 40 yards at maximal speed.
5. The average of two trials is recorded to the nearest .1 second.



Pro-Agility

The pro-agility serves the purpose of testing for the ability to not only change direction quickly, but also to develop maximum speed in a short amount of time. The procedures for completing this test are as follows.

Equipment

- An American football field or other field marked with three parallel lines 5 yards apart
- A stop watch

Personnel

- One timer/recorder, one line judge.

Procedure

1. The athlete straddles the centermost of the three parallel lines using a three-point stance.
2. On an auditory signal, the athlete sprints 5 yards to the line on the left, then changes direction and sprints 10 yards to the line on the right, then again changes direction and sprints 5 yards to the center line. Foot contact must be made with all indicated lines.
3. The best time of two trials is recorded to the nearest .01 second.

Vertical Jump

The VJ is designed to measure maximal lower body power production. The VJ is also listed as the number one indicator of football playing ability in a future prospect. The procedures are as follows.

Equipment

- A commercial device, such as the Vertec device.

Personnel

- One tester/recorder

Procedure

1. The tester adjusts the height of the stack of movable color-coded horizontal plastic vanes to be within the athlete's standing reach height. The highest vane that can be reached and pushed forward with the dominant hand while the athlete stands flat-footed determines the standing touch height.
2. The vane is then raised by a measured distance so that the athlete will not jump higher or lower than the set of vanes.
3. Without a preparatory or stutter step, the athlete performs a countermovement by quickly flexing the knees and hips, moving the trunk forward and downward, and swinging the arms backward. During the jump, the dominant arm reaches upward while the non-dominant arm moves downward relative to the body.
4. At the highest point in the jump, the athlete taps the highest possible vane with the fingers of the dominant hand. The score is the vertical distance between the height of the highest vane tapped during the standing vertical reach and the vane tapped at the highest point of the jump.
5. The best of three trials is recorded to the nearest .5 inches.

Broad Jump

The broad jump is somewhat related to the VJ, but the purpose of the SLJ is to measure the maximum lower body power in propelling the body in a forward direction. The procedures are as follows.

Equipment

- A flat jumping area at least 20 feet in length.
- A commercial jumping mat pre-marked in half-inch increments.

Personnel

- One distance judge, one recorder

Procedure

1. The athlete stands with the toes just behind the starting line.
2. The athlete performs a countermovement and jumps forward as far as possible.
3. The athlete must land on the feet for the jump to be scored. Otherwise the trial is repeated.
4. The imprinted mat line closest to the back edge of the athlete's rearmost heel indicates the jump distance.
5. The best of three trials is recorded to the nearest .5 inch.

Spring Calendar

Importance of the Spring Calendar

Having a systematic, planned, and organized calendar is one of the if not the most important part of your off-season program. Once the calendar is created you will know exactly what to expect each day when you show to work. With the calendar there are no surprises. You will be able to prepare mentally for each workout. You can visualize yourself owning each and every workout. You will also be able to understand the time constraints that we under and that you should enter through the weight room doors with an extreme sense of urgency each and every day. Study this calendar over and over again until you know exactly the goals we are trying to accomplish during that day.

January 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st	2 nd PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	3 rd PHASE 1 HYPERTROPHY/ BASE STRENGTH	4 th PHASE 1 SPEED DEVELOPMENT BASE CONDITIONING	5 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	6 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	7 th
8 th	9 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	10 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	11 th PHASE 1 SPEED DEVELOPMENT BASE CONDITIONING	12 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	13 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	14 th
15 th	16 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	17 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	18 th PHASE 1 SPEED DEVELOPMENT BASE CONDITIONING	19 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	20 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	21 st
22 nd	23 rd PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	24 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	25 th PHASE 1 SPEED DEVELOPMENT BASE CONDITIONING	26 th PHASE 1 HYPERTROPHY/ BASE POWER PHASE 1 AGILITY/PLYO	27 th PHASE 1 HYPERTROPHY/ BASE STRENGTH	28 th
29 th	30 th RECOVERY WEEK	31 st RECOVERY WEEK				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 th	30 th	31 st	1 st RECOVERY WEEK	2 nd RECOVERY WEEK	3 rd RECOVERY WEEK	4 th
5 th	6 th PHASE II POWER DEVELOPMENT PHASE II AGILITY/PLYO	7 th PHASE II STRENGTH DEVELOPMENT	8 th SPEED DEVELOPMENT CONDITIONING	9 th PHASE II POWER DEVELOPMENT PHASE II AGILITY/PLYO	10 th PHASE II STRENGTH DEVELOPMENT	11 th
12 th	13 th PHASE II POWER DEVELOPMENT PHASE II AGILITY/PLYO	14 th PHASE II STRENGTH DEVELOPMENT	15 th SPEED DEVELOPMENT CONDITIONING	16 th PHASE II POWER DEVELOPMENT PHASE II AGILITY/PLYO	17 th PHASE II STRENGTH DEVELOPMENT	18 th
19 th	20 th PHASE II POWER DEVELOPMENT 4 TH QUARTER	21 st PHASE II STRENGTH DEVELOPMENT 4 TH QUARTER	22 nd SPEED DEVELOPMENT	23 rd PHASE II POWER DEVELOPMENT 4 TH QUARTER	24 th PHASE II STRENGTH DEVELOPMENT 4 TH QUARTER	25 th
26 th	27 th PHASE II POWER DEVELOPMENT 4 TH QUARTER	28 th PHASE II STRENGTH DEVELOPMENT 4 TH QUARTER	29 th SPEED DEVELOPMENT			

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 th	27 th	28 th	29 th	1 st PHASE II POWER DEVELOPMENT 4TH QUARTER	2 nd PHASE II STRENGTH DEVELOPMENT 4TH QUARTER	3 rd
4 th	5 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO	6 th PHASE III STRENGTH PEAK	7 th TOP SPEED	8 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO	9 th PHASE III STRENGTH PEAK	10 th
11 th	12 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO	13 th PHASE III STRENGTH PEAK	14 th TOP SPEED	15 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO	16 th PHASE III STRENGTH PEAK	17 th
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
25 th	26 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO FOOTBALL SKILL	27 th PHASE III STRENGTH PEAK	28 th TOP SPEED FOOTBALL SKILL	29 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO FOOTBALL SKILL	30 th PHASE III STRENGTH PEAK	31 st

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st	2 nd PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO FOOTBALL SKILL	3 rd PHASE III STRENGTH PEAK	4 th TOP SPEED FOOTBALL SKILL	5 th PHASE III POWER PEAK PHASE III REACTIVE AGILITY & PLYO FOOTBALL SKILL	6 th	7 th
8 th	9 th TEST WEEK FOOTBALL SKILL	10 th TEST WEEK DISTRICT TRACK	11 th TEST WEEK FOOTBALL SKILL DISTRICT TRACK	12 th TEST WEEK FOOTBALL SKILL	13 th TEST WEEK	14 th
15 th	16 th MAKE UP TESTING	17 th MAKE UP TESTING	18 th SPRING FOOTBALL BEGINS PRACTICE #1	19 th AM POWER LIFT PRACTICE #2	20 th AFTERNOON STRENGTH	21 st
22 nd	23 rd TAKS PRACTICE #3 AFTER POWER LIFT	24 th TAKS PRACTICE #4 AFTER STRENGTH LIFT	25 th TAKS FILM MEET CONDITION	26 th TAKS PRACTICE #5 AFTER POWER LIFT	27 th AFTERNOON STRENGTH REGIONAL TRACK	28 th
29 th	30 th AM POWER LIFT PRACTICE #6					

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 st PRACTICE #7 AFTER STRENGTH LIFT	2 nd FILM MEET CONDITION	3 rd AM POWER LIFT PRACTICE #8	4 th AFTERNOON STRENGTH	5 th
6 th	7 th AM POWER LIFT PRACTICE #9	8 th PRACTICE #10 AFTER STRENGTH LIFT	9 th FILM MEET CONDITION	10 th AM POWER LIFT PRACTICE #11	11 th AFTERNOON STRENGTH STATE TRACK MEET	12 th STATE TRACK MEET
13 th	14 th AM POWER LIFT PRACTICE #12	15 th PRACTICE #13 AFTER STRENGTH LIFT	16 th FILM MEET CONDITION	17 th NO LIFT SPRING GAME!!!	18 th EQUIPMENT CHECK/IN	19 th
20 th	21 st 4th Quarter Reminder	22 nd 4th Quarter Reminder	23 rd 4th Quarter Reminder	24 th 4th Quarter Reminder	25 th	26 th
27 th	28 th	29 th	30 th	31 st		



THE MARKS OF A GOOD LEADER

1. The **leader** must know his job.
2. The **leader** must be a good teacher.
3. The **leader** must display courage.
4. The **leader** must show a capacity to get things done.
5. The **leader** must know the people to be led.
6. The **leader** must set the standard.
7. The **leader** must be determined.
8. The **leader** must possess foresight.
9. The **leader** must possess initiative.
10. The **leader** must excel in teamwork.
11. The **leader** must be calm in a crisis.
12. The **leader** must be adept at overcoming difficulties
13. The **leader** must be consistent.
14. The **leader** must require discipline!

WARM-UP ROUTINES

Monday & Thursday Warm-up Routine

For both the Monday Thursday & Tuesday Friday workouts warm-ups should be performed with an intense focus. This is your chance to really lock yourself into the workout. All champions are able to flip an intensity switch where they go from normal athlete to exceptional athlete that prepares himself to work at a high level each and every day. Performs the following exercises knowing that they are specifically designed to get your body ready for the rigors of that day's workout.

Lunge w/ Wrist Stretch



Fig 1.



Fig 2.

Fig 1 Lunge w/ Wrist Stretch

- Begin by standing with feet shoulder width apart and hands by your side

Fig 2 Lunge w/ Wrist Stretch

- Starting with either leg take a large step forward and descend into a deep as lunge a lunge position as possible, without your knee touching the ground.
- Once the lunge position is achieved raise the open hip side arm straight over head.
- Reach across body with opposite arm, grab hand, and pull hand back until a stretch is achieved
- Hold stretch for 2 seconds and then repeat on opposite side.
- Lunge each side 5 times

Mountain Climbers



Fig 1.

Fig 1 Mountain Climbers

- Begin in Push-up position



Fig 2.

Fig 2 Mountain Climbers

- From push-up position drive right leg and knee up towards the right.
- Right foot should land flat on the ground next to the outside of the right hand.
- Hold position for 1 second and return right foot to starting position and repeat with left foot.
- Do this exercise 20 times

Barbell Warm-up



Fig 1.

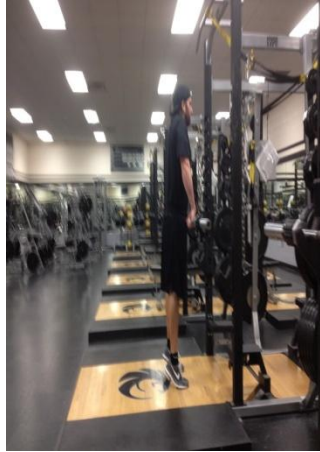


Fig 2



Fig 3.



Fig 4.

Fig 1 Barbell Warm-up

- Begin with bar in hand and feet at hip width apart.

Fig 2 Barbell Warm-up

- Descend to a jumping position.
- When position is achieved in one continuous motion, forcefully extend the knees, hips, and ankles. Then powerfully shrug the shoulders.
- Repeat 5 times.

Fig 3 & 4 Barbell Warm-up

- Once Shrugs are complete repeat above process and once the shrug is complete continue pulling the bar up and into the front squat position as quickly as possible.
- Do this 5 times
- When the second part of the barbell warm-up is complete immediately perform 5 front squats.

Tuesday & Friday Warm-up Routine

In-Rack Hurdle Stretch



Fig 1.



Fig 2.



Fig 3.

Fig 1 In-Rack Hurdle Stretch

- Begin by standing, feet together, on the platform next to a hip level bar.

Fig 2 In-Rack Hurdle Stretch

- Step one foot underneath the bar and descend hips into lowest position possible.
- Shift hips and body from one side of the bar to the other.

Fig 3 In-Rack Hurdle Stretch

- Return to standing position on the other side of the bar and repeat this process 10 times

Push-Up Variation



Fig 1.

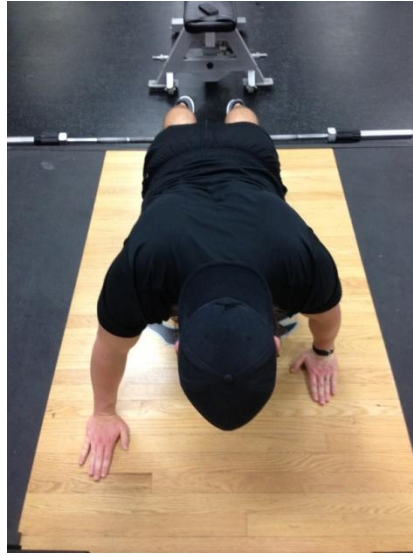


Fig 2.



Fig 3.

Fig 1 Push-Up Variation

- Begin in push-up position with hands just outside of the shoulders.
- Perform 10 push-ups from this position.

Fig 2 Push-up Variation

- Re-position hands directly under shoulders and stagger hands with one higher than the other and perform 10 push-ups.
- Then repeat with hands in the opposite position.

Fig 3 Push-up Variation

- Re-position hands back to directly under the shoulders and perform 10 push-ups the complete the push-up variation exercise

Side Lunge



Fig 1

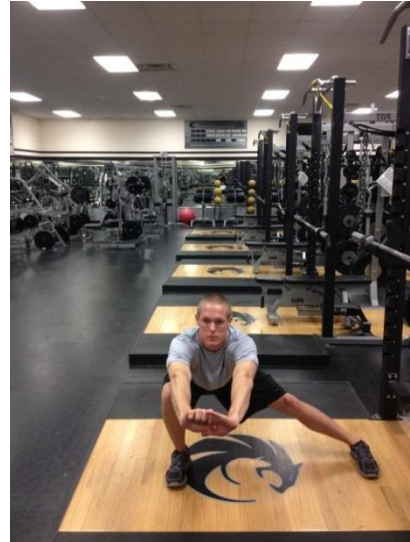


Fig 2

Side Lunge

- Begin by standing with feet shoulder width apart and with right foot slightly in front of left foot.

Fig 1 Side Lunge

- Begin by slowly descending to the lowest position possible on the right side of the body. While descending reach hips back and distribute weight onto the heel of the right foot.

Fig 2 Side Lunge

- Once bottom position is reached hold stretch on left groin for 2 seconds before returning to standing position.
- To stretch right groin re-position feet and place left foot slightly in front of the right foot and repeat above process to the left side of the body.

Shoulder Circles



Fig 1

Fig 1 Shoulder Circles

1. Begin by sticking arms straight out where the wrist, elbow, and shoulder are all in line with palms facing down.
2. Start by doing 10 small circles forward, then 10 small circles backwards. Repeat this two more times with a medium circle round, then large shoulder circles to finish the warm-up routine.

Kick Circuit



Fig A



Fig B



Fig C



Fig D

Fig A. Donkey Kicks- Start on your hands and knees. Reach back with your left foot and reach forward with your right hand. Be sure to squeeze your leg as straight as possible. Also squeeze your right arm up as high as it will go. Repeat ten times then switch.

Fig B. Fire Hydrants- Same starting position. Reach your leg to the side and squeeze for $\frac{1}{2}$ second.

Fig C & D. Donkey Whips- Reach your leg back the same as the donkey kick and in a controlled motion whip your leg out to the side. It is important that you do this exercise in a controlled manner.

Posterior Warm-Ups



Fig A



Fig B

Fig A. Supermans- While lying on the ground reach your hands above your head. At the same time arch your back trying to raise your upper and lower body off the ground at the same time. Be sure to squeeze at the top of this motion.

Fig B. Handcuffs- This exercise starts essentially the same as the supermans. While arching the back reach your arms from above your head to behind your back as if you were being handcuffed.

Running Warm-Up Routine

A Hop

- In a slow controlled manner on each bring the knee to the chest or as high as it will go
- Be sure to come up on the toe on each step and pump the arms in a running fashion in order to warm-up the shoulders as well

A Hop Cross Midline

- This warm-up is essentially the same as the first except that the knee should cross the midline on the body.

Spider Walk

- Get into bear crawl position and begin by bringing your right foot as far forward as possible while keeping your back leg straight
- Walk your hands through until you are ready to take your next step

Lunge with arms 90/90

- Start by lunging out with your right foot and keep your arms up
- There should be a 90 degree angle in your shoulder joint and your elbow joint
- In the bottom of each lunge twist to the left then to the right and lean back
- Then take the next step and repeat

Side Lunge

- Facing either direction lean to one side and then the other
- Shuffle to the right and repeat

Goose Step

- On each step lean down keeping your front leg straight and arms behind your back
- Do not spend a bunch of time stretching just bob up and down as you walk

Bird Feeders

- To start grab your left foot as if you were stretching your quad
- Keeping your right leg straight bend down slowly until your right hand touches the ground
- Return to the standing position release your left leg and repeat on the opposite side

Soldiers

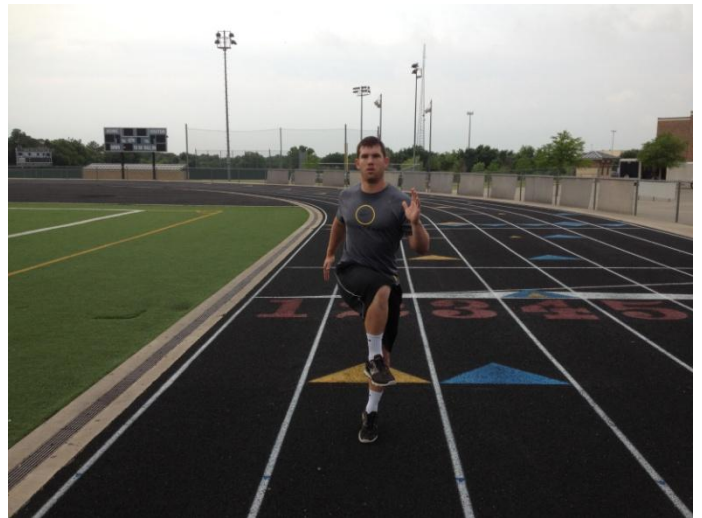
- On each step kick your leg to the opposite hand
- Be sure to keep your leg as straight as possible

Falling Start

- With your feet together begin by leaning forward
- At the moment you feel as though you are going to fall burst out and sprint for 10yds



A Hop



A Cross Midline



Spider Walk



Lunge 90/90



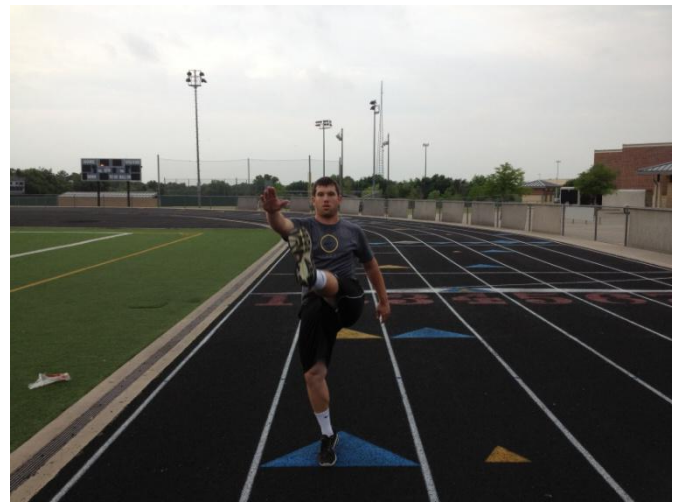
Side Lunge



Goose Step



Bird Feeders



Soldier



Falling Start

EXERCISE DESCRIPTIONS

WILDCAT FOOTBALL

IT'S ABOUT PRIDE

I will persist

I will persist until I succeed

I was not delivered into this world in defeat,

Nor does failure course in my veins.

I am not a sheep waiting to be prodded by my
shepherd.

I am a Wildcat and I refuse to talk, or walk, with
the sheep.

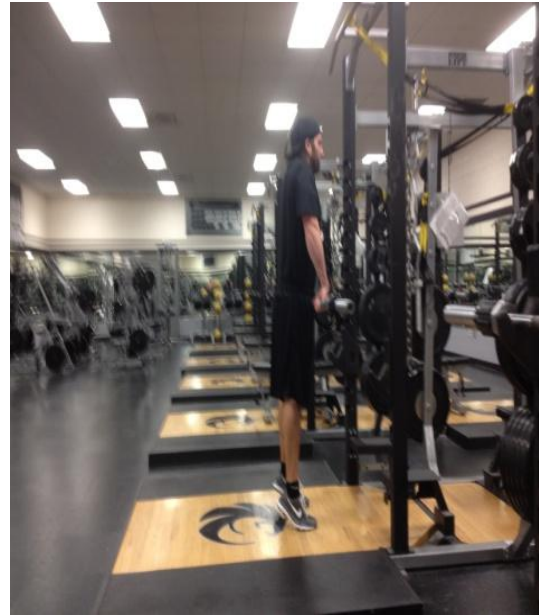
The slaughter house of failures is not my destiny.

I will persist until I Succeed!

I AM A WILDCAT

Monday/Thursday Exercises

Hang Pull



Stance

Start by standing, with bar in hand and feet just outside of the hips in a vertical jump position. Begin lowering body by bending only at the hips and knees until bar reaches the top of the knees. In this position the shoulders should be slightly in front of the bar. Have the knuckles of your hands turned in and under the bar.

First Pull

Once the top of the knee position is reached begin by pushing your heels into the ground and extending the knees and hips. Keep your back flat and shoulders back. Your eyes should be looking straight ahead.

Scoop

When the bar reaches the upper midpoint of your thighs bend the knees front shifting the weight on your feet from your heels to your toes.

2nd Pull Explosion

Once weight has been distributed from your heel to your toes violently extend knees, hips, and ankles. When this is achieved shrug your shoulders as powerfully as possible.

Recovery

When the explosive action is complete absorb the weight of the bar by bending your hips and knees. Re-grip the bar, set back, and prepare for the next rep.

Power Pull



Stance

Step under bar with feet hip width apart, and bar almost touching the shins. Grip bar with hands slightly wider than shoulder width, wrist curled under the bar, elbows pointing out to the end of the bar, and arms straight. Keeping feet flat, bend hips and knees to a position of chest-over-knees-over bars. Shoulders are slightly ahead of the bar. Bar should be over toe joint or shoe laces. Back is straight, abs tight, chest inflated with air, shoulder blades pinched together, and eyes focused forward. Remove all slack from the bar and your body before lifting weight from floor.

First Pull

1st pull begins by pushing your heels into the ground and extending the knees and hips. Keep your back flat and shoulders back. The bar should be close to, not touching, the shins. Your eyes should be looking straight ahead. Keep the body strong and tight during the 1st pull.

Scoop

When the bar reaches the upper midpoint of your thighs bend the knees forward shifting the weight on your feet from your heels to your toes.

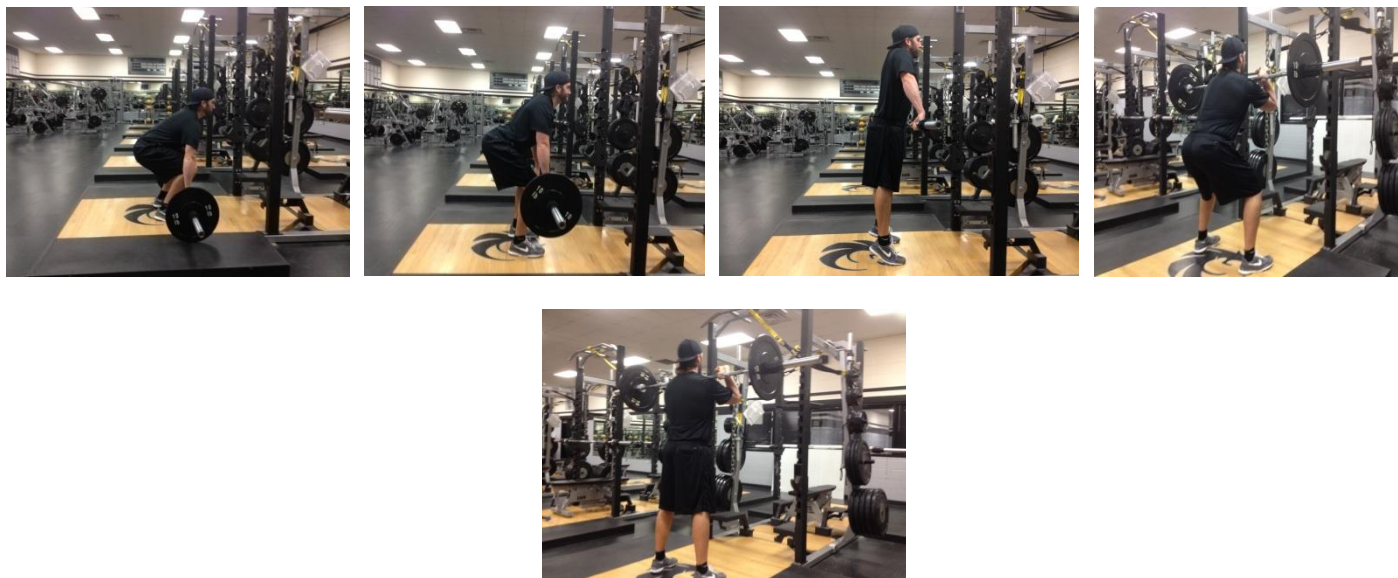
2nd Pull Explosion

Once weight has been distributed from your heel to your toes violently extend knees, hips, and ankles as if you were jumping. When this is achieved shrug your shoulders as powerfully as possible. Over exaggerate full extension and shrug. Toes stay in contact with the floor.

Recovery

When the explosive action is complete absorb the weight of the bar by bending your hips and knees. Re-grip the bar, set back, and prepare for the next rep.

Power Clean



Stance

Step under bar with feet hip width apart, and bar almost touching the shins. Grip bar with hands slightly wider than shoulder width, wrist curled under the bar, elbows pointing out to the end of the bar, and arms straight. Keeping feet flat, bend hips and knees to a position of chest-over-knees-over bars. Shoulders are slightly ahead of the bar. Bar should be over toe joint or shoe laces. Back is straight, abs tight, chest inflated with air, shoulder blades pinched together, and eyes focused forward. Remove all slack from the bar and your body before lifting weight from floor.

First Pull

1st pull begins by pushing your heels into the ground and extending the knees and hips. Keep your back flat and shoulders back. The bar should be close to, not touching, the shins. Your eyes should be looking straight ahead. Keep the body strong and tight during the 1st pull.

Scoop

When the bar reaches the upper midpoint of your thighs bend the knees forward shifting the weight on your feet from your heels to your toes.

2nd Pull Explosion

Once weight has been distributed from your heel to your toes violently extend knees, hips, and ankles as if you were jumping. When this is achieved shrug your shoulders as powerfully as possible. Over exaggerate full extension and shrug. Toes stay in contact with the floor.

Catch Position

Quickly shift feet sideways to shoulder width: drop into quarter squat position with a straight back and flat feet. Elbows are rotated around the bar and into a “racked” position resembling a front squat position. The bar should rest just above the collar bone on the shoulders

Recovery

Stand upright with bar. Exhale and safely return bar to floor and reset for next rep.

Hang Clean



Stance

Start by standing, with bar in hand and feet just outside of the hips in a vertical jump position. Begin lowering body by bending only at the hips and knees until bar reaches the top of the knees. In this position the shoulders should be slightly in front of the bar. Have the knuckles of your hands turned in and under the bar.

First Pull

Once the top of the knee position is reached begin by pushing your heels into the ground and extending the knees and hips. Keep your back flat and shoulders back. Your eyes should be looking straight ahead.

Scoop

When the bar reaches the upper midpoint of your thighs bend the knees forward shifting the weight on your feet from your heels to your toes.

2nd Pull Explosion

Once weight has been distributed from your heel to your toes violently extend knees, hips, and ankles as if you were jumping. When this is achieved shrug your shoulders as powerfully as possible. Over exaggerate full extension and shrug. Toes stay in contact with the floor.

Catch Position

Quickly shift feet sideways to shoulder width: drop into quarter squat position with a straight back and flat feet. Elbows are rotated around the bar and into a “racked” position resembling a front squat position. The bar should rest just above the collar bone on the shoulders

Recovery

Stand upright with bar. Exhale and safely return bar to floor and reset for next rep.

Hang Snatch



Stance

Grip the bar with a snatch grip, with hands in a very wide grip. Start by standing, with bar in hand and feet just outside of the hips in a vertical jump position. Begin lowering body by bending only at the hips and knees until bar reaches the top of the knees. In this position the shoulders should be slightly in front of the bar. Have the knuckles of your hands turned in and under the bar.

First Pull

Once the top of the knee position is reached begin by pushing your heels into the ground and extending the knees and hips. Keep your back flat and shoulders back. Your eyes should be looking straight ahead.

Scoop

When the bar reaches the upper midpoint of your thighs bend the knees forward shifting the weight on your feet from your heels to your toes.

2nd Pull Explosion

Jump straight up fully extending hips, knees, and ankles, simultaneously violently shrugging the bar as the shoulders move up and back. The bar will travel along the body and over the head.

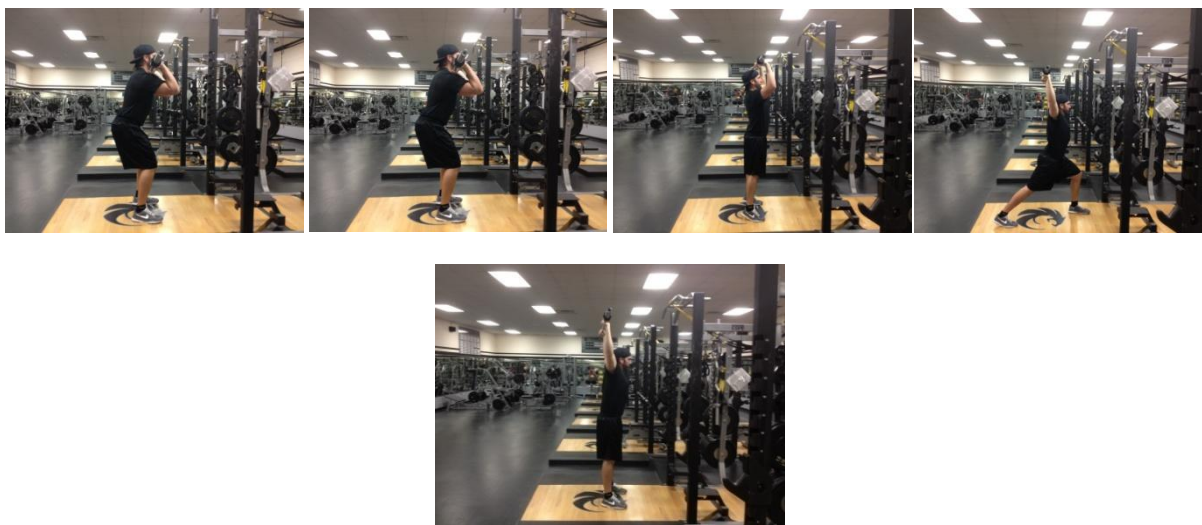
Catch Position

Quickly shift feet sideways to shoulder width: drop into quarter squat position with a straight back and flat feet. As the wrist roll under, push up and out on bar, stretching it like a giant rubber band. The bar will be positioned over the head, just behind the ears.

Recovery

Stand upright with the bar. Continue pushing up and out on the bar. Exhale and safely return bar to upper middle thigh and reset for the next rep.

Split Jerk



Stance

Grip bar with a clean grip; place bar in clean rack position. Lift bar from rack and take 2 steps back. Feet are flat and hip width apart. Keep torso upright, with back straight, abs tight, chest inflated with air, maintain this position throughout lift. This lift may be done with bar placed in front or behind the head.

Dip

Keeping the torso upright and body weight on heels make a slight dip with knees into a quarter squat position. Make sure your feet stay on the floor, do not rise up on toes.

Drive

From the quarter squat position extend the legs driving the bar up off the shoulders. Drive the bar up and overhead with your arms while your elbows rotate outward and under the bar.

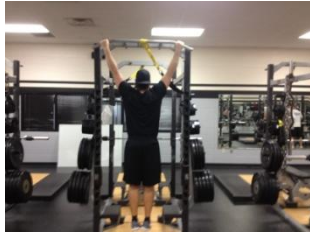
Split

Drop under the bar with an erect torso, locking the arms out overhead with biceps over ear forming straight line between bar, shoulder, and hips. Split feet forward and backwards landing with front foot flat 1 ½ steps forward (knee bent over ankle), rear foot 2 steps backward and on toe, knee slightly bent. The bar should be positioned over the head with the elbows just behind the ears. Pause while pushing up on the bar in the overhead position. Make sure that the torso is erect with hips and ankles under the bar. Do not lean forward or backwards.

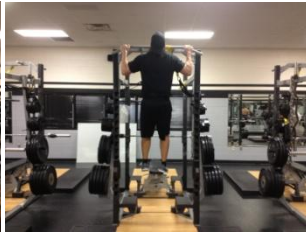
Recovery

Pause briefly in split position in order to gain control of bar. Step backwards with front leg then step forward with rear leg, always return to original starting position. Remember to continue pushing up on the bar. Return bar to starting position on shoulders; exhale, inhale and prepare for next rep.

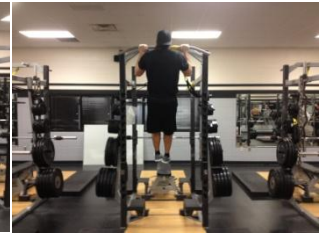
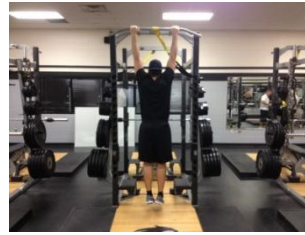
Pull-ups Wide-Neutral- Alt Grip-Narrow



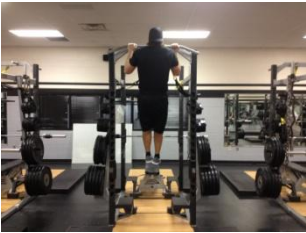
Wide Grip



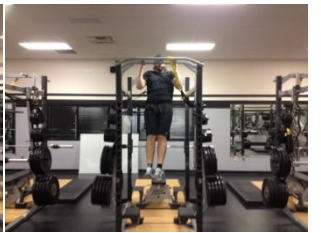
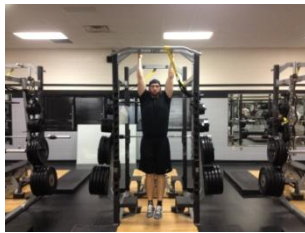
Neutral Grip



Alternating Grip



Narrow Grip



Wide Grip

Tightly grip the bar outside of the bend in the bar. Hang with arms straight then pull yourself up until your chin is above the bar. Once top position is achieved lower yourself down until arms are straight again. Prepare yourself for the next rep.

Neutral Grip

Tightly grip the bar with hands placed directly overhead and palms facing away from you. Hang with arms straight then pull yourself up until your chin is above the bar. Once top position is achieved lower yourself down until arms are straight again. Prepare yourself for the next rep.

Alternating Grip

Tightly grip the bar with one palm of hand facing away from you and the other facing towards you and arms directly overhead. Hang with arms straight then pull yourself up until your chin is above the bar. Once top position is achieved lower yourself down until arms are straight again. Prepare yourself for the next rep.

Narrow

Tightly grip bars on the inside of the rack with palms facing towards each other. Hang with arms straight then pull yourself up until your chin is above the bar. Once top position is achieved lower yourself down until arms are straight again. Prepare yourself for the next rep.

Bent Row



Bottom Position

Start with bar in hand and feet just outside of hips. Hands should be slightly wider than shoulders with palms facing away from you. Lower body by bending at knees and hips until shoulders are slightly in front of the bar.

Top Position

Keeping the back flat and straight with shoulders pulled back pull the bar up and in to the belly button region of the stomach. Then return to bottom position and prepare for next rep.

I-Y-T-V



Starting Position



I's



Y's



V's

I's

Begin by lying, chest first, on slightly inclined bench with chin above the top of the bench. Grab your 5 or 10lb weights and raise arms, with knuckles to the ceiling, directly overhead making an "I" shape with both arms.

Y's

Begin by lying, chest first, on slightly inclined bench with chin above the top of the bench. Grab your 5 or 10lb weights and raise arms, with knuckles to the ceiling, directly overhead making a "Y" shape with both arms.

T's

Begin by lying, chest first, on slightly inclined bench with chin above the top of the bench. Grab your 5 or 10lb weights and raise arms, with knuckles to the ceiling, directly overhead making a "T" shape with both arms.

V's

Begin by lying, chest first, on slightly inclined bench with chin above the top of the bench. Grab your 5 or 10lb weights and raise arms, with knuckles to the ceiling, directly overhead making a "Reverse V" shape with both arms.

Tuesday/ Friday

Exercises

Over Head Squat



Stance

Begin by pressing bar directly over head with hands in the snatch position. Bar should be in a steady, balanced position over the ears. Chest inflated and eyes focused straight ahead. Place feet just outside of the hips in a squat position with toes slightly turned out. Distribute body weight to the heels.

Bottom Position

While holding your breath, squat straight down into the bottom position, keeping your chest up and your back flat. Make sure that you keep your feet flat and the floor and avoid leaning forward. Squat into a full squat position so that your knees move out over your toes. It is extremely important that you control the tempo of the descent into the bottom position; it should not be fast, or extremely slow. Always control the weight by pushing up and out on the bar with your traps and arms. Keep the bar just behind the ears. If you begin to lose control of the weight simply step out of the way and drop the weight on the floor.

Recovering from the Bottom Position

Upon reaching the bottom position, change directions and drive out of the bottom position keeping the chest up and the back straight until standing erect. Remember to continue pushing up and out on the bar. After standing erect and gaining control of the weight, exhale, inhale, and prepare for the next rep. Once the set of squats is completed replace the bar on your shoulders before stepping into the rack.

Back Squat



Stance

Place barbell behind the neck, across the traps in a high bar position. Grip the bar shoulder width with elbows pointing down. It is important to pinch the shoulder blades together and stick your chest out prior to lifting the bar out of the squat rack. This elevates the upper back so that the bar is resting on the muscles of the upper back and shoulders and not bone. Remove the bar from the rack and take two steps back. Feet are placed shoulder width apart; toes should be turned out slightly. Get your back straight, feet flat, abs tight, and take a deep breath of air. Just prior to squatting down make sure that you are not bending at the waist and leaning forward.

Bottom Position

While holding your breath, squat straight down into the bottom position, keeping your chest up and your back flat. Make sure that you keep your feet flat on the floor and avoid leaning forward. Squat into a full squat position so that your knees move out over your toes. It is extremely important that you control the tempo of the descent into the bottom position; it should not be fast, or extremely slow. Always control the weight in the squat position, never let it control you.

Recovering from the Bottom Position

Upon reaching the bottom position, change directions and drive out of the bottom position keeping the chest up and the back straight until standing erect. After standing erect and gaining control of the weight, exhale, inhale, and prepare for the next rep. Once the set of squats is completed replace the bar to the squat rack. Many times after a hard set you may actually feel faint; this is the reason for only taking two steps out of the rack. Be extremely cautious when handling heavy weights in the back squat.

Front Squat



Stance

In the front squat the bar is gripped evenly with a slightly wider than shoulder width grip. The bar will rest on the upper chest and shoulders. Be sure and push the elbows up and out and let the bar almost roll into the throat. This position should resemble that of the clean “rack” position. Before removing the bar from the rack lift the entire upper body by raising the rib cage and flexing the lat muscles. This maneuver develops a natural shelf for supporting the weight of the bar. Remove the bar from the rack and take two steps back. Feet are placed shoulder width apart; toes should be turned out slightly. Get your back straight, feet flat, abs tight, and take a deep breath of air. Just prior squatting down make sure you are not bending at the waist and leaning forward.

Bottom Position

While holding your breath, squat straight down into the bottom position, keeping your chest up and your back flat. Make sure that you keep your feet flat on the floor and avoid leaning forward. Squat into a full squat position so that your knees move out over your toes. It is extremely important that you control the tempo of the descent into the bottom position; it should not be fast, or extremely slow. Always control the weight in the squat position, never let it control you.

Recovering from the Bottom Position

Upon reaching the bottom position, change directions and drive out of the bottom position keeping the chest up and the back straight until standing erect. After standing erect and gaining control of the weight, exhale, inhale, and prepare for the next rep. Once the set of squats is completed replace the bar to the squat rack. Many times after a hard set you may actually feel faint; this is the reason for only taking two steps out of the rack. Be extremely cautious when handling heavy weights in the back squat.

Bench Press



Start

Lie on the bench with eyes in front of the bar; bring feet under knees, and pinch shoulder blades together. Arch the back slightly and inflate chest with air. Grip bar with hand no wider than shoulder width; lift bar from pins and position bar over chest with wrist and elbow under the bar. It is very important to begin every bench press with the proper “set-up” in order to press large amounts of weight.

Bottom Position

Lower the bar under control until the bar touches the chest just below the pec muscles but above stomach line. It is important to touch the chest with the bar but do not bounce the weight on the chest. It is extremely important that you control the tempo of the descent into the bottom position; it should not be fast, or extremely slow. Upon touching the chest explode up on the bar trying to drive the weight through the roof.

Finish Position

Explode the bar off the chest keeping the elbows under the bar, and driving the bar straight up, not over the throat or chin. Lock elbows out with bar directly the chest; exhale, inhale, and prepare for next rep.

Incline Bench Press



Start

Lie on the bench with eyes in front of the bar; bring feet under knees, and pinch shoulder blades together. Arch the back slightly and inflate chest with air. Grip bar with hand no wider than shoulder width; lift bar from pins and position bar over chest with wrist and elbow under the bar. The incline bench differs from the bench in that the weight is positioned high on the neck and shoulders instead of the chest. It is very important to begin every incline bench press with the proper “set-up” in order to press large amounts of weight.

Bottom Position

Lower the bar under control until the bar touches the chest just below the pec muscles but above stomach line. It is important to touch the chest with the bar but do not bounce the weight on the chest. It is extremely important that you control the tempo of the descent into the bottom position; it should not be fast, or extremely slow. Upon touching the chest explode up on the bar trying to drive the weight through the roof.

Finish Position

Explode the bar off the chest keeping the elbows under the bar, and driving the bar straight up, not over the throat or chin. Lock elbows out with bar directly the chest; exhale, inhale, and prepare for next rep.

RDL



Starting Position

Grip bar with clean grip and lift bar from the floor with a clean pull. Do not bend over and lift the bar with the back. Feet are hip width and flat on floor. The knees are slightly bent and the chest and shoulders are over the bar. The back is straight, abs tight, and chest inflated with air; shoulder blades are pinched together with the eyes focused ahead.

Bottom Position

Slowly lower bar below the knees by maintaining a straight back and pushing hips back while keeping knees slightly bent; chest and shoulders are ahead of the bar, and arms are straight.

Finish Position

Stand erect by contracting the hamstrings and pulling bar into starting position. Reset, and perform next rep.

TRX Suspended Lunge



Starting Position

Begin by lining TRX straps to the middle of the rack and lower them so the very bottom of the straps is in line with the middle part of your calf. Place either foot through both straps and turn around so that you are facing away from the straps. Be sure that the straps, your body, and leg are all in line. Before lowering yourself into lunge position take special care to be balanced with eyes focused straight ahead.

Bottom Position

Slowly lower your body with your weight distributed evenly from your front foot and back foot. As you descend into the bottom position continue to reach back with your back foot and the weight on your front foot should be distributed to the heel. Lower your body until your thigh on your front foot is parallel to the ground.

Finish Position

By keeping your foot flat and weight distributed on the heel press into the ground and extending your knee and hip until full standing position is reached. Take a breath and prepare yourself for the next rep. Should balanced be lost at any point during the exercise immediately place both hands on the ground, regain balance, and return to standing position.

TRX Hamstring Curls



Starting Position

Begin by lowering TRX straps so that the very bottom of the straps are in line with the middle part of your calf. Sit down in front of straps and place thumbs in the bottom of the foot loops. Lay back on your keeping thumbs in the foot loops, pull your knees to your chest and place the heel of each foot into each strap so that the foot loop is on the bottom of your foot and the handle is flat on the bottom of your shoe. Once both feet are in the straps place hands down to help with balance.

Execution

Keeping body as flat and strong as possible press heels into the straps and raise hips and lower back off of the platform. Once this position is achieved pull heels to toward hamstrings in a slow and controlled manner. Return feet to starting position. Take a breath and prepare for the next rep.

Hyper Extensions



Starting Position

Place feet against the metal plate with toes pointing straight down, thighs are on pad, and torso is brought to a position with head pointing at floor and nose is toward forward post. Hands are behind head or folded across chest holding weight.

Middle Position

Contract the muscles of the back and glutes to pull the torso into a position parallel to the floor. Pause in this position for 1 second keeping the back flat, hams tight, and toes pointed straight down.

Finish Position

Lower upper body into starting position in control, exhale, inhale, and prepare for next rep.

CORE EXERCISES

Wildcat Twist



Starting Position

Begin by sitting with feet approximately 6in off the floor and lean back to balance yourself. Grab medicine ball or any selected weight and hold with both hold hands. Avoid crossing your legs.

Execution

Reach and touch the weight on right and then the left side. Touching the right and left sides have both been touched count that as one.

Toe Touches



Starting Position

Begin by lying on your back and raising feet straight in the air so that the bottom of your shoes are pointed straight in the air. Grab medicine ball or selected weight and hold directly over head.

Execution

To perform exercise reach selected weight from the over head position and sit-up until weight touches your toes. This action constitutes one repetition

Suitcases



Starting Position & Execution

Begin by lying flat on the floor with hands directly over head and feet on the floor. Simultaneously raise feet and hands until you have reached high enough to touch toes with hands.

Weighted Sit-ups



Starting Position & Execution

Begin by lying on floor with soles of shoe flat on the ground and knees bent. Hold selected weight on chest by crossing arms over the top of the weight. Start by contracting abdominal muscles, pull heels of feet into the floor by contracting hamstrings, and curl body up until elbows touch knees. Control the descent and repeat until prescribed repetitions have been performed.

Lateral Leg Raise



Starting Position

Begin by lying on back with arms out to side; bring legs up to 90 degrees with soles of shoes pointed towards sky, and ankles touching each other.

Execution

Rotate legs to the left and then to the right, keeping ankles together and legs straight. The back should remain flat. The legs and lowered all the way to each side but do not touch the ground. Return to starting position. Over and back count as one rep. Perform exercise in a controlled manner with a slight pause at both the top and bottom position

TO ACHIEVE SUCCESS, REMEMBER YOUR ABC'S

Avoid negative places, people, things, and habits.

Believe in yourself.

Consider things from every angle.

Don't give up and don't give in.

Enjoy life today, yesterday is gone and tomorrow may never come.

Family and friends and hidden treasures, seek them and enjoy their riches.

Give more than you planned to.

Ignore those who try to discourage you.

Just do it.

Keep trying no matter how hard it is, it will get easier.

Love yourself first and foremost.

Make it happen.

Never lie, cheat, or steal, always strike a fair deal.

Open your eyes and see things as they really are.

Ppractice makes perfect.

Quitters never win and winners never quit.

Read, study, and learn about everything important in life.

Stop procrastinating.

Take control of your life.

Understand yourself in order to better understand others.

Visualize success and what it takes to get there.

Want it more than anything.

Xcellerate your efforts

You are unique; of all God's creations nothing can replace you.

Zero in on your target and go for it.

Look me in the Eyes

Look me in the eyes.

It's okay if you're scared, So am I.

But we're scared for different reasons.

I'm scared of what I won't become, and you're scared
of what I could become.

Look at me.

I won't let myself end where I started, I won't let
myself finish where I began.

I know what is within me, Even if you can't see it yet.

Look me in the eyes.

I have something more important than courage, I have
patience.

I will become, what I know I am.



Weight Training

STRENGTH AND POWER DEVELOPMENT

Weight training with the Guyer Wildcats makes use of many components. First and foremost the attitude you enter the weight room with every day is the biggest factor of success in this program. With a CHAMPIONSHIP attitude you will not get championship results. You must prepare to give 100% effort mentally and physically. We will use free weights as the core of our strength program. These exercises require a great deal of effort to perform and you must concentrate a great deal while performing them. We have divided our exercises into 5 different categories.

- 1. Olympic exercises to develop explosive power.** Power clean, Hang Clean, Jerk & Split Jerk, and Hang Snatch. The power clean is one of 4 explosive exercises and it is extremely important to practice this exercises over and over in order to achieve the absolute best results. Developing proficiency and power in the power clean translates well to the football field. If you clean a ton of weight, you will be cleaning it up on the football field too.
- 2. Exercises used to develop maximum strength.** Back Squat, Front Squat, Bench Press, and Incline Bench Press are all exercises in this category. These exercises are used to development core strength to make your body stable and strong. The back squat and front squat are the kings of this category. These two lifts, when perform correctly; force you to engage over 75% of your body's muscles. These lifts not only compliment the Olympic exercises from above they also make your body extremely durable to the stresses placed upon it during a long season. Selecting optimal weight in this category will allow your body to grow to a maximum level of strength.
- 3. Auxiliary Exercises to develop mass.** These exercises will be done after performing either the Olympic or the maximum strength lifts. Try to think of these lifts as your body armor. We will always do these exercises with a high number of repetitions in order to allow for maximum muscle growth. As your lean muscle mass grows you will be able to better withstand the extreme forces placed upon your body within one game.
- 4. Exercises for the abs and lower back.** These exercises are by far the most important for staying healthy during off-season and especially in-season. Without strength in your abs and lower back you cannot perform any of the above lifts. These are the muscles that give your body the ability to run, block, tackle, cut, stop, and throw. We will do some type of core exercise every day that we train.
- 5. Exercises used to develop the neck and traps.** Without a strong neck you are not going to be able make the destroying tackles and blocks that you have dreamed about since you were a little kid. As with the abs and lower back we will do some type of these exercises every day we train.

STRENGTH TRAINING OVERVIEW

As a football player for John H. Guyer High School you will be held to a higher set of standards when it comes to developing strength and power. Our progressive evidence based approach will allow you to become stronger and more powerful than your opponents. What you do with that strength and power is up to you.

With that being said, strength and power will not come to you simply by showing up. It only comes to those that show up with 100% hard work attitude. It comes to those that are ready to work through a little pain, a cold, or tiredness. When you commit to The Program you will see your body change in a short amount of time and you will have the strength of 2 grown men.

Developing Strength and Power – An Introduction

Resistance-In order to get stronger you have to be pushing or pulling on something. We will use weights, barbells, dumb bells, and a few machines for this.

Progressive Overload – The theory that, to maximize the benefits of a resistance training program, the training stimulus must be progressively increased as the body adapts to the current stimulus. As stated before we will progressive increase the resistance used in each workout throughout the 3 phases of training.

Variety – Your body is designed to work as efficiently as possible therefore if you train the same every day your body will adapt to the training and you won't get any better because now your body is operating efficiently with little effort and this is the way your body likes it. You have to constantly push to get better. If you don't provide your body with a variety of stimulus you will not gain like your want to.

Rest – Many times people over look resting. As a Wildcat you will train in the morning, train in the afternoon, and possible still have track practice. Your body is **TIRED!** It is time to rest not go home and stay up to 1am. You must get at least 8 hours of sleep each night in order to allow body to recharge, repair, and reset for the next day. Fatigue is **CUMULATIVE!** If you don't rest Monday night you might not feel the effects of it on Tuesday, but you will feel them on Thursday and Friday.

PERCENTAGE CHART

Once you have become proficient at every lift in the manual you will need to know what your 1 repetition maximums are for each lift described in the testing procedures portion of this manual. Once you have these numbers write them down and do not forget them in order to progress effectively through Phases 1, 2, and 3. When looking to find the prescribed weight on your weight sheet you will see something that looks like the following; 2 x 10 @ 65%, this translates to 2 sets of 10 repetitions at 65% of your 1 repetition maximum on that lift. On the next page you will find a percentage chart to use during your training. Take time and think about your current bench press max. Try and find what 75% of that is. The red numbers represent your 1 repetition maximum.



100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
1RM	2RM	4RM	6RM	8RM	10RM	12RM	14RM	16RM	18RM	20RM	1RM	2RM	4RM	6RM	8RM	10RM	12RM	14RM	16RM	18RM	20RM
295	280.2	265	250	236	221	206	191	177	162	147	495	470	445	420	396	371	346	321	297	272	247
290	275	261	246	232	217	203	188	174	159	145	490	465	441	416	392	367	343	318	294	269	245
285	270	256	242	228	213	199	185	171	156	142	485	460	436	412	388	363	339	315	291	266	242
280	266	252	238	224	210	196	182	168	154	140	480	456	432	408	384	360	336	312	288	264	240
275	261	247	233	220	206	192	178	165	151	137	475	451	427	403	380	356	332	308	285	261	237
270	265	243	229	216	202	189	175	162	148	135	470	446	423	399	376	352	329	305	282	258	235
265	251	238	225	212	198	185	172	159	145	132	465	441	418	395	372	348	325	302	279	255	232
260	247	234	221	208	195	182	169	156	143	130	460	437	414	391	368	345	322	299	276	253	230
255	242	229	216	204	191	178	165	153	140	127	455	432	409	386	364	341	318	295	273	250	227
250	237	225	212	200	187	175	162	150	137	125	450	427	405	382	360	337	315	292	270	247	225
245	232	220	208	196	183	171	159	147	134	122	445	422	400	378	356	333	311	289	267	244	222
240	228	216	204	192	180	168	156	144	132	120	440	418	396	374	352	330	308	286	264	242	220
235	223	211	199	188	176	164	152	141	129	117	435	413	391	369	348	326	304	282	261	239	217
230	218	207	195	184	172	161	149	138	126	115	430	408	387	365	344	322	301	279	258	236	215
225	213	202	191	180	168	157	146	135	123	112	425	403	382	361	340	318	297	276	255	233	212
220	209	195	187	176	165	154	143	132	121	110	420	399	378	357	336	315	294	273	252	231	210
215	204	193	182	172	161	150	139	129	118	107	415	394	373	352	332	311	290	269	249	228	207
210	199	189	178	168	157	147	136	126	115	105	410	389	369	348	328	307	287	266	246	225	205
205	194	184	174	164	153	143	133	123	112	102	405	384	364	344	324	303	283	263	243	222	202
200	190	180	170	160	150	140	130	120	110	100	400	380	360	340	320	300	280	260	240	220	200
195	185	175	165	156	146	136	126	117	107	97	395	375	355	335	315	296	276	256	237	217	197
190	180	171	161	152	142	133	124	114	104	95	390	370	350	331	312	292	273	253	234	214	195
185	175	166	157	148	138	129	120	111	101	92	385	365	346	327	308	288	269	250	231	211	192
180	171	162	153	144	135	126	117	108	99	90	380	361	342	323	304	285	266	247	228	209	190
175	166	157	148	140	131	122	113	105	96	87	375	356	337	318	300	281	262	243	225	206	187
170	161	153	144	136	127	119	110	102	93	85	370	351	333	314	296	277	259	240	222	203	185
165	156	148	140	132	123	115	107	99	90	82	346	346	328	310	292	273	255	237	219	200	182
160	152	144	136	128	120	112	104	96	88	80	360	342	324	306	288	270	252	234	216	198	180
155	147	139	131	124	116	108	100	93	85	77	355	337	319	301	284	266	248	230	231	195	177
150	142	135	127	120	112	105	97	90	82	75	350	332	315	297	280	262	245	227	210	192	175
145	137	130	123	116	108	101	94	87	79	72	345	327	310	293	276	258	241	224	207	189	172
140	133	126	119	112	105	98	91	84	77	70	340	323	306	289	272	255	238	221	204	187	170
135	128	121	114	108	101	94	87	81	74	67	335	318	301	284	268	251	234	217	201	184	167
130	123	117	110	104	97	91	84	78	71	65	330	313	297	280	264	247	231	214	198	181	165
125	118	112	106	100	93	87	81	75	68	62	325	308	292	276	260	243	227	211	195	178	162
120	114	108	102	96	90	84	78	72	66	60	320	304	288	272	256	240	224	208	192	176	160
115	109	103	97	92	86	80	74	69	63	57	315	299	283	267	255	236	220	204	189	173	157
110	104	99	93	88	82	77	71	66	60	55	310	294	279	263	248	232	217	201	186	170	155
105	99	94	89	84	78	73	68	63	57	52	305	289	274	259	244	228	213	198	183	167	152
100	95	90	85	80	75	70	65	60	55	50	300	285	270	255	240	225	210	195	180	165	150

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
1RM	2RM	4RM	6RM	8RM	10RM	12RM	14RM	16RM	18RM	20RM	1RM	2RM	4RM	6RM	8RM	10RM	12RM	14RM	16RM	18RM	20RM
695	660	625	590	556	521	486	451	417	382	347	895	850	805	760	716	671	626	581	537	492	447
690	655	621	586	552	517	483	448	414	379	345	890	845	801	756	712	667	623	578	534	489	445
685	650	616	582	548	513	479	445	411	376	342	885	840	796	752	708	663	619	575	531	486	442
680	646	612	578	544	510	476	442	408	374	340	880	836	792	748	704	660	616	572	528	484	440
675	641	607	573	540	506	472	438	405	371	337	875	831	787	743	700	656	612	568	525	481	437
670	636	603	569	536	502	469	435	402	368	335	870	826	783	739	696	652	609	565	522	478	435
665	631	598	565	532	498	465	432	399	365	332	865	821	778	735	692	648	605	562	519	475	432
660	627	594	561	528	495	462	429	396	363	330	860	817	774	731	688	645	602	559	516	473	430
655	622	589	556	524	491	458	425	393	360	327	855	812	769	726	684	641	598	555	513	470	427
650	617	585	552	520	487	455	422	390	357	325	850	807	765	722	680	637	595	552	510	467	425
645	612	580	548	516	483	451	419	387	354	322	845	802	760	718	676	633	591	549	507	464	422
640	608	576	544	512	480	448	416	384	352	320	840	798	756	714	672	630	588	546	504	462	420
635	603	571	539	508	476	444	412	381	349	317	835	793	751	709	668	626	584	542	501	459	417
630	598	567	535	504	472	441	409	378	346	315	830	788	747	705	664	622	581	539	498	456	415
625	593	562	531	500	468	437	406	375	343	312	825	783	742	701	660	618	577	536	495	453	412
620	589	558	527	496	465	434	403	372	341	310	820	779	738	697	656	615	574	533	492	451	410
615	584	553	522	492	461	430	399	369	338	307	815	774	733	692	652	611	570	529	489	448	407
610	579	549	518	488	457	427	396	366	335	305	810	769	729	688	648	607	567	526	486	445	405
605	574	544	514	484	453	423	393	363	332	302	805	764	724	684	644	603	563	523	483	442	402
600	570	540	510	480	450	420	390	360	330	300	800	760	720	680	640	600	560	520	480	440	400
595	565	535	505	476	446	416	386	357	327	297	795	755	715	675	636	596	556	516	477	437	397
590	560	531	501	472	442	413	383	354	324	295	790	750	711	671	632	592	553	513	474	434	395
585	555	526	497	468	438	409	380	351	321	292	785	745	706	667	628	588	549	510	471	431	392
580	551	522	493	464	435	406	377	348	319	290	780	741	702	663	624	585	546	507	468	429	390
575	546	517	488	460	431	402	373	345	316	287	775	736	697	658	620	581	542	503	465	426	387
570	541	513	484	456	427	399	370	342	313	285	770	731	693	654	616	577	539	500	462	423	385
565	536	508	480	452	423	395	367	339	310	282	765	726	688	650	612	573	535	497	459	420	382
560	532	504	476	448	420	392	364	336	308	280	760	722	684	646	608	570	532	494	456	418	380
555	527	499	471	444	416	388	360	333	305	277	755	717	679	641	604	566	528	490	453	415	377
550	522	495	467	440	412	385	357	330	302	275	750	712	675	637	600	562	525	487	450	412	375
545	517	490	463	436	408	381	354	327	299	272	745	707	670	633	596	558	521	484	447	409	372
540	513	486	459	432	405	378	351	324	297	270	740	703	666	629	592	555	518	481	444	407	370
535	508	481	454	428	401	374	347	321	294	267	735	698	661	624	588	551	514	477	441	404	367
530	503	477	450	424	397	371	344	318	291	265	730	693	657	620	584	547	511	474	438	401	365
525	498	472	446	420	393	367	341	315	288	262	725	688	652	616	580	543	507	471	435	398	362
520	494	468	442	416	390	364	338	312	286	260	720	684	648	612	576	540	504	468	432	396	360
515	489	463	437	412	386	360	334	309	283	257	715	679	643	607	572	536	500	464	429	393	357
510	484	459	443	408	382	357	331	306	280	255	710	674	639	603	568	532	497	461	426	390	355
505	479	454	429	404	378	353	328	303	277	252	705	669	634	599	564	528	493	458	423	387	352
500	475	450	425	400	375	350	325	300	275	250	700	665	630	595	560	525	490	455	420	385	350

DESCRIPTION OF PHASES

Each phase of training has a very specific and well thought out mission. Understand what the goal of each phase is and come to the weight room having thought about and visualized what you need to do in order to achieve the goals of each phase. Read this section of the manual very carefully and memorize the goals of each phase. After reading this page you will have a great understanding of why it is so important to approach weight training in such a progressive and organized manner.

Phase 1

Phase 1 should be thought of as a foundation to the entire off-season regimen. During phase 1 you will practice technique on complicated lifts over and over with light weights. A big emphasis will be placed on performing many repetitions with lighter weight. You will become very familiar with the number ten. While in this phase our mission is to build a base level of strength and build bulk, by increasing muscle size. Also during this phase your body will be sore, tight, and tired; keep pushing through, we will take care of you. We promise! Once your initial soreness is gone you will not have to deal with that level of soreness again throughout the rest of off-season.

Phase 2

Phase 2 is designed to really begin the strength and power building process. Unlike phase 1 in phase 2 the repetitions will be significantly lower and the weight will be much heavier. During this phase you will really begin to see your body change and your strength numbers will begin to climb on a weekly basis. Focus and technique will be emphasized greatly. This phase will require you to begin performing the Olympic exercises on a regular basis. During phase 2 you will begin to experience what it takes be a part of and contribute to the Wildcat family. If you do not work at a championship level everyday during this phase you will be crushed by Phase 3.

Phase 3

Phase 3 is designed to take your body and push it to the upper limits of your genetic code. The purpose of phase 3 to peak your strength and power in preparation for spring football and the up-coming season. By doing this you will enter football season feeling like a lion that is ready to take on the anything. Enter each day of phase 3 ready to WORK, there will be no easy days during this phase. You must prepare your body and mind everyday for the rigors of this phase. If you successfully make it through this phase you will have all the tools you need to be a championship level football player. The rest will be left up to you!

PHASE 1 WORKOUT

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	4 x 5 "90-90-95-100%"
Hang Pull	4 x 5 "60-60-65-70%"
Jerk	4 x 5 "90-90-95-100%"

Strength

Wide, Neutral, Alt Pull	2 x 10
Bent Row	3 x 10
TRX I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

O/H Squat	3 x 5
Back Squat	4 x 10 "60-60-65-70%"
Bench	4 x 10 "60-60-65-70%"
Incline	3 x 10

Core

Weighted Sit-ups	3 x 15
Manual Neck	20
Lateral Leg Raise	

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	4 x 5 "90-90-95-100%"
Hang Pull	4 x 5 "60-60-65-70%"
Jerk	4 x 5 "90-90-95-100%"

Strength

Wide & Narrow Pull-ups	3 x 10
TRX Low Row Rot	3 x 10
Shrugs	4 x 20
Bench I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Front Squat	3 x 10
Incline Press	3 x 10
TRX Susp Lunge	3 x 10
Manual Push-ups	3 x 10

Core

Suit Cases	3 x 15
Obliques Crunch	15
Side Planks	15
Manual Neck	20

PHASE 2 WORKOUT

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Hang Pull	3 x 5 "60-65-70%"
Power Clean	6 x 3 "50-60-75-80-80-85%"

Strength

Wide, Narrow, Alt Pull	2 x 10
Supinated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

O/H Squat	3 x 5
Back Squat	6 x 5 "40-50-75-80-80-85%"
Bench	6 x 5 "40-50-75-80-80-85%"
TRX Susp Lunge	3 x 8
Incline Press	3 x 8

Core

Weighted Sit-ups	3 x 15
Lateral Leg Raise	15
Manual Neck	20

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	3 x 5 "60-65-70%"
Hang Clean	5 x 3 "40-55-60-65-70%"
Jerk	4 x 5 "75-75-80-85%"

Strength

Wide, Neutral, Narrow	2 x 10
Pronated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Front Squat	3 x 10 "60-65-70%"
Bench	3 x 10 "60-65-70%"
Side Lunge	3 x 6
Incline Press	3 x 6

Core

Suit Cases	3 x 15
Obliques Crunch	15
Side Planks	15
Manual Neck	20

PHASE 3 WORKOUT

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Hang Pull	3 x 3 "60-70-80%"
Power Clean	3-3-3-2-1 "60-70-80-85-85-95%"

Strength

Wide, Narrow, Alt Pull	2 x 10
Supinated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

O/H Squat	3 x 5
Back Squat	5-5-3-2-2-1 "60-70-80-90-90-95%"
Bench	5-5-3-2-2-1 "60-70-80-90-90-95%"
TRX Susp Lunge	3 x 6
Incline Press	3 x 6

Core

Weighted Sit-ups	3 x 15
Lateral Leg Raise	15
Manual Neck	20

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	3 x 3 "60-70-80%"
Hang Clean	5 x 3 "50-60-70-75-75%"
Jerk	4 x 5 "75-75-80-85%"

Strength

Wide, Neutral, Narrow	2 x 10
Pronated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Front Squat	5-5-3-3 "60-75-80-85%"
Bench	3-3-3-2 "60-75-80-85"
Side Lunge	3 x 6
Incline Press	3 x 6

Core

Suit Cases	3 x 15
Obliques Crunch	15
Side Planks	15
Manual Neck	20

FLEXIBILITY

FLEXIBILITY

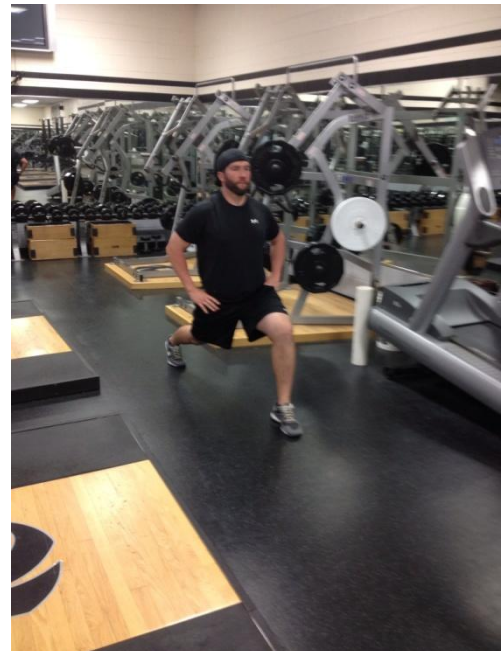
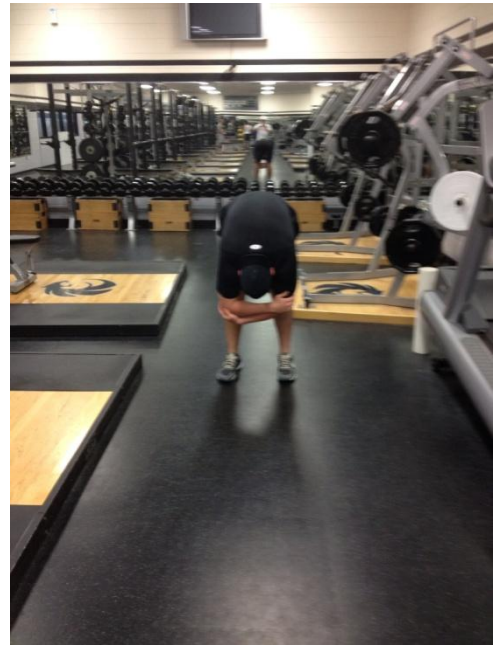
Proper flexibility is a must have as a Guyer Wildcat. Your ability to move through your body's full range of motion is going to be a major factor in you staying healthy through off-season and football season. You will perform a flexibility routine after every training session. By stretching you will be able to prevent many nagging injuries that can plague an athlete. **DO NOT** finish your work out without cooling down and stretching. Simply put flexible muscles are much more resilient to injury.

HOW TO STRETCH

1. Position yourself so that you feel each stretch in the belly of the muscle, not in the joint.
2. The pain and tightness felt at the beginning of the exercise is a reflex: this is the body's attempt to protect itself from injury. If this is felt back off a little, take a deep breath and continue stretching.
3. Stretch each muscle group and hold for 20-30 seconds, do not bounce.
4. Hold the stretch and try to relax.
5. Stretching is like any other type of training you will get what you put into it. Focus and concentrate on each stretch. This is what keeps you healthy.



SOLO STRETCH ROUTINE 1



SOLO STRETCH ROUTINE 1 CONTINUED

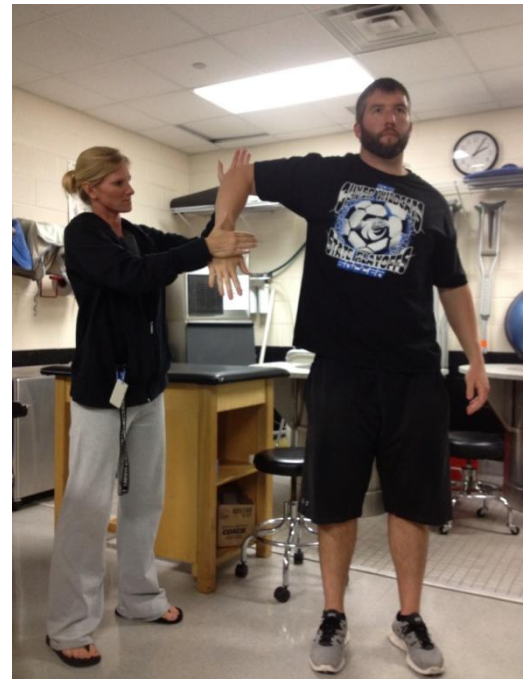


SOLO STRETCH ROUTINE 1 CONTINUED



EXTRA FLEXIBILITY

SHOULDERS

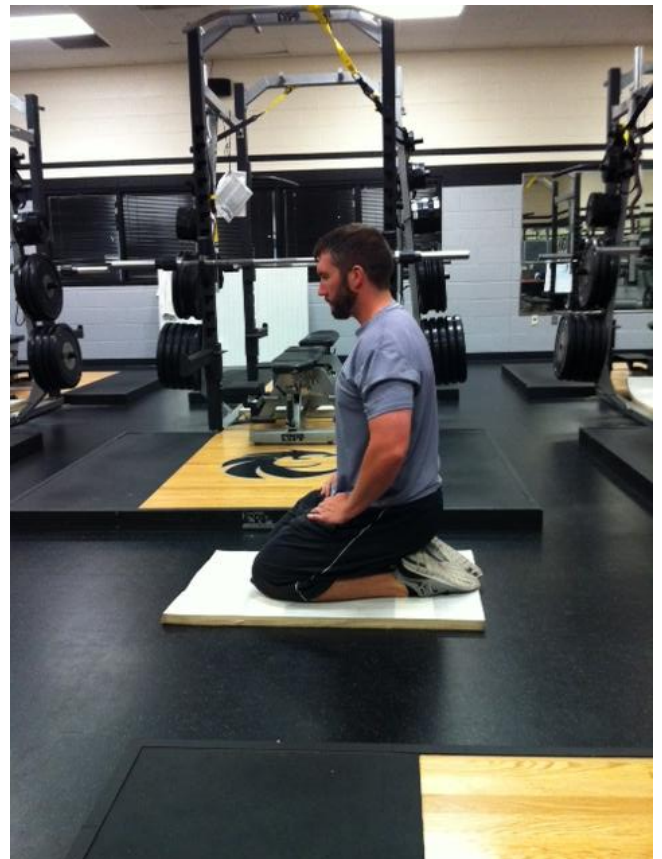




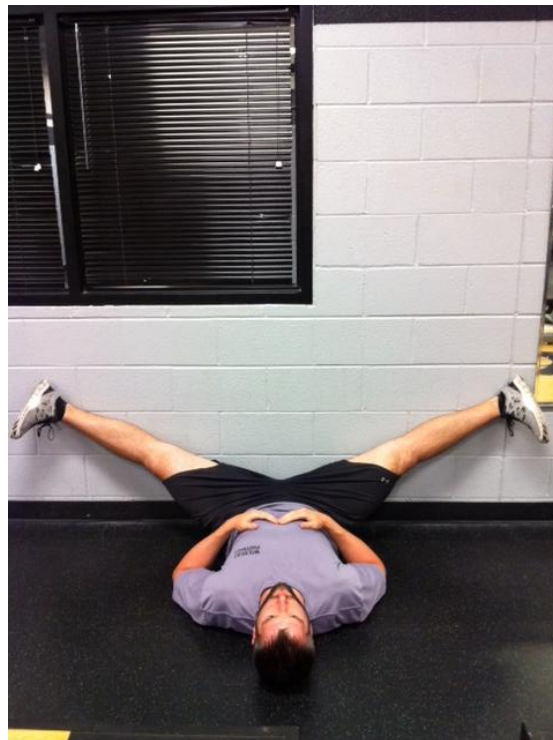
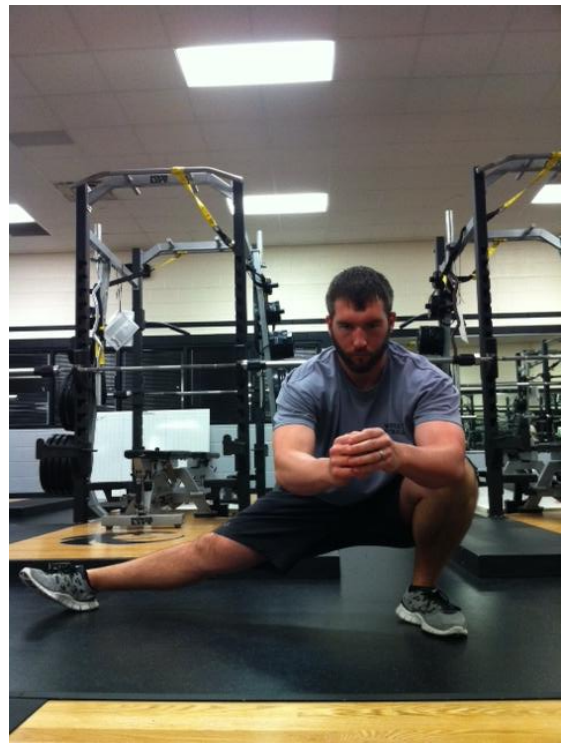
HAMSTRINGS



QUADRICEPS/HIP FLEXOR



GROIN



IT BAND





ADVERSITY

Adversity is a reality of life. You are never really sure when it will come or how long it will stay, but the way each human being handles the situation in his life is a direct reflection of the character he possesses. The real test of a person does not come when everything is going well. The real test of a person comes after adversity has struck and he has to overcome it!

SPRINT TRAINING

Sprint Training

Sprint training at Guyer High School is a progressive approach where we will teach you how to run before we train you to run fast and you will run fast before you learn to run fast over long periods of time. As a Wildcat you will understand that football players only sprint for short distances during a game, but they do these short sprints many times. Therefore, the essential point of training of sprint training, is knowing that you must be able to produce 6 seconds of relentless effort with about 25 seconds of rest over and over again.

Fundamental Running Technique

1. **Relaxation-** Keep the face, neck, jaw, and hands relaxed. Run fast and smooth, not stiff!
2. **Body Position-** Head level and eyes focused straight ahead. Stand tall with the hips and shoulders tall. Your stomach should be tight and your back flat.
3. **Arm Action-** Keep the elbows at a 90 degree angle, with the arm's swinging from the shoulder. The arm action should be straight and not cross the midline of the body. The shoulders should be relaxed with the elbows down, and the emphasis should be on the arm drive BACKWARD, with the back hand going slightly past the back pocket. The front hand should return to shoulder height.
4. **Knee Lift-** Lift the knee up to waist level in a straight line up and down. Step over the opposite knee with a toe up, heel up, knee up action.

Stance

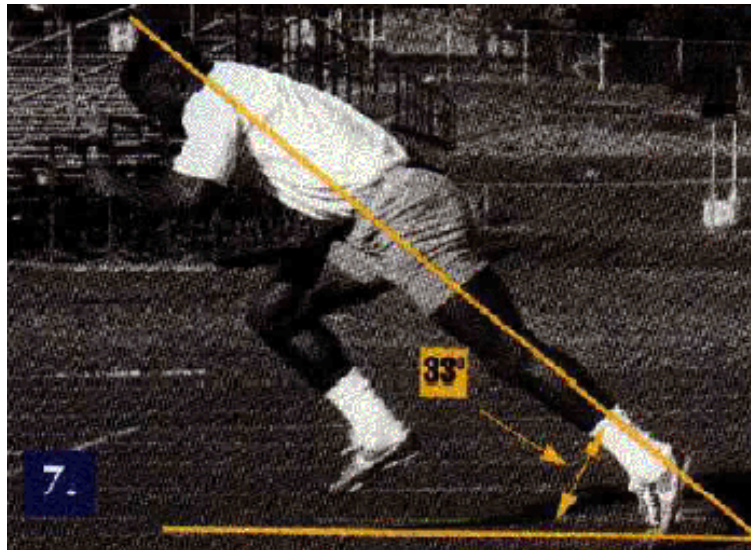
The left foot should be placed about 6 to 10 inches behind the starting line with the fingers of the right hand just behind the white line. The majority of weight should be placed on the front foot. The left hand should be held in the air just above the left hip. The right foot should be placed 2 to 4 inches behind the left foot with feet not wider than hip width. There should be air under both heels. You want your hips up and shoulders rolled forward just over the starting line. Your head should be centered with your eyes looking straight down at the ground concentrating on your stance. Don't look up or cock your head back.

When you are comfortable you should check again to make sure your weight is on your front foot. Your concentration at this point should be on the "explosion" of your first step out of your stance.

THE START, DRIVE, TRANSITION AND TECHNIQUE PHASE

When you explode, push your left foot hard against the ground while driving your hips out over the starting line. Your left hand and arm reach straight out, not up and over the head. As you drive forward on the left foot and reach out with the left hand, you should now focus on a good first stride with the right foot. Lift the knee to your chest and let the toe reach out. Too short of a first stride will make you stand, focus on a powerful “piston” like leg drive and explosion arm action during this phase of the start. We call this the “drive” phase of the sprint.

As acceleration increases your body’s position will begin to rise. We call this the “transition” phase of the sprint. It’s a lot like an airplane taking off from the runway. As your shoulders rise your hips should begin to come forward at the same rate. As the hips and shoulders get more vertical your leg action changes from piston to cyclic.



As acceleration builds, the rhythm and tempo of your arms and legs increases to maximum. It is important that during this phase of the sprint that your torso is erect and your eyes are focused

SPEED DEVELOPMENT DRILLS

In & Outs (Speed Endurance)



- The purpose of this drill is to work the transitioning from half speed to full speed as often seen on the field of play in the game of football. In & Outs will require you to spend 20 yards in a jog before transitioning to a full sprint for 20 more yards, after the sprint you will go back to a jog and repeat the sprint once more before coming to a complete stop. An important coaching point to make when relating this drill to live game play is to envision your-self reading the play during the jog and going to make the play during the sprint. Another point to consider you perform this drill is not to come to a sudden stop after the sprint portion instead think about just letting off the gas pedal during the jog and step on the gas pedal during the sprint. Maximal recovery should be emphasized.

Incline Sprint Training (Speed)



- This drill is performed on an incline that does not slow you down more than 10% of your normal maximal running speed. Important points to remember are not to exceed more than 20 yards on the hill and to emphasize running mechanics throughout the course of running the hill. If you have to alter your running mechanics you will run the risk of developing bad running habits. To begin you start from a stationary position or like the in & outs he can lead into the hill with a jog. Again concentration on maximal recovery should be emphasized.

Bullet Belt Start (Speed/Quickness)



- This drill serves the purpose of developing quickness from an out of control feeling. Bullet belt starts require a belt with a ring attachment and rope that easily fits through the ring on the belt. You will begin by leaning forward until you start to feel uncomfortable. At this point your partner, holding onto the rope, will let go of one end of the rope without giving you any warning. You will then have to respond appropriately by engaging into a sprint from a stationary position. You will continue that sprint throughout a full 15 yards. The forward lean should be emphasized, but not to a point where you cannot recover from the controlled fall into a full sprint.

Stomach Starts (Speed/Quickness)



- The purpose of this drill is to emphasize reaching a full speed sprint from a stationary lying position. To execute this drill properly you should first lie down on your stomach. You should then be given some sort of “Start or Go” from a partner to begin the drill. You should perform an explosive push up and engage into a full sprint as quickly as possible. Then carry out that sprint for at least 15-20 yards before stopping.

Decline Sprint Training (Speed)



- The purpose of this drill is to be on a decline of no more than 2 to 3 degree decline to ensure that you do not reach more than 110% of their maximal running speed. Like the incline sprint training this is to ensure that your running mechanics are not compromised. Again decline sprint training should not exceed more than 20 yards in order to stay specific to sport.

Over Speed Training (Speed)



- The purpose of this drill is to increase stride length and stride frequency. As mentioned above this is vital to increase your overall speed. Over speed towing requires two belts and an elastic cord. Your partner will be towing you into an over speed situation. To begin, your partner will begin his/her sprint and the second athlete will begin his sprint 1 full second after your partner has begun. You will immediately be pulled into an over speed situation, increasing your stride length and stride frequency. Like the decline sprint it is important that you do not get pulled out of your normal running mechanics. The length of this drill is short, 15 to 20 yards, because the main focus is on getting to full speed in as little time as possible.

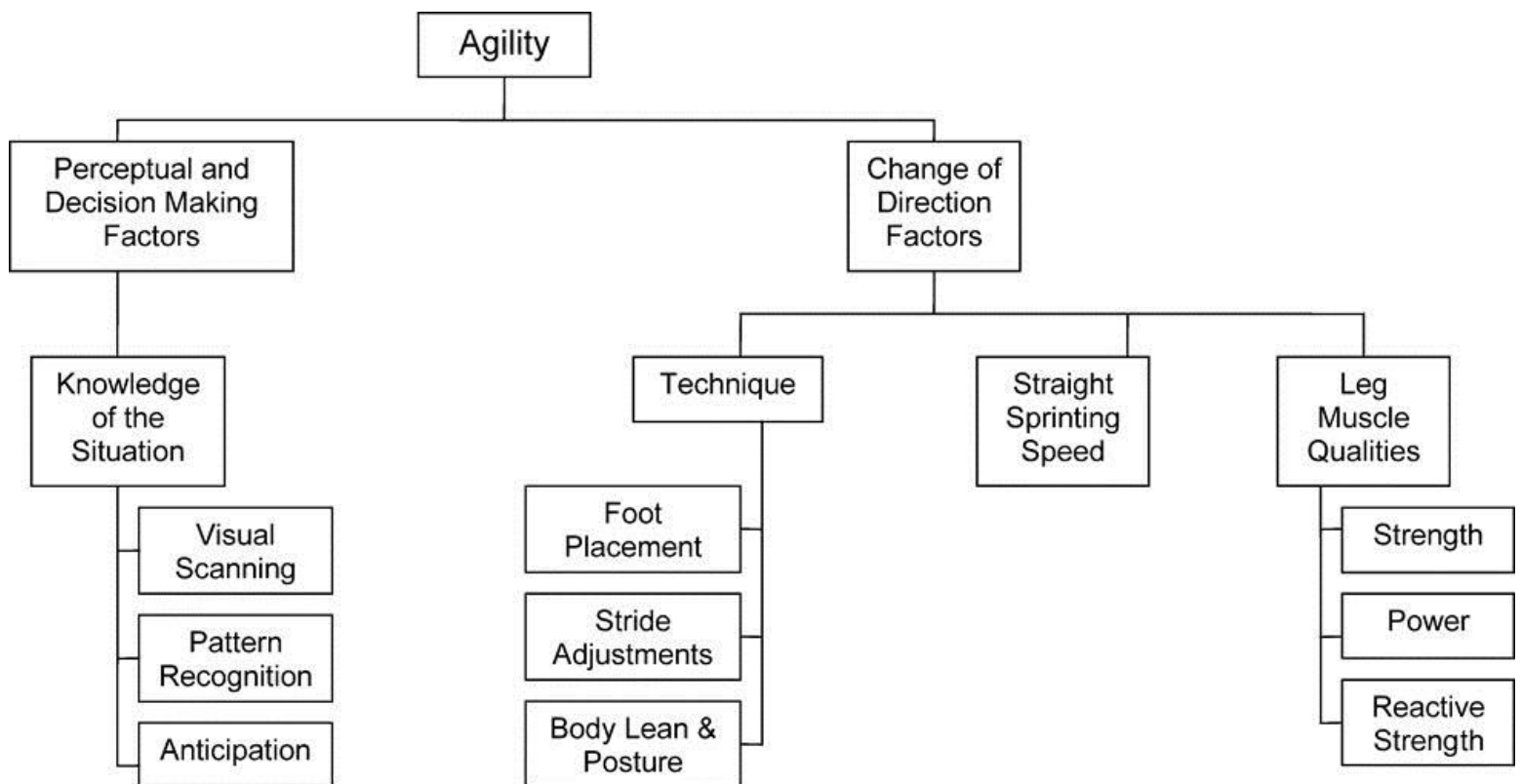
AGILITY & PLYOMETRICS

What is Agility

Agility is much more than most understand it to be. The majority of athletes grow up thinking of agility as the quick foot ladder, cones, or bags. While all of these examples are viable and good drills to use for training it is extremely important to understand what agility training is and what we are trying to accomplish with it.

There are two essential parts to agility one being simply changing direction in a fast efficient manner and the second less thought about part is perceptual influences of why an athlete would need to change direction in the first place. As you can see in the chart below knowledge of the situation is also a vitally important part of agility. If you as an athlete know and understand your sport you will recognize when and where you need to change of direction faster than the other guy making you the better football player.

Therefore when you are performing the drills described below practice visualizing yourself in a game like situation and every cut you make is so you can make the game saving tackle, block, or touchdown. Remember, how you see the game is half the battle.



Agility Drills

THE GRID

The grid is an agility drill designed to teach an athlete how to start, stop, and change direction at all different angles. The grid could be the only agility set up that an athlete could ever need. To set up the grid you will need 4 rows of cones 15 yards long with 5 yards between each cone. If you are the only one training you can also just set up 3 rows of cones. It is important to know that in order to run the drills listed below you must have a row of cones on either side of you. Each of these drills will only be described in one direction. Know that it is important that you perform these drills in both directions. Once you become comfortable with the drill listed here feel free to use your imagination to change the angles and drills you use. Have fun with it! Bring a friend along and make it a competition.

A. Come to balance "CTB" drill.

- Start at the first cone and sprint straight ahead.
- When you reach the 2nd cone come to a complete stop and bring your body to balance
- Repeat to the 3rd cone

B. 45 Degree CTB

- Start by sprinting at a 45 degree angle to the cone diagonal to you
- Come to balance on that cone and open at a 45 degree angle and sprint diagonally back to your left.

C. 45 degree CTB with lateral CTB

- Start by sprinting at 45 degree angle to your right CTB then shuffle back to your left.
- CTB laterally after your shuffle
- Sprint back to right on a 45 degree angle

D. Lateral and Straight CTB combined

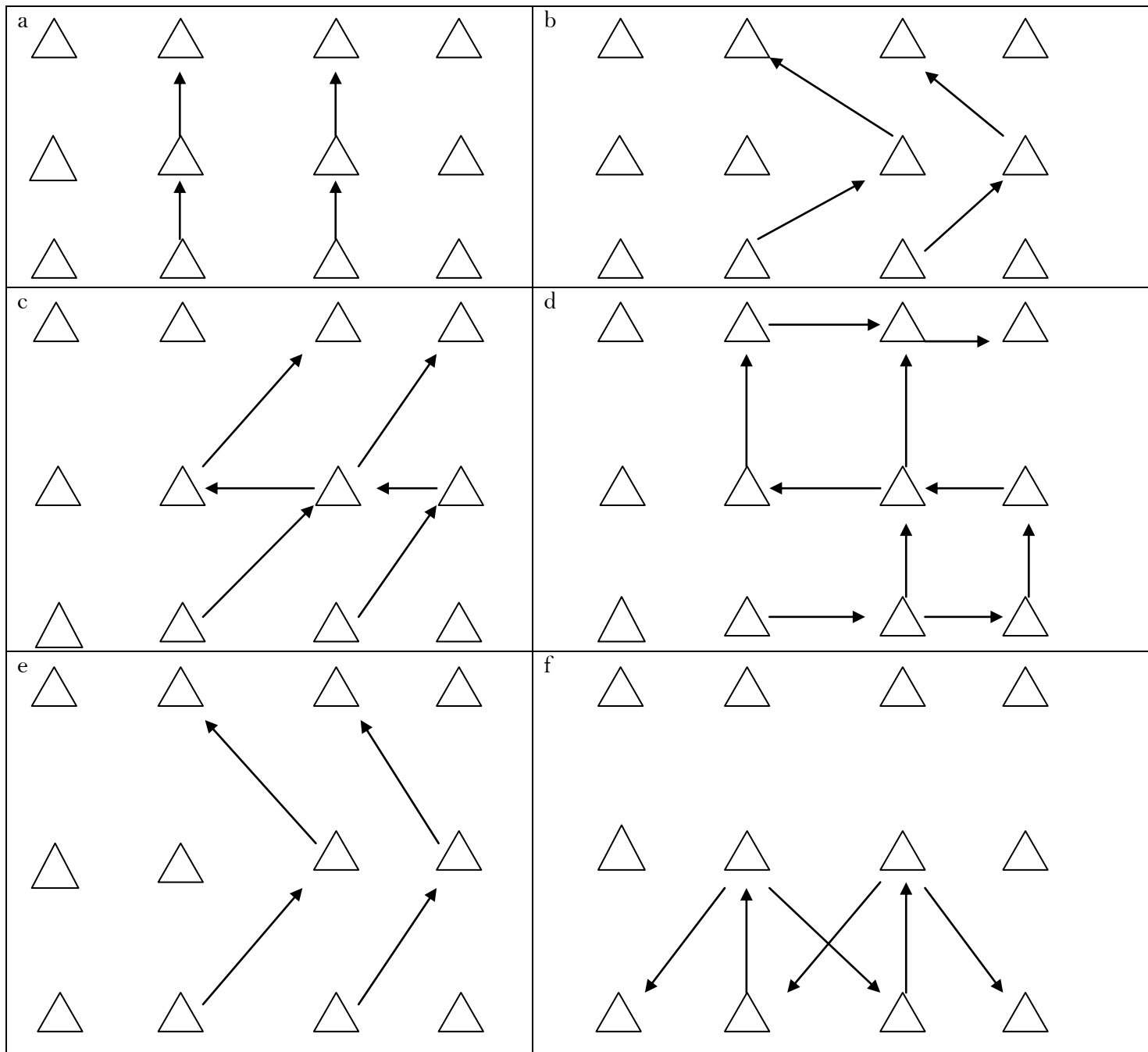
- Start with a shuffle to your to your right
- Laterally CTB then sprint straight ahead
- CTB and shuffle back to your left
- Repeat until you reach end of cones

E. 45 degree cuts

- Start by sprinting at 45 degree angle to your right
- Once cone is reached perform a 45 degree angle cut back to your left
- Sprint hard through final cone

F. Back pedal with 45 Sprint

- Start by back pedaling straight back
- When cut is reached shot gun your feet and open your hips to 45 degree angle
- Sprint hard back to either your left or right



Snake Drills

5 cone and 7 cone snake

The snake drills involve more advanced progression of movements as compared to the grid. Again, when performing these drills always try to visualize yourself on the field of play. Whether it be you making a touchdown, tackle, or block your visualization is always training to other half of agility.

A. 5 Cone Snake

- Start at either right or left cone in the corner of the box
- Sprint straight ahead
- When 2nd cone is reached work your feet around the cone and sprint to middle cone.
- Work your feet around the middle cone and sprint back to the upper corner cone making a W shape
- When the 3rd cone is reached work feet around that cone and sprint straight ahead
- Repeat W shape when the 4th cone is reached

B. 7 Cone Snake Progression #1

- Sprint straight ahead to 2nd cone
- CTB and shuffle up to 3rd cone
- Laterally CTB and sprint at 45 degree angle around the 4th cone to 5th cone
- CTB on 5th cone and repeat shuffle and sprint

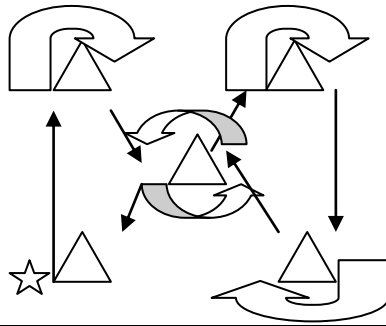
C. 7 Cone Snake Progression #2

- Shuffle to 2nd cone CTB laterally and sprint straight ahead
- CTB on 3rd cone and then perform a pursuit sprint to 4th cone
- Shuffle again and repeat the first part of the drill on the last 3 cones

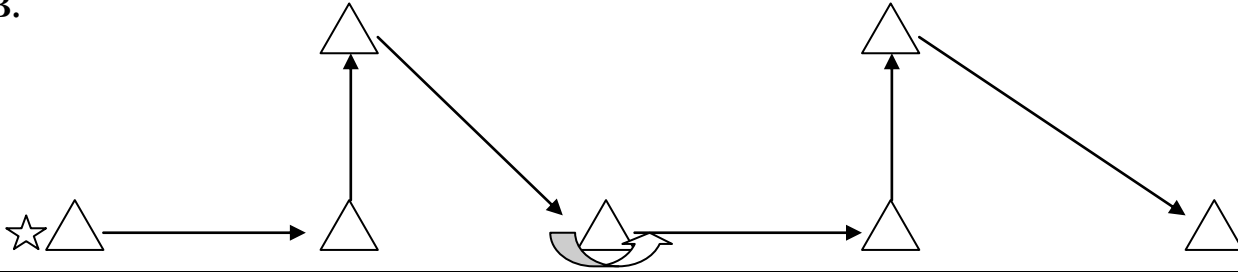
D. 7 Cone Snake Progression #3

- Sprint straight ahead to 2nd cone and perform a figure 8 around 2nd and 3rd cone
- Sprint at 45 degree angle to 4th cone and then repeat on cones 5, 6, and 7

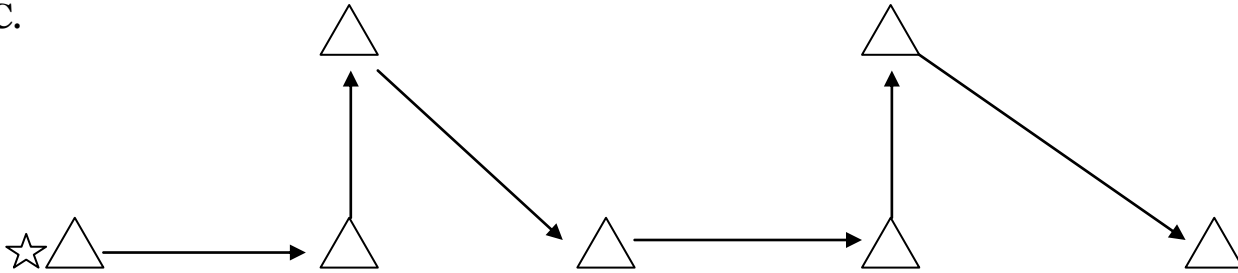
A.



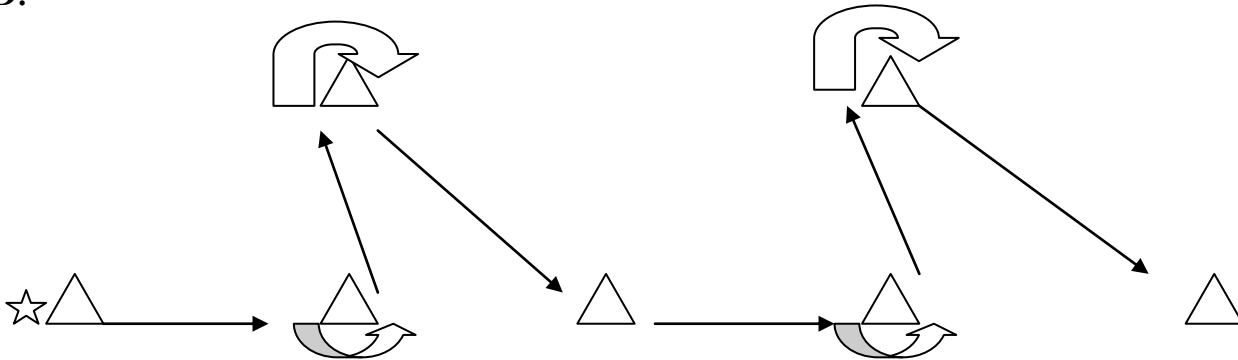
B.



C.



D.



FOUR & THREE CONE DRILLS

A. Nebraska Drill "The star shows the starting point for each of these drills"

- Start by sprinting 5 yards to your right
- Work your feet around 2nd cone and sprint diagonally back to your left
- Work your feet around 3rd cone and sprint back to your starting cone
- CTB at the cone and back pedal through 5 yards

B. Sprint-Shuffle-Back Pedal

- Sprint straight ahead
- CTB at 2nd cone and shuffle 5yd to your right
- At 3rd cone back pedal through 5 yds

C. Sprint-Shuffle-Pursuit Sprint

- Sprint straight ahead
- CTB at 2nd cone and shuffle 5yd to your right
- At 3rd cone laterally CTB, open left hip and perform pursuit sprint back to your left
- Laterally CTB at 3rd cone and back pedal through last cone

D. Sprint-Sprint-Sprint

- Sprint diagonally to your right and work feet around 2nd cone
- Sprint straight back to the 3rd cone
- Sprint diagonally back to your left

E. Sprint-Pursuit-Sprint-Pursuit

- Sprint straight ahead
- CTB at 2nd cone and pursuit sprint back to your right
- At 3rd cone sprint straight ahead
- CTB and 4th cone and perform pursuit sprint back to your left

F. L-Drill "Be sure to read closely on this the drawing is confusing"

- Start with a 5yd sprint straight ahead and touch line with right hand
- Sprint back to starting line touch with right hand
- Sprint back 5yd and round 2nd cone to your right
- Perform a figure 8 like movement around 3rd cone
- Sprint back to 2nd cone and sprint around it back to starting line

G. 4-Corner Reaction Drill

- A partner will be needed for this drill
- Begin in the middle of the four cones
- Start running your feet in place and have your partner begin to point at different cones
- As your partner points at the different cones do your best to react smoothly and efficiently to get to the next cone
- Change direction 3-4 times before exiting reaction drill with a sprint

H. Pro-Agility

- Begin in the middle of the three cones
- Start by running to your left to the 2nd cone
- Then run back to your right 10yds and touch line at the 3rd cone
- Then run back to your left and sprint through the middle cone.

I. Sprint-Sprint-Sprint

- Sprint to 2nd cone then CTB
- Sprint to 3rd cone then CTB
- Sprint through starting cone

J. Back Pedal-Sprint Sprint

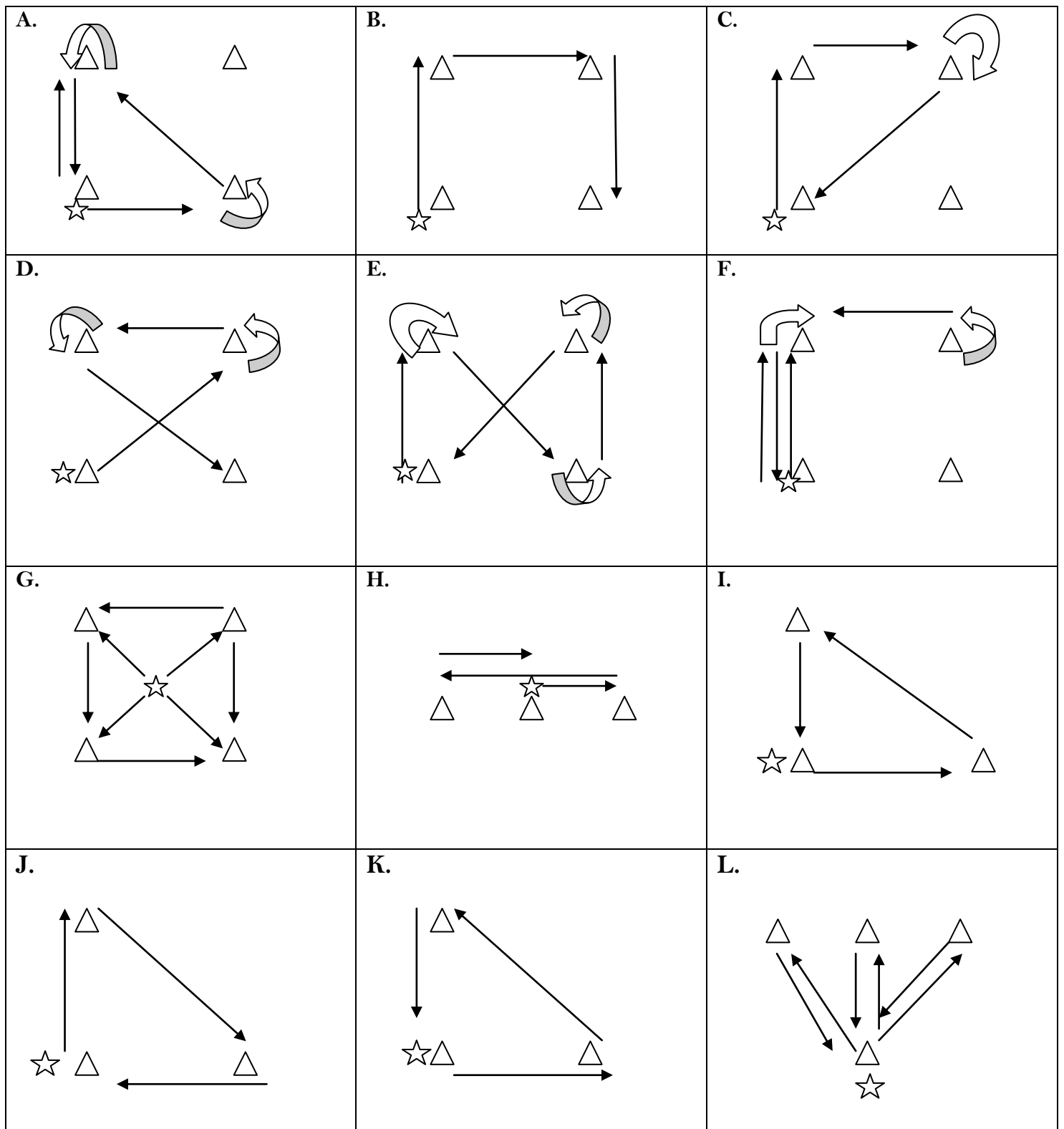
- Back Pedal to 2nd cone
- Shot gun feet and sprint to 3rd
- CTB and take a hard 90 degree cut to sprint through starting cone

K. Back Pedal-Sprint-Shuffle

- Back Pedal to 2nd cone
- Sprint diagonally to 3rd cone
- Shuffle through starting cone

L. 3 cone reaction drill

- You need a partner for the drill
- First do the drill with a shuffle in each direction, then a sprint, and finally and back pedal sprint
- Have your partner call out middle, right, or left
- Whichever direction you hear you will either shuffle, sprint or back pedal to that cone

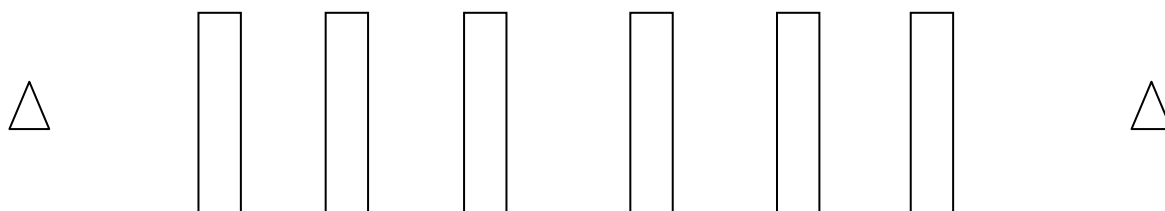


Bag Drills

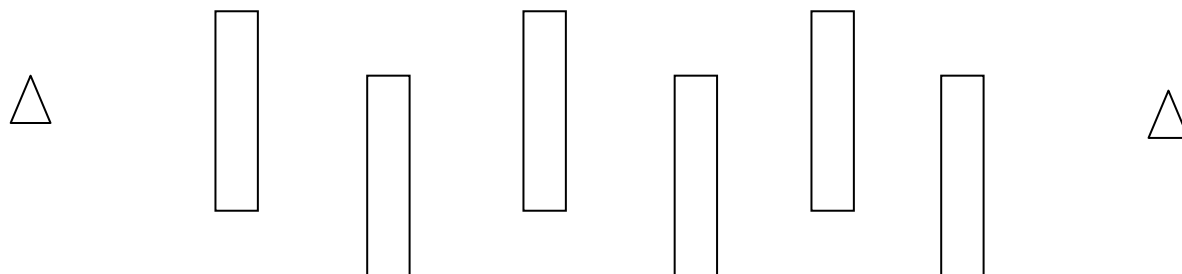
All bag drills should begin with a sprint (from near cone to bag) and end with a hard finish (from last bag to far cone). Throughout the drill, you should maintain a good athletic posture (bent knees, low hips, chest, and eyes up).

- Sprint
- High Knee Run
- Crossover Run (far leg over)
- 2 in a hole (near leg over)
- 2 in a hole with a stutter step (near leg over)
- Lateral zig zag cross over run
- Lateral zig zag shuffle
- Up and Back run
- Up and Back shuffle
- Lateral shuffle with two hand tap
- Double leg hops through
- Double leg hops over single bag
- Single leg hops over single bag

A.



B.



C.



What are Plyometrics

Plyometric training is defined as a quick, powerful movement involving an eccentric contraction, followed immediately by an explosive concentric contraction. Simply put, plyometrics are a way of training to absorb and transfer energy explosively. When you are running full speed and you must stop as fast as possible and change direction your body has to absorb tremendous amount energy and then immediately transfer that energy in a new direction. The following drills are designed to train your body to do just as describe above.

Medicine Ball Throws

Each throw described below should be performed as violent and explosive as possible. These drills are meant to be performed at 100% of your energy level, meaning do not do these drills if you are already fatigued.

Fig A. Over head throw down

Fig E. Over head chop

Fig B. Side throw (lead with hip)

Fig F. Under hand chop

Fig C. Baseball Swing throw

Fig D. Squat Jump throw



Fig A



Fig B



Fig C



Fig D



Fig E



Fig F

Hurdle & Short Hurdle Jumps

As you progress through these jumps be sure to perform each jump under control. If at any time you feel as though you will not be able to jump all the way over the hurdle step to the side of the hurdle and jump as high as you can as you pretend to be jumping over the hurdles.

- A. Two foot Jump “pause after each jump”
- B. Two foot lateral jump with pause
- C. Two foot jump w/ quarter turn on each jump
- D. Two foot jump “no pause”
- E. Two foot lateral “no pause”
- F. Two foot quarter turn “no pause”
- G. Single leg hop “only if capable”
- H. Single leg lateral hop “only if able”
- I. Running start hurdle jumps



Flipped Hurdles



Short Hurdles

Box Jumps

Box Jumps are to be performed by jumping onto the box and then stepping down. When you are doing these jumps we are working on your ability to produce power in that single moment. Therefore, do not simply jump up and then jump down and then immediately jump right back up. You should always, when doing box jumps, jump up and then step and prepare yourself for the next jump.

- A. Two foot Jump
- B. Two foot lateral jump
- C. Two foot jump w/ quarter turn on each jump
- D. Single leg jump
- E. Single leg lateral jump
- F. Single leg w/quarter turn



Quick Foot Ladder

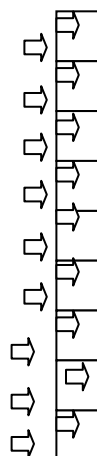
Most believe that the quick foot ladder is an agility training tool. However, it is not. In fact the quick foot ladder is very much a plyometric and motor learning tool. The rapid placement of your feet onto the ground in different patterns not only teaches your body how to learn movement, but it also decreases your rate of force development which is important to how quickly you can produce power. Be sure to perform each drill leading once with your right foot and then your left. The drills listed below are extremely basic. These are hard to follow by just looking at them in this book. Feel free to look up drills on you tube or use any other source you may have. The arrows represent your foot placement and the direction you should be facing.



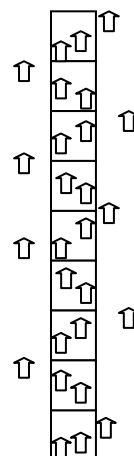
2 feet each hole



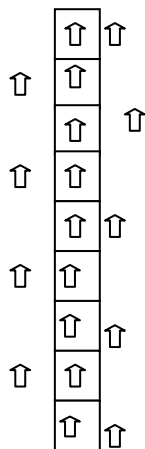
Lateral 2 feet each hole



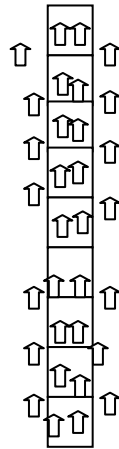
Lateral Slalom Jumps



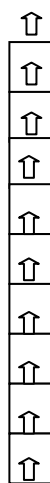
Ickv Shuffle



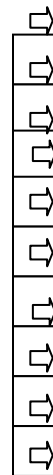
Slalom Jumps



Hop Scotch



High Knee 1 foot Each



Lateral High Knee Single

Jump Variation

Once again these drills are designed to develop your power and ability to develop power. Do not perform these drills as fast as you can. Perform these drills as best you can. Jump as high as you can each time. Jump as far as you can each time!

Fig A. Squat Jump

Fig B. Single Leg Squat Jump

Fig C. Lateral Jumps

Fig D. Broad Jumps 15yds

Fig E. Single Leg Broad Jump

Fig F. Single Leg Slalom Jumps



Fig A



Fig B



Fig C



Fig D



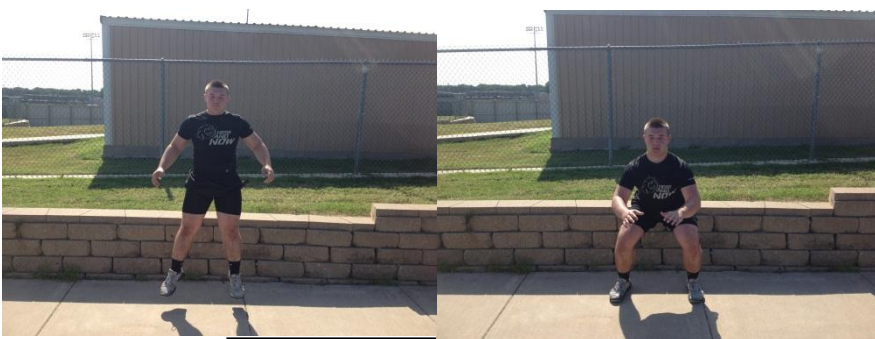
Fig E



Fig F

Depth Jumps

Depth jumps are designed to teach your body how to absorb energy. These jumps should be performed on any wall or plyometric box that is no taller than 3-4 feet. You will stand at the edge of the wall or box and simply step off the ledge letting yourself fall. When you land, after your jump, absorb the created energy from your fall by letting your body go into an athletic position.



Depth Jump



Depth Jump w/ Jump



Depth w/ lateral sprint



Depth Jump reaction

**Courage is being scared
to death, but you saddle
up anyway!**



Eight Week Program

Lifting

Conditioning

Agility

Eight Week Program

Getting Strong

Follow this program will give you a strong foundation to build upon once you arrive at Guyer High School. Before beginning this program, be sure to start by testing your 1 repetition max on your power clean, back squat, bench press, and front squat. However, if you do not have any experience with these lifts do not perform a max attempt simply follow the program with a on the bar that you know, without a doubt, that you will get. Practice makes perfect. Once you have you your test numbers take a calculator and a piece of paper and always calculate your numbers before you train each day or use the percentage chart provided to you in the weight training section of this book. You will spend your first 3 weeks training in Phase 1. On your 4th week it will be important that you take a week to let your body recovery. We call this week a de-load or recovery week. During the de-load week spend time doing things that keep you physically active that are not too stressful on your body basketball, golf, or bike riding are perfect examples of active rest. You will then spend another 3 weeks in Phase 2. You will be challenged a little more during this. If the weights are too heavy simply lower your 1 rep max number and vice versa if the weight is too light. Upon finishing Phase 2 you will have developed into an athlete that is prepared to handle the rigors of being an athlete at Guyer High School.

****Percentages for Power Pull and Hang Pull are based on your Power Clean max****

Agility

To follow this program, always review the workout before going out to actually do it. Have a good idea of what each drill is and what it should look like. Understand that agility days are NOT conditioning days. Agility days are meant to make you a better athlete by teaching your body how to change direction and react on the field of play. Take your time with these drills and perfect them! Always remember one important thing when performing agility drills Smooth is Fast!

Conditioning & Speed

Conditionings days are always lined out with the number of repetitions followed by the distance to be ran, then the time in which to run them in, and finally the amount of rest that is allowed between each run. The closer you follow the assigned times and the harder you run the more ready you will be when you arrive a Guyer High School. Another important part of a conditioning day are the Speed Improvement Drill "SID" on each conditioning day you will see the acronym SID. Look in the speed section of the book and choose 3 drills to perform for 5 repetitions on each before progressing into your conditioning. Be sure to recovery fully during your speed drills. These are not conditioning drills. If you do not condition at all you will have a very difficult time when arrive. Remember that what you do when no one is looking is who you are at your core. Have pride in what you do. Hold yourself accountable

Lifting Weeks 1-3

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	4 x 5 "90-90-95-100%"
Hang Pull	4 x 5 "60-60-65-70%"
Jerk	4 x 5 "90-90-95-100%"

Strength

Wide, Neutral, Alt Pull	2 x 10
Bent Row	3 x 10
TRX I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

O/H Squat	3 x 5
Back Squat	4 x 10 "60-60-65-70%"
Bench	4 x 10 "60-60-65-70%"
Incline	3 x 10

Core

Weighted Sit-ups	3 x 15
Manual Neck	20
Lateral Leg Raise	

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	4 x 5 "90-90-95-100%"
Hang Pull	4 x 5 "60-60-65-70%"
Jerk	4 x 5 "90-90-95-100%"

Strength

Wide & Narrow Pull-ups	3 x 10
TRX Low Row Rot	3 x 10
Shrugs	4 x 20
Bench I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Front Squat	3 x 10 "60-65-70%"
Incline Press	3 x 10
TRX Susp Lunge	3 x 10
Manual Push-ups	3 x 10

Core

Suit Cases	3 x 15
Obliques Crunch	15
Side Planks	15
Manual Neck	20

Week One

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

1. 5 cone Snake
2. Med Ball Throws
3. The Grid
4. Box Jumps
5. 7 Cone Snake
6. Hurdle Jumps

Tuesday-Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. Progression Sprints
 - 10yds @ 10 Sec Rest
 - 20yds @ 10 Sec
 - 30yds @ 10 Sec
 - 40yds @ 20 Sec
 - 50yds @ 20 Sec
 - 60yds @ 20 Sec
 - 70yds @ 30 Sec
 - 80yds @ 35 Sec
 - 90yds @ 40 Sec
 - 100yds @ 45 Sec

Thursday-Light Agility/Quick Plyometrics

1. Pro Agility
2. Quick Foot Ladder
3. L Drill
4. Short Hurdle

Friday-Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. 10 x 110s @ :18, :16, :15 (:45)

Week Two

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

- 1. Bag Drills**
- 2. Jump Variation**
- 3. The Grid**
- 4. Hurdle Jumps**
- 5. 4 Cone Reaction**
- 6. Box Jumps**

Tuesday-Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. SID**
- 3. 10/20/10/20**
 - **10 x 10yds Sprint-10 sec recovery**
 - **1 minute rest**
 - **10 x 20yds Sprint-20 sec recovery**
 - **2 minute rest**
 - **10 x 10yds Sprint-10 sec recovery**
 - **1 minute rest**
 - **10 x 20yds Sprint- Done**

Thursday-Light Agility/Quick Plyometrics

- 1. Nebraska Drill**
- 2. Short Hurdles**
- 3. 4 cone Drills**
- 4. Quick Foot Ladder**

Friday-Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. SID**
- 3. 50s**
 - **5 x 50yds @ :8, :7, :6 (:25)**
 - **2 minute rest**
 - **5 x 50yds @ :8, :7, :6 (:25)**
 - **2 minute rest**
 - **5 x 50yds @ :8, :7, :6 (:25)**
 - **Done**

Week Three

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

1. 5 cone Snake
2. Med Ball Throws
3. The Grid
4. Box Jumps
5. 7 Cone Snake
6. Hurdle Jumps

Tuesday- Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. 80/60/40
 - 7 x 80yds @ :12, :11, :10 (:30)
 - 3 minute Rest
 - 8 x 60yds @ :9, :8, :7 (:25)
 - 2 minute
 - 9 x 40yds @ :8, :7, :6 (:25)
 - Done

Thursday-Light Agility/Quick Plyometrics

1. Pro Agility
2. Quick Foot Ladder
3. L Drill
4. Short Hurdle

Friday-Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. 110s
 - 20 x 110yds @ :18, :17, :16 (:55)

Lifting Weeks 5-7

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Hang Pull	3 x 5 "60-65-70%"
Power Clean	6 x 3 "50-60-75-80-80-85%"

Strength

Wide, Narrow, Alt Pull	2 x 10
Supinated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	

Strength

O/H Squat	3 x 5
Back Squat	6 x 5 "40-50-75-80-80-85%"
Bench	6 x 5 "40-50-75-80-80-85%"
TRX Susp Lunge	3 x 8
Incline Press	3 x 8

Core

Weighted Sit-ups	3 x 15
Lateral Leg Raise	15
Manual Neck	20

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Power Pull	3 x 5 "60-65-70%"
Hang Clean	5 x 3 "40-55-60-65-70%"
Jerk	4 x 5 "75-75-80-85%"

Strength

Wide, Neutral, Narrow	2 x 10
Pronated Bent Row	3 x 10
I-Y-T-V	2 x 10
Hyper Ext	3 x 20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	

Strength

Front Squat	3 x 10 "60-65-70%"
Bench	3 x 10 "60-65-70%"
Side Lunge	3 x 6
Incline Press	3 x 6

Core

Suit Cases	3 x 15
Obliques Crunch	15
Side Planks	15
Manual Neck	20

Week Five

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

1. Four Corner Reaction
2. Hurdle jumps
3. Angle Reaction
4. Depth Jumps / Sprint-Bound-Long Jump
5. Cone Reaction
6. Quick Foot Ladder

Tuesday -Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. COD Conditioning
 - 5 x 50yds @ :8, :7, :6 (:25)
 - 2 minute rest
 - 5 x 50yds @ :8, :7, :6 (:25)
 - 2 minute rest
 - 5 x 50yds @ :8, :7, :6 (:25)
 - Done

Thursday-Light Agility/Quick Plyometrics

1. Short Hurdles
2. Tire Flips
3. Nebraska Drill
4. Med Ball Throws

Friday--Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
4. Progression Sprints
 - 10yds @ 10 Sec Rest
 - 20yds @ 10 Sec
 - 30yds @ 10 Sec
 - 40yds @ 20 Sec
 - 50yds @ 20 Sec
 - 60yds @ 20 Sec
 - 70yds @ 30 Sec
 - 80yds @ 35 Sec
 - 90yds @ 40 Sec
 - 100yds @ 45 Sec

Week Six

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

1. Angle Reaction
2. Tire Flip
3. Four Corner Reaction
4. Med Ball Throws
5. Three Cone Reaction
6. Depth Jump Reaction

Tuesday -Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. COD Sprints
 - 7 x 50yds @ :8, :7, :6 (:25)
 - 2 minute rest
 - 7 x 50yds @ :8, :7, :6 (:25)
 - 2 minute rest
 - 7 x 50yds @ :8, :7, :6 (:25)
 - Done

Thursday-Light Agility/Quick Plyometrics

1. Nebraska Drill
2. Box Jumps
3. L-Drill
4. Quick Foot Ladder

Friday

1. Dynamic Warm-Up
2. SID
3. T-Bones x 4
 - 2 x 50 @ :8, :7, :6 (:25)
 - 2 x 100 @ :18, :17, :16 (:55)
 - Sprint from sideline, Numbers Back, Hash Back, Hash Back, Numbers Back
 - Rest (3:00 min)
 - That's One

Week Seven

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

1. Angle Reaction
2. Tire Flip
3. Four Corner Reaction
4. Med Ball Throws
5. Three Cone Reaction
6. Depth Jump Reaction

Tuesday -Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. Position Metabolics “Position Starts”
 - 4 x 10 work for 6 sec each rep (3:00 min Rest)

Thursday-Light Agility/Quick Plyometrics

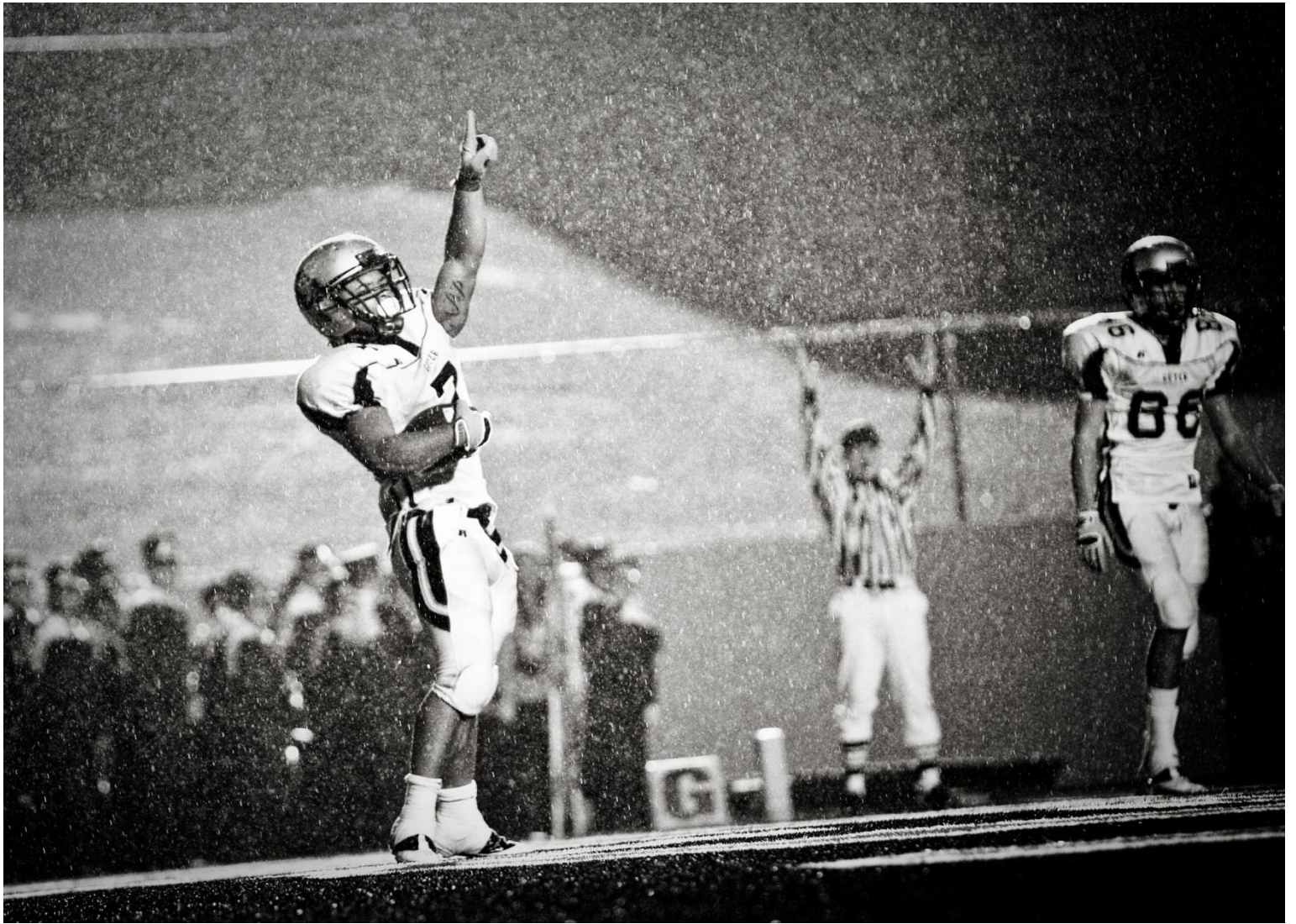
1. Nebraska Drill
2. Box Jumps
3. L-Drill
4. Quick Foot Ladder

Friday--Speed Development/Conditioning

1. Dynamic Warm-up
2. SID
3. Position Metabolics
 - 4 x 10 work for 6 sec each rep (3:00 min Rest)

“The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.”

Theodore Roosevelt



NUTRITION

WILDCAT NUTRITION

NUTRITION- THE KEY TO SUCCESS

One major challenge, in your quest for maximum physical development, lies in your ability to supply your body with adequate levels of nutrients. Your intake of nutrients is needed by your body for practice, workouts, competition, and recovery. The foods you eat supply your body with the nutrients you need to be able to withstand the demands of your daily life and training program. The science of nutrition is just that, a science. The following information has been compiled to give you the basic nutritional standards of today's knowledge base. The goal of this information is to educate you with the basic principles of nutrition and then help you implement this information into your daily diet.

BASELINE NUTRITIONAL HABITS

The following six (6) personal habits must become part of your daily lifestyle. It is imperative that you develop these habits (actions) and implement them on a daily basis. Your friend here is consistency.

1. Always eat at least five (5) meals per day.
2. At each meal your caloric intake should equal 1 part fat, 2 parts protein, 3 parts carbohydrate.
3. At meals only eat enough food (calories) to meet your energy requirements for the next 3 – 4 hours.
4. Never try to lose weight only try to increase lean weight and decrease fat weight.
5. Drink 8 – 12 glasses of water each day.
6. Remember – no one is perfect, if you mess up, get back on track and try not to make it a habit.

Why eating at least 5 (5) meals important?

1. It will speed up your metabolism,
2. It helps you become leaner.
3. It will build muscle faster.
4. It will increase your energy for workouts.
5. It will help you get all the nutrients you need for everyday.

MISTAKES....

1. Skipping meals
2. Lifting on an empty stomach
3. Eating fried foods- saturated fats = a non lean body.
4. Not eating until you feel hungry- eat every 3 hours.
5. Not knowing the importance of timing your meals throughout the day. (30 min, 2 hours after workouts)
6. Not staying properly hydrated. Carry around a gallon of water.

CARBOHYDRATES

Carbohydrates are one of the most important ingredients in an athlete's diet. Carbohydrates supply the energy you need for workouts, nerve transmissions, and muscular contractions. There are two types of carbohydrates: low glycemic and high glycemic. Consume most of your carbs during breakfast, during lunch, pre work out, and post work out. (Try to stay away from carbohydrates after 7 pm,-by this time your body is ready for bed)

TYPES OF CARBS

Low Glycemic Carbs: Provides the body with a long-lasting source of energy, great for pre work out meals

High Glycemic Carbs: Absorbed into the blood very rapidly, what is left over is stored in the body as fat.

Avoid before training and competitions since they may cause a rapid depletion in blood sugar levels. This will slow down your metabolism. However, HGC is good when it is essential to quickly increase blood sugar levels for the purpose of re-stocking muscle energy levels. Consumption of these foods after a competition/ training may help recovery by restoring used energy levels.

Empty Carbs: The following foods, although carbs, are not the best habitual choices for athletic performance. Athletes concerned about body composition need to eliminate these foods from their diet. Loaded with fat. Examples: biscuits, doughnuts, coffee cake, cinnamon rolls, croissants, chips, onion rings, fried potatoes, vegetables in cooked butter, canned fruit, sugary fruit juices.

VEGGIES ARE A GREAT SOURCE OF CARBOHYDRATES. THE GREENER THE BETTER

****NOT ENOUGH ENERGY= NOT ENOUGH CARBS****

TIMING OF CARBOHYDRATE INTAKE

Once you have developed the habits of eating the right types of foods your next step is to ingest food at the best possible time during the day. With regard to carbohydrates, it is critical that you consume adequate quantities before, and after exercise. This scheduling of carbohydrate intake will enhance your ability to do work in your workout, keep your energy stores high during your workout and maximize your replenishment of energy nutrients post workout. This progression can only enhance your development and recovery from one workout to the next.

PRE WORK-OUT CARBS

From a mental stand point it has been demonstrated that your perception of fatigue directly parallels the decline in muscle glycogen stores. Thus, to maintain high levels of motivation, you need high levels of carbs in your diet. To enhance your carb levels you should ingest carbs before exercise, and after exercise (during if possible). The most important time for you to consume carbohydrates is before exercise. If you come into a workout with a low level of energy stores you will never be able to catch up during your workout. Your workout will be sub-optimal and you will not be getting the most from your efforts. Following is the recommended amount of carbs to ingest before you train. This amount of carbohydrates is part of the total number of calories you need relative to your body weight goal and activity level requirements.

Pre – Workout Carbohydrates 100 grams (400 calories) – 3 hours prior to training
Wake Up at 5:00 am – eat and go back to sleep if you need to.

POST WORK-OUT CARBS

The rule of thumb here is to drink (8 oz) of a liquid complex that has complex carbs, glucose and fructose immediately after exercise. Your body's ability to synthesize glycogen is highest during the first hour post exercise. You should always try to overestimate your need for carbohydrate in your diet because over a period of time small daily deficiencies can build – up to a point of progressive exhaustion of glycogen stores. In addition, the extra carbohydrates in your diet will reduce your use of muscle protein for energy and thus allow the protein in your system to repair and build muscle tissue. Remember this number of carbohydrates post exercise is part of your daily total.

Post – Workout Carbohydrates 225 grams (900 calories) – within an hour after training

GENERAL RULES FOR CARBOHYDRATE INTAKE

1. Take 8 oz of liquid carbohydrates, glucose and fructose immediately after exercise
2. Use Carbohydrate / Exercise Needs table to determine your carbohydrate needs
3. Eat carbohydrates in small meals throughout the day.
4. Eat carbohydrates with a low glycemic index.
5. Use glycogen repletion drinks high in glucose polymers with small amounts of fructose.
6. Habitually take 100 grams of a carbohydrate drink 3 hours before exercise.
7. Drink a 5 – 10% carbohydrate rehydration drink at a rate of 1 quart per hour of exercise.

PROTEIN

Protein is very important to strength and power athletes. Protein helps with tissue growth and tissue maintenance. Of your total daily caloric intake, all the calories you eat in a day, 15% of those calories should consist of protein. To give you an idea on how important you protein nutrition is, research has shown that 98% of the molecules of the human body are completely replaced each year. Bits and pieces of all your structures are constantly being replaced with new proteins. In six months your blood, enzymes and structures of your genes are all completely replaced. Your body of today was built from what you have eaten over the last six months.

BEST SOURCES OF PROTEIN

The ranking order, Protein Equivalency Ratio (PER), of protein sources are;

100%	Whey Protein (lactalbumin) & Egg White Protein (egg albumin)
80%	Fish and Meats
75%	Casein and soy
<50%	Plant Foods

THE BEST SOURCES OF PROTEIN AND CARBOHYDRATE

Protein and carbohydrates in your diet are critical for rebuilding muscle, bone, tendons, after hard and strenuous workouts. Carbohydrates are critical because they maximize your energy stores and spare the protein in your diet. The importance here is that you will have high levels of energy and allow your body to use protein for rebuilding instead of energy.

Over 20% Protein

Under 20% Fat

Soy Beans	Lima Beans
Split Peas	Black-eyed Peas
Kidney Beans	Lentils
Peas	Black Beans

Over 70% Carbohydrate

Under 5% Fat

Brown Rice	Wild Rice
Whole Barley	Whole Corn
Whole Buckwheat	Pearl Millet
Whole Wheat	Whole Rye

Low Glycemic Index Foods	High Glycemic Index Foods
Good for pre-work out (1.5 – 2 hours)	Good for post-work out (30 mins after)
Whole Grain/ Wheat Bread	White Bread/Honey Wheat Bread
Whole Grain/ Wheat Bagel	White Bread/Honey Wheat Bagel
Bran Muffin	Waffles
Whole Wheat Pasta	Shredded Wheat Cereal
Whole Grain/ Wheat Tortillas	Flour Tortillas
2% Milk	Energy Bars
Yogurt (Low Fat)	Sports Drinks (Gatorade)
Banana	Orange Juice
Spinach	White Rice
Brown Rice	Low Fat Chocolate Milk
Broccoli	Traditional Pasta
Sweet Potato	Baked Potato
Apple	Watermelon
Orange	Cornflakes
Pineapple	Rice Cakes

You don't need to over indulge in carbohydrates at night because their purpose is to replenish energy stores. It only takes a small amount of carbohydrates to restore your needs. Any excess is stored as fat.

HOW MUCH PROTEIN

It is important to remember an athlete's goal is to increase lean body weight. The techniques used to increase lean body weight include weight training and conditioning exercises. By training and increasing the stress placed on your muscular system you will see an increase in your size, strength and power. To maximize the training effect you need to supply your body with needed building blocks (protein). The following charts estimate the number of grams of protein you need per day relative to the emphasis in your training program (strength versus endurance).

DAILY PROTEIN REQUIREMENTS FOR ATHLETES

SPORT TYPE REQUIREMENTS

BODY WEIGHT (LBS)	STRENGTH	SPEED	ENDURANCE
88	80	68	56
110	100	85	70
132	120	102	84
154	140	119	98
176	160	136	112
198	180	153	126
220	200	170	146
242	220	187	154
264	240	204	168
286	260	221	182
308	280	238	196
330	300	255	210

DANGERS OF EXCESSIVE PROTEIN CONSUMPTION

Be careful to avoid excess protein intake because too much protein can hinder your performance. In summary, as your body breaks down protein in your diet, excess protein causes an increase in amino acids in your blood. With excess amino acids in your blood they are converted into carbon dioxide and water plus highly toxic ammonia. Your body will work to protect itself by turning the ammonia into urea that is excreted by the kidneys. If you exceed the capacity of your kidneys to excrete ammonia you will overload your kidneys and poison your blood. It is extremely important to maintain high levels of hydration by drinking 10-12 glasses of water each day.

DAILY PROTEIN REQUIREMENT EXAMPLE - For the 198 pound athlete with a strength dominant training program, the chart above indicates a protein requirement of 180 grams (720 calories) of protein per day. For our example of a 200 pound athlete you need to calculate protein needs by determining how many grams of protein per additional pound over 198. This number equals approximately .8 grams per pound. Since our example athlete is 2 pounds over 198 pounds we multiply 2×0.8 . This gives us 1.6 extra grams of protein for our athlete, 182 grams per day.

HIGH FIBER FOODS

For the competitive athlete fiber is essential to help reduce body fat and to stabilize blood sugar. The following list gives you the best common sources of fiber you can work to include in your diet.

GRAINS	VEGETABLES	FRUITS
Shredded Wheat	Peas	Raisins
Puffed Wheat	Peanuts	Bananas
Grape Nuts	Steamed Veggies	Pears
Rye Bread	Mixed Salad	Blackberries
Sweet Corn	Broccoli	Raspberries
Wheat Bread	Cauliflower	Oranges
Popcorn	Carrots	Peaches

THE UGLY ON FAT IN YOUR DIET

The total amount of fat in your diet should be in the 15-20% range of the total calories in your diet. Thus if your diet is 5,000 calories you should only digest 750-1,000 calories from fat sources. This amount equals 83-111 grams of fat (total fat calories / .9). For the competitive athlete as certain level of fat is needed to keep you healthy and help you adapt to the rigors of a high intensity training program. But, as with anything, too much of a good thing ends up being detrimental. Three factors that adversely affect performance, for an over fat athlete, are reduced speed of movement, increased energy cost of exercise and ability to cool one's body.

AVOID THOSE FAST FOOD FAT CALORIES

Please review the following list of fast food choices and their fast food alternative. It is critical for you to reduce the amount of fat in your diet whenever possible. Fat is needed in your diet but should be limited to food selections that contain less than 15-20% of their calories from fat whenever possible. A fast and simple way to determine the level of fat in the foods you eat is greater than 15-20% of the total calories you should question whether you need to eat it or not.

YOU ARE WHAT YOU EAT

The following list of foods is highly recommended. Your goal is to make these foods "your choice" whenever you eat. As with any new habit that you are trying to develop, you must give yourself time and mentally think about making better choice of food.

FOOD TO INCREASE MUSCLE MASS & LOSE FAT

	FOODS TO EAT	FOODS TO AVOID
BREADS & CEREALS	Whole Wheat Breads Whole Wheat Cereals Whole Grain Pasta Brown or Wild Rice Plain Popcorn Lentils Sweet Potatoes / Yams Beans	Refined Beans Fiber Free Bread Fiber Free Cereals Fiber Free Grains Fiber Free Pastas
FATS	Canola Oil Olive Oil	
FRUITS	Apples Oranges Grapes Cantaloupe Bananas (not pre-workout)	
MEATS	Broiled Lean Meats Broiled Lean Fish Egg Whites Broiled Lean Poultry Lean Shellfish Smoked Fish & Meats Egg Yolks	Oil Packed Fish Luncheon Meats Processed Meats
Dairy	Skim Milk Yogurt (non/ low fat) Cottage Cheese (nonfat) Ricotta (nonfat) Mozzarella (nonfat)	All Cheese not listed
VEGETABLES	Eat all you can eat- the greener the better, but add a variety of colors	
MISCELLANEOUS	Non- Fatty Homemade Soup Diet Cola Nutritional Supplements Filtered Water (8-10 cups)	Non Diet Coke Alcohol

HYDRATION

First, water is a nutrient transporting agent. Following a workout, water will quickly transport nutrients from your meals to the parts of the body that need them the most. Second, water keeps your body temperate at a normal level. If you do not hydrate properly your body temperature will rise, which will slowly cause your body to shut down. It is very important that athletes track their pre and post weight following workouts, so that they know how much water they need to replenish.

- **Hydration is one of the most important parts of your diet!!**
- Water is vital to your survival and recovery process.
- Drink 1/2 liter, two bottles, of water for every pound lost during workouts. Remember that 70% of your body consists of water. Stay properly hydrated!

WEIGHT MANAGEMENT

HOW TO DETERMINE YOUR DAILY CALORIC NEEDS

A simple but effect way to help you determine your basal metabolic rate (BMR) is to first determine your current body weight and multiply this number by a factor of 11 – 14. If you weigh 225 pounds your BMR would indicate a daily caloric need of 2,475 – 3,150. This amount of calories, in your diet, is necessary to maintain your body weight if you are not currently training.

To determine your caloric needs if you are currently training is done by using your current body weight and multiplying this number by the activity level that best represents your current training volume and intensity. With this number you can then determine your caloric needs by factoring in your current body weight and current level of physical activity. This formula we use is; (Total body weight x Activity Factor) = Daily Caloric Needs.

ACTIVITY LEVEL FACTOR

BMR 11 – 14

MODERATE 17 – 20

ACTIVITY LEVEL FACTOR

LOW 13 – 16

HIGH 21 – 24

As an example, if your body weight is 200 pounds and you are in our training mode you would multiply your body weight by the activity factor (18-22). This would give you a daily caloric need of 3,600 to 4,400 calories to maintain your current body weight. This number is meant only as a guide and is not an absolute. The actual number of calories you need is dependent on your current lean body weight, type of training program you are engaged in (endurance vs. strength), individual metabolic differences and level of stress in your life. You should monitor your daily body weight to help you determine if you are getting the appropriate nutrition. If you are losing weight and you do not want to lose weight, you should increase your caloric intake approximately 2 calories per pound of your current body weight.

Conversely, if you are gaining weight and you do not want to gain weight then you should reduce your caloric intake approximately 2 calories per pound of your current body weight.

PERCENTAGE OF CARBS, PROTEINS, AND FAT IN DIET

A balance diet that includes a variety of foods from all the major food groups is critical for you and your needs for energy in your workouts and building blocks for restoration. You need to ensure that you are ingesting all the nutrients you need from a variety of foods. The total number of calories you eat each day should approach 70% from carbohydrates, 15% from proteins, and 15% from fat. In our example of the 200 pound athlete, this individual would need to consume 2,700 – 3,300 calories (675 - 825 grams) from carbohydrate sources. The numbers for protein are 540 - 660 calories (135 – 165 grams) from protein sources. The total amount of fat would equal 540-660 calories (60 –73 grams).

IF YOUR GOAL IS TO ADD LEAN WEIGHT

As a rule of thumb you should add 2 calories to your diet for every pound of your current body weight. As an example, if you weigh 200 pounds, you should increase your caloric intake by 400 calories over your activity metabolic needs. These extra 400 calories should come from quality protein and complex carbohydrate sources. In addition, these calories should be spread throughout the day. At five meals per day this equals an additional 80 calories per meal.

IF YOUR GOAL IS TO LOSE FAT WEIGHT

In this scenario, you should follow the same pattern above except you should reduce your caloric intake 2 calories per pound of body weight. The calories you eliminate in your diet should come from fat – not protein. Again, never skip meals and equally distribute the total number of calories you are omitting in your diet over the course of five meals per day.

IF YOUR GOAL IS TO MAINTAIN WEIGHT AND INCREASE LEAN BODY WEIGHT

In this case you should use your activity level metabolic caloric need value and equally distribute these calories over the course of five meals per day. You should try to remember that the total calories you eat at any one meal should be just enough calories to meet your energy demands of the activities you will be taking part in before your next meal.

With all the above situations it is very important that you train with intensity, focus, and consistency. Training is the stimulus for your development. Nutrition represents the raw materials you need to help you train and recover from your workouts.

HEALTHY WEIGHT MANAGEMENT

JUICE: Apple, cranberry, cranapple, grape, pineapple, and apricot have more calories than grapefruit, orange, and tomato juice. To increase the calories in frozen OJ, add less H₂O

FRUIT: Bananas, pineapples, raisins, dates, dried apricots, and other dried fruits have more calories than watery fruits such as grapefruit, plums, and peaches.

MILK: To boost the calorie value of milk, add ¼ cup powdered milk to one cup of regular milk. You can also add malt powder, Ovaltine, Carnation Instant Breakfast, Nestle's Quik.

HOT CEREAL: By using milk to cook cereal, instead of water, you'll add more calories. Lots of mix-ins, such as powdered milk, margarine, peanut butter, walnuts, and wheat germs.

COLD CEREAL: Choose dense cereals (not flaked or puffed), such as granola, muesli, grape nuts, and wheat chex. Top with raisins, bananas, and other fruits.

TOAST: Spread with generous amounts of peanut butter, margarine, and jam.

SANDWICHES: Select hearty, dense breads (as opposed to fluffy types), such as sprouted wheat, honey bran, rye and pumpernickel- the thinner the better! Stuff with PB & Jelly or Tuna.

MEATS: Go lean with meat. You can boost the calorie value of lean meat, chicken or fish by sautéing them in olive oil, as well as adding bread crumb toppings.

SOUPS: Hearty Lentil, split pea, minestrone and barley soups have more calories than brothy chicken and beef types. Make canned soups more substantial by adding evaporating milk.

BEANS: Red, black, white, pinto, chili with beans, limas, and other dried beans are not only high in calories but also excellent sources of protein and carbs.

VEGETABLES: Peas, corn, carrots, winter squash, and beets have more calories than green beans, broccoli, summer squash, and other watery vegetables. Add grated cheese and almonds

SALADS: Add cottage cheese, garbanzo beans, guacamole, sun flower seeds, assorted vegetables, chopped walnuts, raisins, tuna fish, lean meat, croutons with low fat dressings or oil.

POTATO: Add generous amounts of butter and extra powdered milk to mashed potatoes. Use sour cream and gravy sparingly.

DESSERTS: Try oatmeal raisin cookies, Fig Newtons, rice pudding, chocolate pudding, fruit, pumpkin pie, blueberry muffins, born bread with honey, banana bread, but eat sparingly.

SNACKS: A substantial afternoon or evening snack is an excellent way to boost your caloric intake. Some healthy snack choices include: fruit yogurt, bran muffins, cheese and crackers, mixed nuts, English muffins, bagels, milk shakes, instant breakfast, fruit, and sandwiches

HIGH CALORIE SNACKS

400 Calorie Snacks

Large whole wheat bagel w/2 Tbs. peanut butter	<u>Homemade Trail Mix</u> 1 cup dry cereal, ¼ cup granola, 20 nuts	1 pack Nature Valley Granola Bars, 1 fruit & 2-2% string cheese	Quaker Oatmeal Square & 12 oz 2% milk	Peanut butter & banana sandwich on wheat bread (2 Tbs. PB)	1 yogurt with ¼ cup granola, ½ cup fruit & 15 nuts
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600 Calorie Snacks

Large whole wheat bagel with 3-4 slices ham, 2 slices 2% cheese & 1 serving wheat crackers or pretzels	20 oz low-fat chocolate milk & peanut butter sandwich on wheat bread (1 Tbs. PB)	300 calorie energy bar, 1 banana & 16 oz 2% milk	20 oz Smoothie King Smoothie with protein & 250-300 calorie energy bar	Peanut butter and jelly sandwich on wheat bread (2 Tbs. PB & 2 Tbs. jelly), 1 bag baked lays & 1 fruit	2 cups cereal w/2% milk, sprinkle 3 Tbs. almonds in cereal & 1 yogurt or 2% string cheese
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800 Calorie Snacks

2 cups high calorie cereal (~200 calories/ serving) w/2% milk & 1 banana & 2 pieces wheat toast w/1 Tbs. peanut butter on each	<u>Homemade Shake</u> 2 cups 2% milk, 1 Yoplait Thick & Creamy vanilla yogurt, 1 scoop ice cream, 1-2 Tbs. peanut butter	3 Eggo whole wheat waffles w/1 Tbs. peanut butter on each, 1 fruit & 16 oz low-fat chocolate milk	1 whole wheat bagel w/ 2 Tbs. cream cheese, 1 pack Nature Valley granola bars & 16 oz low-fat chocolate milk	High calorie energy bar (250-350 calories), 16 oz low-fat chocolate milk w/1 scoop whey protein mixed in & 1 banana	2 Whole grain Hot Pockets, 1 individual bag reduced-fat Sun Chips & 16 oz 2% or low-fat chocolate milk
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1000 Calorie Snacks

1 whole wheat bagel w/ 2 Tbs. peanut butter, 1 cup high calorie cereal & 1 cup granola w/ 2% milk	High calorie energy bar (250-350 calories), 1 individual bottle (20 oz) 2% milk, 1 pack peanut butter crackers & a banana	2 Yoplait Whips or Thick & Creamy yogurts w/1 cup granola mix in, 2 pieces whole wheat toast w/1 Tbs. peanut butter on each & 16 oz 2% milk	2 Quaker Oatmeal Squares, 1 individual bottle (20 oz) low-fat chocolate milk & ½ cup nuts	Subway 12" sandwich w/meat, cheese, sauce, & veggies, 1 bag Sun Chips, 1 bag apples & 1 individual bottle juice or 2% milk	2 peanut butter & jelly sandwiches on wheat bread (2 Tbs. PB & 2 jelly on each), 16 oz 2% milk & 1 banana or chewy granola bar
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Tips for adding “quality” calories to food...

- Add 2 spoons peanut butter to things like toast, bagels, waffles, oatmeal, crackers, shakes, etc.
- Add granola to cereal, trail mix, yogurt, oatmeal, ice cream
- Add avocado to salads, sandwiches, wraps, chips, crackers, dips
- Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in Extra Virgin Olive Oil
- Make shakes with high calorie shake powder & add things like peanut butter, honey, chocolate syrup, some ice -cream, etc to it
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, parfaits, ice cream, salads & eat plain
- Drink 2% milk, low-fat chocolate milk and/or some juice with meals and snacks
- Eat a snack (as mentioned above) right before you go to bed, 7 days a week

SHOPPING LIST

PROTEIN

Chicken Breast
Turkey Breast
Lean Chicken Deli Meat
Lean Roast Beef Deli Meat
Lean Turkey/Chicken Hot Dog
Lean Ham Deli Meat
Salmon-can or fresh
Chicken-can in water
Tuna-can in water
Halibut
Crab
Shrimp
Lobster
Venison
Flank Steak
Ground Turkey Breast
Ground Chicken Breast
Top Round or Sirloin Steak
Egg Whites/Egg Substitutes
Low-fat Cottage Cheese
Low-fat Peanut Butter
Low-fat/Fat-free Cheese

CONDIMENTS

Fat-free Mayonnaise
Mustard
Ketchup
Salsa
Fat-free/Low-fat Sour Cream
Margarine
Butter Substitutes:
Molly McButter
Promise Ultra Light
Benacol Light
Take Control
Miracle Whip Light

CARBOHYDRATES

Sweet Potato
Baked Potato
Brown Rice
Wild Rice
Whole Wheat Pasta
Whole Wheat Bread
Whole Wheat Buns
Black Beans
Red Beans
White Beans
Refried Beans
Baked Beans
Strawberries/Blueberries
Melon
Apple/Pear
Orange/Grapefruit
Banana
Peach/Plum
Grapes-Red or Green
Fat-free Yogurt
Whole Wheat Spaghetti
White/Brown Rice
Whole Wheat Waffles
English Muffins
Raisin Bran
Total/Wheaties
Pancakes
Wheat Bread
Italian Bread

DRINKS

Gallon of Water each day
2%, Low Fat or Skim Milk
Crystal Light- Sugar free
Orange Juice w/ Calcium
Diet Soda

VEGETABLES

Broccoli
Cauliflower
Green Beans
Green Peas
Green/Red Peppers
Mushrooms
Tomato
Carrot
Celery
Cabbage
Cucumber
Zucchini
Onion
Lettuce
Asparagus
Spinach
Collard Greens
Artichoke
Kidney Beans
Mixed Vegetables

SNACKS

Pretzels
Baked Tortilla Chips
Baked Lays
All Fruit
Fat-free Yogurt w/fruit
Low fat Cottage Cheese

DESSERTS

Jello
Angel Food Cake
Oatmeal Raisin Cookie
Chocolate Pudding
Sherbert
Frozen Yogurt

**Victory goes to the one
who has no thought of
himself**

Wildcat Family

