



*Bethany College
Swede Strength
Summer Strength and Conditioning Manual*

June 2011 – August 2011

RETURNING SWEDES END OF THE YEAR MAXES

		BW 2	Bench	Squat	Clean	3 Lift	Power Index
Last	F					#2	#2
Allen	J	177	340	DNT	240	580	3.28
Baker	M	228	280	Class	345	625	2.74
Barnes	M	miss	miss	Miss	MISSED	0	#VALUE!
Bell	S	193	320	450	330	1100	5.70
Broome	M	MISSED	MISSED	MISSED	MISSED	0	#VALUE!
Castro	R	228	345	595	315	1255	5.50
Childs	J	190	315	425	350	1090	5.74
Collins	M	185	280	400	250	530	2.86
Followill	J	228	360	445	DNT	805	3.53
Franco	M	164	235	310	225	770	4.70
Geddis	T	204	245	410	280	935	4.58
Gentry	R	272	410	570	305	1285	4.72
Harris	A	175	285	350	260	895	5.11
Hawk	D	230	390	545	375	1310	5.70
Helton	J	195	215	315	280	810	4.15
Henderson	T	213	275	355	270	900	4.23
Higgins	B	193	200	350	220	770	3.99
Hill	S	245	DNT	DNT	DNT	DNT	0.00
House	D	208	DNT	DNT	DNT	DNT	0
Israelyn	Y	239	395	495	295	1185	4.96
Jackson	C	309	310	420	315	1045	3.38
Janzen	C	189	270	455	315	1040	5.50
Johnson	J	160	265	320	225	810	5.06
Jones	S	240	270	455	275	1000	4.17
Kaehn	A	213	285	450	330	1065	5.00
Keller	L	176	235	330	260	825	4.69
Kiesov	K	167	215	280	230	725	4.34
Larmer	C	344	230	410	300	940	2.73
Linden	E	219	225	355	300	880	4.02
Linnebur	C	190	270	425	280	975	5.13
Malcolm	O	200	310	DNT	DNT	310	1.55
Martin	J	180	245	DNT	DNT	245	1.36
Martino	B	198	245	435	275	955	4.82
Monzon	J	181	340	DNT	250	590	3.26
Moss	D	223	330	420	300	1050	4.71
Nguyen	J	247	270	395	225	890	3.60
Parks	C	166	220	345	225	790	4.76

		BW 2	Bench	Squat	Clean	3 Lift	Power Index
Poland	C	328	DNT	DNT	DNT	0	0.00
Ramirez	S	271	360	465	280	1105	4.08
Ratcliffe	C	164	230	DNT	270	500	3.05
Russell	J	220	255	365	265	885	4.02
Schulz	T	187	205	325	225	755	4.04
Segura	O	181	230	380	250	860	4.75
Smith	B	158	200	DNT	DNT	200	1.27
Sumney	G	180	Class	DNT	DNT	0	0.00
Thompson	De	138	190	225	180	595	4.31
Thompson	D	182	265	DNT	255	520	2.86
Thompson	K	172	180	270	205	655	3.81
Villarreal	J	275	310	395	DNT	705	2.56
Villarreal	Z	218	DNT	DNT	DNT	0	0.00
Vogt	T	264	280	365	300	945	3.58
Waggoner	Z	204	270	375	280	925	4.53
Washington	C	224	320	410	330	1060	4.73
Westbrook	A	175	235	310	250	795	4.54
Wheeler	D	202	255	345	285	885	4.38
Whollenburg	C	235	325	DNT	DNT	325	1.38
Wilcox	T	182	215	320	300	835	4.59
Williams	S	208	245	460	290	995	4.78

WHAT MAKES A CHAMPION

a. Belief

- a. 'Sure Enough Syndrome' – If you expect to fail – sure enough you will. If you expect to succeed, sure enough you will
- b. A belief is more than just an idea you possess, it's an idea that possesses you!

b. They Take a Responsibility for their lives

- a. No matter how hard you wish, the success fairy isn't going to come while you're sleeping and replace failure with success. It's up to you.

c. Focus

- a. Is the greatest difference
- b. The First Law of Success – bend energies to one point; go directly to that point, looking neither to the right nor to the left.
 - i. Three things a focus does for you
 - 1. Keeps you on target
 - 2. Increases your Determination
 - a. The mind doesn't reach toward achievement until it has clear objectives.
 - 3. It motivates you
 - a. It's been said that the world stands aside to let anyone pass, who knows where he or she is going.
 - b. In a sea of mediocrity, just knowing what you want to do and making an effort to pursue it, distinguishes you from almost everybody else.

d. The Ability to Overcome Obstacles

- a. Obstacles become smaller if they are confronted.

e. Examine excuses

- a. An excuse puts blame on something other than you, which means the solution is beyond reach.
- b. It's easier to move from failure to success, than excuses to success.

f. They ask for help

- a. It means taking a risk and becoming vulnerable in sharing your hopes and fears.

g. They Recognize the Potential Treasures -*The Unique Qualities (talents) & The fire in their souls i.e.(Passions)*

- i. Only a tiny percentage of those who live on this planet will discover and fulfill full potential.

h. They Understand the importance of *Attitude*

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JUNE

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<u>Week 1</u>	30 <u>Weight Room</u> Work Out - A <u>Speed School</u> 12 Minute Run	31 <u>Weight Room</u> Work Out - B <u>Speed School</u>	1 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Intervals	2 <u>Weight Room</u> Work Out - C <u>Speed School</u>	3 <u>Weight Room</u> Work Out - D <u>Speed School</u> Agility & Flexibility	4
5 <u>Week 2</u>	6 <u>Weight Room</u> Work Out - A <u>Speed School</u> 12 Minute Run	7 <u>Weight Room</u> Work Out - B <u>Speed School</u>	8 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Intervals	9 <u>Weight Room</u> Work Out - C <u>Speed School</u>	10 <u>Weight Room</u> Work Out - D <u>Speed School</u> Agility & Flexibility	11
12 <u>Week 3</u>	13 <u>Weight Room</u> Work Out - A <u>Speed School</u> 12 Minute Run	14 <u>Weight Room</u> Work Out - B <u>Speed School</u>	15 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Intervals	16 <u>Weight Room</u> Work Out - C <u>Speed School</u>	17 <u>Weight Room</u> Work Out - D <u>Speed School</u> Agility & Flexibility	18
19 <u>Week 4</u>	20 <u>Weight Room</u> Work Out - A <u>Speed School</u> 12 Minute Run	21 <u>Weight Room</u> Work Out - B <u>Speed School</u>	22 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Intervals	23 <u>Weight Room</u> Work Out - C <u>Speed School</u>	24 <u>Weight Room</u> Work Out - D <u>Speed School</u> Agility and Flexibility	25
26 <u>Week 5</u>	27 <u>Weight Room</u> Work Out - A <u>Speed School</u> 12 Minute Run	28 <u>Weight Room</u> Work Out - B <u>Speed School</u>	29 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Intervals	30 <u>Weight Room</u> Work Out - C <u>Speed School</u>		

JULY

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1 <u>Weight Room</u> Work Out - D <u>Speed School</u> Agility Flexibility	2
3 <u>Week 6</u>	4 <u>Weight Room</u> Work Out - A <u>Speed School</u> Shuttle Training	5 <u>Weight Room</u> Work Out - B <u>Speed School</u> Flexibility	6 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	7 <u>Weight Room</u> Work Out - C <u>Speed School</u> Speed Training	8 <u>Weight Room</u> Work Out - D <u>Speed School</u> 12 Minute Run	9
10 <u>Week 7</u>	11 <u>Weight Room</u> Work Out - A <u>Speed School</u> Shuttle Training	12 <u>Weight Room</u> Work Out - B <u>Speed School</u> Flexibility	13 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	14 <u>Weight Room</u> Work Out - C <u>Speed School</u> Speed Training	15 <u>Weight Room</u> Work Out - D <u>Speed School</u> 12 Minute Run	16
17 <u>Week 8</u>	18 <u>Weight Room</u> Work Out - A <u>Speed School</u> Shuttle Training	19 <u>Weight Room</u> Work Out - B <u>Speed School</u> Flexibility	20 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	21 <u>Weight Room</u> Work Out - C <u>Speed School</u> Speed and Agility Training	22 <u>Weight Room</u> Work Out - D <u>Speed School</u> 12 Minute Run	23
24 <u>Week 9</u>	25 <u>Weight Room</u> Work Out - A <u>Speed School</u> Shuttle Training	26 <u>Weight Room</u> Work Out - B <u>Speed School</u> Flexibility	27 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	28 <u>Weight Room</u> Work Out - C <u>Speed School</u> Speed and Agility Training	29 <u>Weight Room</u> Work Out - D <u>Speed School</u> Shuttle Training	30

AUGUST

Sun	Mon	Tues	Wed	Thur	Fri	Sat
31 <u>Week 10</u>	1 <u>Weight Room</u> Work Out - A <u>Speed School</u> Shuttle Training	2 <u>Weight Room</u> Work Out - B <u>Speed School</u> Flexibility	3 <u>Weight Room</u> Work Out - Rest <u>Speed School</u>	4 <u>Weight Room</u> Work Out - C <u>Speed School</u> Speed and Agility Training	5 <u>Weight Room</u> Work Out - D <u>Speed School</u> Shuttle Training	6
7 <u>Week 11</u>	8 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Speed and Agility Training P. 26, 27	9 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Shuttle Training P.33	10 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> 12 Minute Run	11 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	12 <u>Weight Room</u> Work Out - Rest <u>Speed School</u> Rest	13 Report Day

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Coming together is a beginning; keeping together is progress; working together is success.

- ***Henry Ford***

SWEDE STRENGTH AND CONDITIONING PHILOSOPHY

**"In any choice I made in college, I asked myself:
'Is this going to help me be the best there is, or is it going to hurt me?'"**

**"And when I didn't care enough about myself, I would always ask the next question:
'How will this decision affect my team?'"**

"It is the small, everyday decisions that determine your destiny."

The Strength and Conditioning program is not designed to be a quick fix or crash program. We view your training over a 4-5 year period.

BASIC GOALS OF THIS PROGRAM

**INCREASE SPEED & QUICKNESS
INCREASE STRENGTH & POWER & EXPLOSION
INCREASE FLEXIBILITY
INCREASE OVERALL CONDITIONING
DECREASE RISK OF INJURY**

Our training program consists of three elements.

1. Systematic- Each aspect of the program has a set goal, supported by specific objectives in pursuit of that goal.
2. Sequential- The program follows a logical sequence from easy to hard and from simple to complex.
3. Progressive- Training loads are increased to force the body to adapt to training demands. By changing the volume and intensity weekly, yields a super compensation training effect; that is, the athletes state of fitness after adaptation to the stress will be at a higher level or state of super compensation

SECTIONS DESIGNED TO REACH THESE GOALS

**TESTING PHILOSOPHY AND PROCEDURES
DYNAMIC FLEXIBILITY
STRENGTH & POWER
SPEED, EXPLOSION & AGILITY
CONDITIONING
END OF WORKOUT STRETCH**

SWEDE STRENGTH AND CONDITIONING TESTING

This summer you will be tested every 4 weeks comprised of STUD and Plus Testing off of your 1 RM

Lifting Tests

1. Squat (parallel)
2. Power Clean Or Hang Clean
3. Bench Press

Speed School Testing (Possible) done at the beginning of the end of the year

1. 40 Yard Sprint
2. Pro Agility Drill
3. Vertical Jump
4. 300 Shuttle

BENCH PRESS

LIFTING REQUIREMENTS

FEET MUST BE FLAT ON THE FLOOR
HIPS MUST STAY ON THE BENCH
BAR MUST TOUCH THE CHEST AND NOT BOUNCE
SPOTTER MAY NOT TOUCH THE BAR

SQUAT

LIFTING REQUIREMENTS

THIGHS MUST BE PARALLEL TO THE FLOOR AT THE BOTTOM OF THE MOTION
THERE MAY BE A LIGHT SPOT BUT NO HELP FROM THE SPOTTER

POWER CLEAN (Hang Clean)

LIFTING REQUIREMENTS

NO BOUNCING OR ROLLING THE WEIGHT FROM THE FLOOR
A QUICK PAUSE IS ALLOWED WHEN WEIGHT IS BROUGHT BACK TO THE FLOOR. (HANDS MAY NOT BE ALLOWED TO LEAVE THE BAR)
YOU MUST STAND COMPLETELY IN THE RACK POSITION FOR THE LIFT TO COUNT
1-5 REP MAX (SEE CHART ON FOLLOWING PAGE)

40 YARD DASH

RUNNING REQUIREMENTS

YOU MUST START IN A SPRINTERS STANCE
CLOCK WILL START ON YOUR MOVEMENT
YOU WILL GET 2 ATTEMPTS AND WE WILL TAKE YOUR BEST TIME

PRO AGILITY

RUNNING REQUIREMENTS

YOU MUST START STRADDLING THE CENTER LINE.

CLOCK WILL START ON YOUR MOVEMENT.

YOU WILL GET 2 ATTEMPTS ONCE LEFT AND ONCE RIGHT (5-10-5)

YOU MUST TOUCH THE LINE OR THAT ATTEMPT OTHER IT WILL BE A DQ.

WE WILL TAKE YOUR BEST TIME.

VERTICAL JUMP

REQUIREMENTS

REACH UP THE WALL TO GET A STARTING POINT

WITH NO STEP YOU WILL JUMP STRAIGHT UP AND TOUCH THE WALL AT YOUR HIGHEST POINT.

THE DIFFERENCE BETWEEN THE 2 JUMPS IS YOUR VERTICAL.

YOU WILL GET 2 ATTEMPTS AND WE WILL TAKE YOUR BEST JUMP.

300 YARD SHUTTLE

REQUIREMENTS

MARK OUT A COURSE OF 50 YARDS.

SPRINT DOWN AND TOUCH THE LINE.

SPRINT BACK TO THE START AND TOUCH THAT LINE.

REPEAT THIS PROCESS 6 TIMES.

IF YOU MISS TOUCHING A LINE YOU WILL HAVE 10 SECONDS ADDED TO YOUR TIME.

REPEAT THIS PROCESS TWICE AND WE WILL AVERAGE YOUR TIMES.

REP MAX CHART

Reps 1RM	2	3	4	5	6	7	8	9	10	Reps 1RM	2	3	4	5	6	7	8	9	10
95	100	105	105	110	110	115	115	120	125	355	375	385	395	410	420	430	440	450	460
100	105	110	110	115	120	120	125	125	130	360	380	390	405	415	425	435	445	455	470
105	110	115	115	120	125	125	130	135	135	365	385	395	410	420	430	440	450	465	475
110	115	120	125	125	130	135	135	140	145	370	390	405	415	425	435	445	460	470	480
115	120	125	130	130	135	140	140	145	150	375	395	410	420	430	440	455	465	475	485
120	125	130	135	140	140	145	150	150	155	380	400	415	425	435	450	460	470	480	495
125	130	135	140	145	145	150	155	160	160	385	410	420	430	440	455	465	475	490	500
130	135	140	145	150	155	155	160	165	170	390	415	425	435	450	460	470	485	495	505
135	145	145	150	155	160	165	165	170	175	395	420	430	440	455	465	475	490	500	515
140	150	150	155	160	165	170	175	175	180	400	425	435	450	460	470	485	495	510	520
145	155	160	160	165	170	175	180	185	190	405	430	440	455	465	475	490	500	515	525
150	160	165	170	170	175	180	185	190	195	410	435	445	460	470	485	495	510	520	535
155	165	170	175	180	180	185	190	195	200	415	440	450	465	475	490	500	515	525	540
160	170	175	180	185	190	195	200	205	210	420	445	455	470	485	495	510	520	535	545
165	175	180	185	190	195	200	205	210	215	425	450	465	475	490	500	515	525	540	550
170	180	185	190	195	200	205	210	215	220	430	455	470	480	495	505	520	535	545	560
175	185	190	195	200	205	210	215	220	225	435	460	475	485	500	515	525	540	550	565
180	190	195	200	205	210	215	225	230	235	440	465	480	490	505	520	530	545	560	570
185	195	200	205	210	220	225	230	235	240	445	470	485	500	510	525	540	550	565	580
190	200	205	210	220	225	230	235	240	245	450	475	490	505	515	530	545	560	570	585
195	205	210	220	225	230	235	240	245	255	455	480	495	510	525	535	550	565	575	590
200	210	220	225	230	235	240	250	255	260	460	485	500	515	530	540	555	570	585	600
205	215	225	230	235	240	250	255	260	265	465	490	505	520	535	550	560	575	590	605
210	220	230	235	240	245	255	260	265	275	470	500	510	525	540	555	570	580	595	610
215	225	235	240	245	255	260	265	275	280	475	505	515	530	545	560	575	590	605	615
220	235	240	245	255	260	265	270	280	285	480	510	525	535	550	565	580	595	610	625
225	240	245	250	260	265	270	280	285	290	485	515	530	545	555	570	585	600	615	630
230	245	250	255	265	270	280	285	290	300	490	520	535	550	565	580	590	605	620	635
235	250	255	265	270	275	285	290	300	305	495	525	540	555	570	585	600	615	630	645
240	255	260	270	275	285	290	295	305	310	500	530	545	560	575	590	605	620	635	650
245	260	265	275	280	290	295	305	310	320	505	535	550	565	580	595	610	625	640	655
250	265	270	280	285	295	300	310	315	325	510	540	555	570	585	600	615	630	645	665
255	270	275	285	295	300	310	315	325	330	515	545	560	575	590	605	625	640	655	670
260	275	285	290	300	305	315	320	330	340	520	550	565	580	600	615	630	645	660	675
265	280	290	295	305	310	320	330	335	345	525	555	570	590	605	620	635	650	665	680
270	285	295	300	310	320	325	335	340	350	530	560	575	595	610	625	640	655	675	690
275	290	300	310	315	325	330	340	350	355	535	565	585	600	615	630	645	665	6980	695
280	295	305	315	320	330	340	345	355	365	540	570	590	605	620	635	655	670	685	700
285	300	310	320	325	335	345	355	360	370	545	575	595	610	625	645	660	675	690	710
290	305	315	325	335	340	350	360	370	375	550	585	600	615	630	650	665	680	700	715
295	310	320	330	340	350	355	365	375	385	580	615	630	650	665	685	700	720	735	755
300	320	325	335	345	355	365	370	380	390	585	620	635	655	670	690	705	725	740	760
305	325	330	340	350	360	370	380	385	395	590	625	645	660	680	695	715	730	750	765
310	330	335	345	355	365	375	385	395	405	595	630	650	665	685	700	720	735	755	775
315	335	345	350	360	370	380	390	400	410	600	635	655	670	790	710	725	745	760	780
320	340	350	360	370	375	385	395	405	415	605	640	660	675	695	715	730	750	770	785
325	345	355	365	375	385	395	405	410	420	610	645	665	685	700	720	740	755	775	795
330	350	360	370	380	390	400	410	420	430										
335	355	365	375	385	395	405	415	425	435										
340	360	370	380	390	400	410	420	430	440										
345	365	375	385	395	405	415	425	440	450										
350	370	380	390	400	415	4125	435	445	455										

Swede Strength Index

We want to know pound for pound who the strongest man on our team is.

Add your 3 lift maxes up

Bench-

Squat-

Power Clean-

3 Lift Total-

Divide the total by your body weight

This is your Swede Strength Index

SWEDE STRENGTH AND CONDITIONING DYNAMIC WARMUP

To be done before every workout

MARK OUT A 30 YARD COURSE – USE THE LENGTH OF THE COURT IF INSIDE

1. WALKING HIGH KNEES

TAKE AN EXAGGERATED HIGH STEP, DRIVING YOUR KNEE HIGH, AND SIMULTANEOUSLY PUSH UP ON THE TOES OF YOUR OPPOSITE FOOT.

USE THE PROPER ARM SWING; 90° ANGLE AT THE ELBOWS, HANDS SWING UP TO CHIN LEVEL AND BACK BEYOND REAR POCKET.

DRIVE YOUR KNEES UP AS HIGH AS POSSIBLE AND LIFT YOUR TOE.

2. WALKING LUNGE

STEP OUT WITH A LONG STRIDE, STRIKING THE HEEL OF YOUR FORWARD FOOT AND EXTENDING ONTO THE TOES OF YOUR BACK FOOT.

COMPLETE THE CYCLE BY BRINGING YOUR TRAIL LEG THROUGH AND STANDING UPRIGHT.

POSITION YOUR HANDS BEHIND YOUR HEAD WHILE KEEPING YOUR EYES FOCUSED FORWARD.

FLEX YOUR FRONT KNEE TO 90° AND KEEP YOUR BACK KNEE FROM STRIKING THE GROUND.

3. WALKING STRAIGHT LEG KICKS

WALK FORWARD KEEPING YOUR FRONT LEG STRAIGHT.

KICK YOUR LEG UP AND TOUCH YOUR TOES TO THE FINGERS OF YOUR SAME HAND.

REPEAT THE CYCLE WITH YOUR OPPOSITE LEG.

KEEP YOUR ARM EXTENDED OUT PARALLEL WITH THE GROUND.

ON YOUR FIRST SET OF THIS DRILL ONLY KICK TO 75% CAPACITY, AND THEN ON YOUR SECOND SET KICK TO FULL CAPACITY.

SWEDE STRENGTH AND CONDITIONING DYNAMIC WARMUP

4. WALKING SIDE LUNGE

KEEP YOUR TORSO UPRIGHT AND TAKE A LONG STRIDE OUT TO THE SIDE.

LUNGE OUT BENDING YOUR FORWARD KNEE TO 90° WHILE KEEPING YOUR TRAIL LEG STRAIGHT.

LOWER YOUR HIPS AND SHIFT YOUR BODY WEIGHT TO THE OPPOSITE LEG.

RECOVER BY BRINGING YOUR FEET TOGETHER AND STANDING UPRIGHT.

KEEP YOUR HEAD FOCUSED FORWARD WITH YOUR HANDS BEHIND YOUR HEAD.

5. RUNNING BUTT KICKS

BEGIN RUNNING BY FLEXING YOUR KNEE AND BRINGING YOUR HEEL BACK AND AROUND TO YOUR BUTTOCKS.

MAINTAIN A SLIGHT FORWARD LEAN THROUGHOUT THE DRILL, AND STAY ON THE BALLS OF YOUR FEET.

COMPLETE 20 KICKS WITHIN 10 YARDS.

A QUICK, YET SHALLOW ARM SWING, KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS FROM CHEST TO FRONT HIP POCKET.

6. RUNNING HIGH KNEES

EXECUTE PROPER RUNNING FORM; KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS UP TO CHIN LEVEL AND BACK TO YOUR REAR POCKET. STAY ON THE BALLS OF YOUR FEET, AND DRIVE YOUR KNEES.

7. RUNNING CARIOCA

STAY ON THE BALLS OF YOUR FEET WITH YOUR HIPS IN A LOW SEMI-SQUAT POSITION.

BEGIN THE DRILL BY TWISTING YOUR HIPS AND CROSSING ONE LEG IN FRONT OF THE OTHER, BRING YOUR TRAIL LEG THROUGH, AND CROSS YOUR LEAD LEG BEHIND THE TRAIL LEG.

YOUR SHOULDERS REMAIN SQUARE THROUGH THE ENTIRE DRILL.

SWEDE STRENGTH AND CONDITIONING DYNAMIC WARMUP

8. BACKWARD RUN

STANDING UP STRAIGHT WITH A SLIGHT FORWARD LEAN

BRING HEEL UP TO BUTTOCKS AND THEN REACH BACK AS FAR AS POSSIBLE.

REPEAT QUICKLY WITH OTHER LEG, CONTINUE ALTERNATING LEGS.

9. START & STRIDE

UTILIZE A SPRINTERS STANCE

FIRE OUT, STAYING LOW, THEN OPEN UP YOUR STRIDE TO FULL LENGTH

THIS IS NOT A FULL SPRINT – EXAGGERATE YOUR SPRINT FORM AND STRIDING OUT.

SWEDE STRENGTH AND CONDITIONING CORE ROUTINE

You should complete at the minimum of 300 reps of abdominal work each day at the beginning of your lifting workout.

- Place your hands to the side of your head
- Resting position between exercises – Knees to your chest no feet on the ground
 - 25 reps of each (Option A)
 1. Feet Flat on the ground- Crunches
 2. Feet Up in the air- Crunches (Your feet should not touch the ground after this)
 3. Right Lg. straight at 6 inches, Left Lg. stays bent- Crunches
 4. Left Lg. straight at 6 inches, Right Lg. stays bent- Crunches
 5. Bring your heels together spread your knees- Crunches (Touch your toes)
 6. Legs Straight Up in the air- Crunches (Touch your toes)
 7. Legs Straight out at 6 inches- Crunches
 8. Side Crunches Right side.
 9. Side Crunches Left side.
 10. 75 elbow to opposite knee crunches (Twisting Motion)

•Total 300

SWEDE STRENGTH AND CONDITIONING CORE ROUTINE

○ Bridge Routine (Option B)

- Oblique Bridges
 - On your elbow, so your body is straight push upward.
 - Then on the way down make your bottom calf touch the floor.
 - Repeat the other side
 - 10 reps each side
- Stabilization Bridge
 - Draw Lower abdomen towards the spine.
 - Contract the glutes and lift your body onto your forearms.
 - Hold for 30 seconds for 3 sets.
- Supermans
 - Lying on your stomach with your arms straight in front of you.
 - Thrust upward with both your legs and your arms.
 - Hold for 30 seconds for 10 reps
- Iron Cross
 - Sitting on your buttocks with your legs out straight in front of you.
 - As you lean backwards to a 45 degree angle your arms should come out to the side as if to form a cross. Your legs should raise up to a 45 degree angle. Creating a V in your body.
 - Hold for 30 seconds for 5 reps.

EXTRAS OR SUBSTITUE EXERCISES

- Straight Leg Crunches
 - Keeping your feet & legs straight at six inches we will perform crunches from this position.
- Knee Ups
 - From the same position as above you will bring your knees to your chest and back down.
- Up & Outs
 - You will bring your knees to your chest and then kick straight up into the air lifting your hips off the ground.
- Row Boats
 - Being in the same position as you were for Iron Crosses.
 - Begin to twist from side to side trying to place both hands to the ground.
 - To make the drill tougher reach further back, our grasp a weight or a medicine ball and do the exact same thing.
- Throw Downs
 - Forward
 - Angle

SWEDE FLEXIBILITY ROUTINE

To be done after the lift or after speed school

Things to Remember

Don't bounce on the muscle to try and further the stretch

Don't Jerk or Pull Hard – Do it Gradually

Try to stretch further each day

•Sitting V Stretch

- Reaching down the right leg with both hands, keeping a big chest, bend at waist.
- Repeat for the middle
- Repeat for the left

•Side Quad Extension

- Lying on your right side – pull you left ankle to your butt.
- Repeat lying on your other side

•Butterfly

- Sitting on your butt. **HANDS ON ANKLES NOT TOES**
- Pull your heels together and slowly push your knees down and out with your elbows.

• Arms

• Over the Top

- Reach your left arm over the top as if you were scratching your back.
- Take your opposite hand and gently push down on your elbow.
- Repeat with your other arm.

• Across

- Reach your left arm across your chest.
- Take your opposite hand and gently push against it.
- Repeat with your other arm

SWEDE STRENGTH AND EXPLOSION WORKOUT

During the off-season program the strength and explosion program will be centered on three main phases:

BASE PHASE: 4 WEEKS

- A. Build & Maintain Mass**
- B. Build & Maintain Strength**
- C. Develop a foundation of Explosiveness & Power**

STRENGTH PHASE: 4 WEEKS

- A. Build & Maintain Strength**
- B. Build off of the foundation of Explosiveness & Power**
- C. Build & Maintain Mass**

EXPLOSION PHASE: 3 WEEKS

- A. Continued Development of Explosiveness & Power**
- B. Build & Maintain Strength**
- C. Build & Maintain Mass**

Weight Room Procedures

- Check your off-season calendar for which workout to perform.
- Warm Up
- Football workout must be completed before any extra lifts.
- AB Routine if needed
- Speed School
- Quick Stretch at the end (See Warm-Up / Flexibility section)

Workout Cards- Can be found at - (www.bethanysweddes.com) – on the football website.

This is a excel workbook with every two week are separated by a tab, and the bottom of the workbook. Input your maxes into the required cells to get your weights for your core lift.

Demonstration Videos- These videos will demonstrate the following (Dynamic Warm-up, Workout A-D) and some of the Speed School workouts.

Can be found at - (www.bethanysweddes.com)
– on the football website

SWEDE STRENGTH LIFT DEFINITIONS

BENCH PRESS (DUMBBELL BENCH PRESS)

Starting Position

- Lying Flat on your back
- Feet planted in the ground
- Grip the bar slightly wider than shoulder width.
 - Either wrap the thumb around the bar
 - Keep the thumb open and wrap around the bar

Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Touching your chest and exploding upward, exhale with force as you drive upward.
- Keep hips pushed down to bench throughout movement.

PUSH JERK

Starting Position

- Grip the bar as you would at the top of the clean.
- Feet hip width apart, toes pointed straight ahead
- Big Chest, Arched lower back
- Knees and hips -unlocked
- Weight on your heels

Movement

- Quickly drop your hips downward.
- With no pause drive your hips upward, as if you were doing a vertical jump.
- At full extension. (Which will cause the bar to jump off of your chest)
- At the same time straighten your arms to help thrust the weight overhead.
- Drop directly underneath the bar catching it straight over the shoulders.
- Feet should be stay at parallel, and shoulder width apart.
- Lower the bar carefully to the start position, and reset your feet.

SWEDE STRENGTH LIFT DEFINITIONS

INCLINE BENCH PRESS (DUMBBELL INCLINE PRESS)

Starting Position

- Lying Flat on the bench
- Feet planted in the ground
- Grip the bar slightly wider than shoulder width.
 - Either wrap the thumb around the dumbbell
 - Keep the thumb open and wrapped around the dumbbell

Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Touching your chest and exploding upward, exhale with force as you drive upward.

OVERHEAD TRICEPS

Starting Position

- Standing with the Dumbbell interlocked over your head.
- Your partner should be in front, with his hands on the outer parts of your elbows.

Movement

- Slowly lower in a controlled manner the weight behind your head to about shoulder height.
- When you reach the bottom, in an explosive movement pull the weight back over your head to the starting position.
- Your partner should be continuing to put pressure on the outside parts of your elbows.

NARROW GRIP BENCH

Starting Position

- Lying Flat on your back
- Feet planted in the ground
- Grip the bar at the point where you.
 - Either wrap the thumb around the bar
 - Keep the thumb open and wrap around the bar

Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Control the downward movement avoid bouncing the bar.
- Keep hips pushed down to bench throughout movement.

SWEDE STRENGTH LIFT DEFINITIONS

LATERAL PULL DOWNS

Starting Position

5. Using a Lat Pull Down Machine

- Grip the Bar and get into a seated position. This will start to bring the weight down. Your arms should be fully extended above your head as you grip the bar.

Movement

- Slowly pull down in a controlled manner.
- Pull down until the bar reaches mid chest.
- Control the weight as you move back into the starting position.

SQUAT

Starting Position

- Place bar on your shoulders as you stand erect in the rack
- Feet should be slightly wider than shoulder width and toes pointed out.

Movement

- Kick your hips out creating an arch in the back and unlocking your hips.
- Lower yourself down as if you were sitting in a chair.
- To the point which the back part of your thigh is parallel to ground.
- Keep a big chest and your eyes on the horizon or looking up.
- Heels should be flat on the floor.
- Drive your hips up and through, pushing from the heels, returning to a standing position.

FRONT SQUATS

Starting Position

- Place bar across your chest and grip it as if you would be in the rack position of a power clean.
- Feet should be slightly wider than shoulder width and toes pointed out.

Movement

- Kick your hips out creating an arch in the back and unlocking your hips.
- Lower yourself down as if you were sitting in a chair.
- To the point which the back part of your thigh is parallel to ground.
- Keep a big chest and your eyes on the horizon or looking up.
- Concentrating on keeping your high elbows so that you don't lose your balance forward.
- Heels should be flat on the floor.
- Drive your hips up, pushing from your heels, returning to a standing position.

SWEDE STRENGTH LIFT DEFINITIONS

POWER CLEAN

Starting Position

- Hands should grip the bar shoulder width apart using an over hand grip.
- Feet will be about as wide as your hips, toes slightly pointed outward.
- Back should be flat, Big chest, Hips slightly high then the knees

Movement

- Drive your hips up and through in a straight line. Keep the bar as close to your body as possible.
- Continue into a powerful shrug extending you up onto the balls of your feet.
- Allow your arms to bend at the elbows from the acceleration of the bar.
- As it reaches chest height you should jump violently -Pound the Ground and pull yourself under the bar, snapping wrists.
- Catch the bar with your hips and legs; throw your elbows forward and upward.
- Allow it to rest across your shoulders and chest.

HIGH PULLS

Starting Position

- Hands should grip the bar shoulder width apart using an over hand grip.
- Feet will be about as wide as your hips, toes slightly pointed outward.
- Back should be flat, Big chest, Hips slightly high then the knees

Movement

- Drive your hips up and through in a straight line. Keep the bar as close to your body as possible.
- Continue into a powerful shrug extending you up onto the balls of your feet.
- Allow your arms to bend at the elbows from the acceleration of the bar.
- As it reaches chest height you should jump violently -Pound the Ground

STRAIGHT LUNGES

Starting Position

1. Stand straight up with dumbbells at your side or your hands interlocked over your head.
2. Feet should be hip width apart.

Movement

- With your left foot step out straight ahead, exaggerate the knee drive.
- Lower your body so that your right knee touches the floor and that your left leg is at 90 degrees.
- Pull forward with your left leg back into the starting position.
- Repeat with your right leg. (You should be moving forward as if you were walking)

SWEDE STRENGTH LIFT DEFINITIONS

LATERAL LUNGES

Starting Position

3. Stand straight up with dumbbells at your side or your hands interlocked over your head.
4. Feet should be hip width apart.

Movement

- With your left foot step out directly to the side.
- Lower your body keeping your right leg as straight as possible creating a stretch in your groin and that your left leg is at 90 degrees with your toe pointed straight ahead.
- Push back with your left leg back into the starting position.
- Repeat with your right leg.

STEP UPS

Starting Position (Using a Plyo Box or a Bench)

- Face the box with dumbbells in both hands. Or as if you were running

Movement

- Step on to the box with your right foot.
- Drive up with your left knee to your chest.
- Slowly lower yourself back down to the position of having your right foot on the box and your left on the floor.
- Step off the box with your right foot and repeat the motion leading with your left leg.

STRAIGHT LEG DEAD LIFT

Starting Position

- Stand straight up (use an elevated surface, if possible) holding the bar in front of you.
- **Be sure to have a slight bend in your knees. (Never lock your knees)**
- Hand Grip slightly outside of the thigh.
- Elbows locked.
- Feet pointing straight ahead, about hip width apart.

Movement

- Pop your hips backward, and allow your shoulder to roll in front of the bar.
- Let the bar slide down your body, keeping it close to you.
- Continue down until you feel a slight stretch in the hamstrings and can no longer keep an arch in your back.
- Flex your Glute/Hams as you drive your hips back into a standing position.

SWEDE STRENGTH SPEED SCHOOL

NOTES ON SPEED

The speed required for football is specific to the demands of each position. Football speed and acceleration are the keys to your success, not straight-line track speed. Some athletes run fast in a straight line, but do not possess the abilities to quickly change direction. Your goal is to develop the specific speed and quickness needed to play your position.

Speed and quickness are abilities you inherit genetically. There are specific physical and neurological assets you must possess to run fast. These are factors you have no control over. You can't develop more speed than your genetic potential will allow. However, this should not stop you from developing your speed to meet your potential. Invest your training time wisely. We are not developing speed for a specific event - you are not a track athlete. Your level of conditioning to maintain football speed and quickness during a game is more important than your ability to run 40 yards in a straight line.

You can't alter your genetic pool or those characteristics you've inherited from your parents. However, you can develop the potential speed you do possess by exploiting those factors you can control.

Listed below are some of the items you can control that contribute to your ability to play fast:

- * Eliminate excess body fat.
- * Strengthen the muscles used to run, core strength – abs!!!
- * Develop adequate flexibility.
- * Refine stance/start techniques.
- * Develop sound running techniques.
- * Develop a level of fitness to maintain speed and quickness for an entire game.
- * Practice running fast.

SPEED STARTS WITH YOUR STANCE!

You will be using different starting techniques or stances in this program. However, when testing the 40 you should utilize a "sprinter stance". An adjustment in your stance may or may not help you. Review the guidelines we use. Experiment with one technique at a time. This will allow you to evaluate what influence (good or bad) a technique has on your time.

Listed below are the techniques we emphasize for the Sprinter Stance:

- * Assume a three-point stance.
- * Feet inside the hips.
- * The distance from the front heel to the back toe is 6 inches.
- * Toes should be pointing straight ahead.
- * Place the ankle of the front leg directly under the hip.
- * Adjust the head to a position that allows your eyes to focus on the ground approximately three feet ahead.
- * Place the hand on the ground directly under your shoulder,



positioned just outside of the rear leg (most of your weight is on the front hand and leg).

* The opposite arm should be bent at 90 degrees with the upper arm parallel to the ground.

* Hips should be higher than shoulders.

START FAST!

The sprinter start will vary from your football start. It will require some practice to develop an effective start. **An explosive start requires several coordinated actions to occur rapidly and simultaneously.** You can save hundredths of a second by developing a good start.

Below are the techniques we emphasize to improve your start:

- * Rapidly move the down arm rearward (scrape the ground hard and fast).
- * Rapidly rotate the bent arm forward (throw fist in the direction you are running).
- * Gain as much ground as possible on your first step.
- * Step forward in a straight line (the first step many players take is away from the centerline of the body).
- * Each succeeding step must be in a straight line.
- * Keep chin down for the first three steps.
- * Climb to the torso erect position as soon as possible (get up and out of your stance).

RUN FAST!

There may be some techniques you can use to help you run fast in a straight line. However, there is minimal application of these techniques to the specific skills and techniques you use to play your position. Listed below are the key points we emphasize:

- * Run tall with torso erect and shoulders back (forward lean can shorten stride).
- * Keep head stationary with eyes focused straight ahead.
- * Rotate arms forward and rearward close to the body.
- * Be sure to land the plant foot directly under the hip.
- * Increase your stride length by fully extending your hip and leg behind you, not by over striding (rear leg must be fully extended - do not prematurely pull your foot off the ground).
- * During the recovery phase keep the lower leg relaxed and flexed at 90 degrees
- * During recovery forcefully drive the knee in the direction you're running (do not lift knees upward).
- * Drive the leg down and back (speed comes from the force you apply to the ground downward and backward). The most important variable to realizing your full speed potential is to practice running fast. It sounds simple, yet some athletes never practice running fast (all out). Once you've developed a requisite level of strength and conditioning, you must practice running as fast as you can.

AGILITY & QUICKNESS

Agility has many connotations, as does **quickness**. The dictionary considers them synonyms, but they each have specific, though complimentary, meanings. Being **agile** is the ability to move easily, almost instantaneously, in any direction from any position while maintaining body control, i.e. smooth.

Quickness is the ability to react to a given stimulus in a short time span.

Agility and quickness do share common ground in that most people who are agile are usually quick and vice versa. Both are necessary components for football

Flexibility Program

One of the keys to preventing injuries is your flexibility; the following program was design for the improvement of our hip flexibility.

Perform each one of the following exercises for the designated reps or distances. Find definitions for each exercise on the following pages.

Exercise	Reps	Sets
Distance		
Lunge Circuit		
Forward Lunge 15 Yards	2	
Backward Lunge 15 Yards	2	
Lateral Lunge 15 Yards	2 (1 time reach direction)	
45 Degree Lunge 15 Yards	2	
Leg Swing Circuit		
Across R Leg	30 Swings or Seconds	2 Sets
Across L Leg	30 Swings or Seconds	2 Sets
Forward & Back R Leg	30 Swings or Seconds	2 Sets
Forward & Back L Leg	30 Swings or Seconds	2 Sets

"One man with courage makes a majority. –
Andrew "Old Hickory" Jackson

Date	Workout
June 3	Flexibility & Agility
June 10	Flexibility & Agility
June 17	Flexibility & Agility
June 24	Flexibility & Agility
July 1	Flexibility & Agility
July 5	Flexibility & Agility
July 12	Flexibility
July 19	Flexibility
July 26	Flexibility
August 2	Flexibility

Speed and Agility Program

The game of football is not made up of straight line speed. The ability to have straight line speed is a tremendous asset to the game. But to have the ability to control and harness that speed is even a greater asset.

This program was designed to assist you in the development of your straight ahead speed but to also teach you to harness that speed – by starting stopping and accelerating. See the following page for drill descriptions and set up.

Exercise	Reps	Sets
Distance		
Speed Improvement (Choose 2 and perform all exercises 2 to 4 times)		
Half Full Half	2-4	
100 yards		
Flying 30's	2-4	
60 yards		
Buildups	2-4	
60 yards		
Up-Hill Running	2-4	
Down Hill Running	2-4	
Agilities (Choose 4 exercises and perform each 2-4 times)		
Bag Routine	2-4	
Pro Agility	2-4	
Nebraska Drill	2-4	
Cone Routine	2-4	
Up and Back Drill	2-4	
Sideline Drill	2-4	
Tennessee Drill	2-4	
Figure 8 Drill	2-4	
L Drill	2-4	
W Circuit	2-4	
Foot Speed Drill (Choose 1 exercise and perform it for 3 sets)		
Dot Drill Routine	10	3
Jump Rope Routine	10	3
Line Drill Routine	10	3
Speed Ladder		3

See the following page for workout calendar

Date

June 3, 10, 17, 24 – July 1

Workout

Foot Speed / Agility

July 7, 14

Speed Improvement / Foot Speed

July 21, 28 – August 4, 8

Speed Improvement / Foot Speed /
Agility**SPEED IMPROVEMENT DEFINITIONS****BUILD UPS**

- MARK OFF 60 YARDS
- PLACE A CONE 40 YARDS AWAY FROM THE STARTING LINE,
- BUILD UP SPEED TO THE CONE AND REDUCE SPEED THROUGH THE END LINE.
- WALK BACK AND REPEAT.

HALF / FULL / HALF

- MARK OFF 100 YARDS
- PLACE A CONE EVERY 20 YARDS FROM THE END LINE
- START AT ONE END IN A GREAT SPRINTERS STANCE.
- RUN WITH GREAT FORM TO THE FIRST CONE. RUN AT FULL SPEED TO THE SECOND CONE REPEAT EVERY OTHER CONE THROUGH THE END LINE.
- WALK BACK AND REPEAT.

FLYING 30'S

- MARK OFF 60 YARDS
- PLACE A CONE 30 YARDS AWAY FROM THE STARTING LINE,
- BUILD UP SPEED TO THE CONE AND SPRINT THROUGH THE END LINE.
- WALK BACK AND REPEAT.

UP-HILL RUNNING

- FIND A HILL AT ABOUT A 45 DEGREE SLOPE.
- AT THE BOTTOM SPRINT TO THE TOP, EXAGERATING THE KNEE DRIVE
- WALK DOWN THE HILL AND REPEAT.

DOWN-HILL RUNNING

- FIND A HILL AT ABOUT A 45 DEGREE SLOPE.
- AT THE TOP SPRINT TO THE BOTTOM, EXAGERATING YOU STRIDE LENGTH
- WALK UP TO THE TOP OF THE HILL AND REPEAT

Agility and Foot Speed Definitions

Bag Routine

Drill Set Up

- Place 4-5 bags horizontally next to each other with about 2-3 foot space separating them.

Drill Movements

- High Knees – 1 foot in the hole (Down and Back)
- Laterally Over the Bags- 2 feet in the hole (Down and Back)
- Zig- Zag through the bags (Down and Back)
- Forward and Backward through the bags (Down and Back)
- ALWAYS explode out for 5 more yards after completing the drill



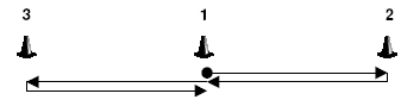
Pro Agility (3 Cone Drill)

Drill Set Up

- Have 3 cones set one in the middle – 1 on either side 5 yards from the middle cone.

Drill Movements

- Start by straddling the center cone in a good athletic stance.
- Explode out either way.
 - Touch/Tap/Push cone with the hand in the direction you are moving.
 - Move left – touch with left hand.
- Sprint 10 yards to the opposite cone.
 - Touch/Tap/Push cone with the other hand.
- Sprint 5 yards through the starting point.



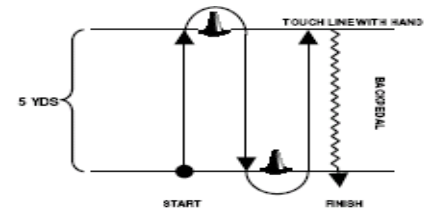
Nebraska Drill

Drill Set Up

- Place 2 cones 5 yards apart offset by 2 or 3 feet.

Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
 - Make a quick right handed turn.
- Sprint 5 yards to the opposite cone.
 - Make a quick left handed turn.
- Sprint 5 yards touch the line and back pedal through the finish line.



W Circuit

Drill Set Up

- Place 7 cones 5 yards apart at a 45 degree angle from one another. (Set Up to the Right)
- Start Facing the first cone.

Drill Movements (Choose 3 of these drills to perform at this station)

- **45 Cuts**– Sprint to the first cone and plant with your outside foot at a 45 degree angle to the second. (Down and Back)
- **Forward and Back**- Sprint to the first cone and explode into a backpedal to the third cone (Down and Back)
- **Circle Cone**- Sprint to the first cone place your inside hand on the top of the cone do a complete circle around the cone then sprint to the second. (Down and Back)

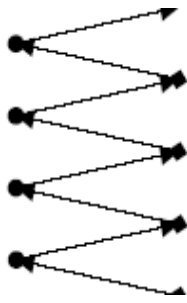


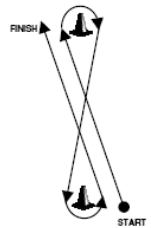
Figure 8

Drill Set Up

- Place 2 cones 5-7 yards apart.

Drill Movements

- Explode forward aiming for the opposite side that you started on make a right handed turn.
 - Sprint to the second cone making another right handed turn
 - Sprint through the line
 - Make sure to switch sides that you are turning.



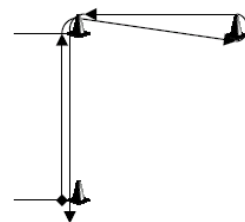
L Drill

Drill Set Up

- Place 3 cones 5-7 yards apart.
 - Making a 90 Degree angle

Drill Movements

- Explode forward to the second cone making a right handed.
- Sprint to the 3rd cone and make a left handed turn.
 - Sprint back to the second cone and make a left handed turn and sprint through to the finish.
- Make sure that you flip the direction of the drill.



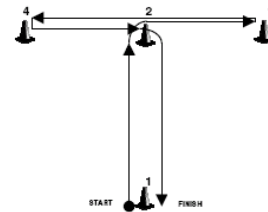
Tennessee Drill

Drill Set Up

- Set 4 cones up in the shape of a T with 5 yards in between them.

Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
 - Make a quick right handed turn. At the center cone.
- Sprint 5 yards to the third cone.
 - Make a quick right handed turn all the way around that cone.
- Sprint 10 yards to the fourth cone make a left handed turn.
- Sprint to the middle cone – make a right handed turn and sprint through the finish.



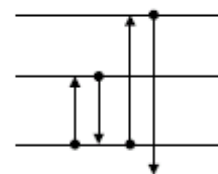
Up Back Drill

Drill Set Up

- Set 3 cones up a starting line one at 5 yards and one at 10 yards.

Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
 - Plant at the first cone and begin to backpedal to the starting line.
- Repeat to the 10 yard cone.



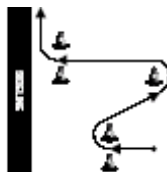
Sideline Drill

Drill Set Up

- Set cones 1 and 2 up 2 yards apart and 3 yards from the sideline.
- Set cone 3 five yards away from cone 2 and 7-8 yards away from the sideline.
- Set cones 4 and 5 yards 2 yards apart and 1 yard away from the sideline.

Drill Movements

- Start off three yards away from cones 1&2 sprint through them and make a right handed turn.
- Sprint to cone 3 and make a left handed turn.
- Sprint through cone 4 and 5 then make a right handed turn up the sidelines.



Dot Drill

Drill Set Up

- Using Tape – Create a 5 spot dot Drill Mat

Drill Movements – Each set of jumps 12 -15 times – 3 sets

- Forward and Back (In Out) – Start with your feet at one end on two separate dots.
 - Jump to the middle with both feet
 - Jump forward to the next set of two dots.
 - Reverse it right back to the starting position
- Forward and Back Flip (In Out) – Start with your feet at one end on two separate dots.
 - It is the same routine however instead of returning backwards you will add another movement by turning around to return to the starting position.
- Around the World (1 Leg)- Start in one corner on either leg.
 - Jump to the middle, then jump forward at a 45 degree angle, then return to the middle, then jump forward to the other side at 45 degree angle, return to the middle, the jump back at a 45 degree angle to the same side, return to the middle and then back to the starting position.
 - Switch legs and repeat (Two times with each leg)

Line Drill

Drill Set Up

- Find a line on the gym floor or on the ground.

Drill Movements – Each set of jumps 30 times double legged – 15 single legged (30 seconds or 15 seconds if using a watch)

- Forward and Back Double Legged– Face the line and jump forward and back as fast as you can making sure that your are clearing the line every tie.
- Side to Side Double Legged– Start to one side of the line jumping side to side as fast as you can making sure that you are clearing the line every time.
- Repeat – this time with 1 leg at a time

Jump Rope Routine

Drill Set Up

- Using a Speed rope make sure there it plenty of room

Drill Movements – Each set of jumps 30 times double legged – 15 single legged (30 seconds or 15 seconds if using a watch)

- Speed Jumps Double Legged
- In and Out Double Legged
- Forward and Back Legged
- Squat Jumps – 15 Seconds or 15 jumps
- Speed Run
- 1 leg Jumps – 15 (Twice once for each leg)

Shuttle Training

You have to be in shape to play this game, we you report in the fall you will be tested in the 300 shuttle. You will build up the length and the amount of shuttles; you will perform throughout the summer.

Date	Workout
July 4	2 X 100 yard shuttle (4 X 25 Yards)
July 11	3 X 100 Yard Shuttle (4 X 25 Yards)
July 18	2 X 100 Yard Shuttle (4 X 25 Yards) 1 X 200 Yard Shuttle (4 X 50 Yards)
July 19	2 X 200 Yard Shuttles (4 X 50 Yards) 1 X 300 Yard Shuttle (6 X 50 Yards)
July 29	2 X 200 Yard Shuttle (4 X 50 Yards) 2 X 300 Yard Shuttle (6 X 50 Yards)
August 1	2 X 300 Yard Shuttles (12 X 25 Yards)
August 5	3 X 300 Yard Shuttles (12 X 25 Yards)
August 9	3 X 300 Yard Shuttle (6 X 50 Yards)

Interval Training

This game is played in bursts; full speed for a short period of time. The interval training program is designed with that in mind. You will be asked to burst for a short period of time then told to rest for a specific period of time.

Date	Workout
June 1	4 X 400 (85 Seconds if under 225 – 90 Seconds if over 225) 2 ½ minute rest.
June 8	6 X 200 (35 Seconds if under 225 – 40 Seconds if over 225) 1 ½ minute rest.
June 15	8 X 100 (16 Seconds if under 225 – 18 Seconds if over 225) 70 Second rest
June 22	10 X 50 (8 Seconds if under 225 – 10 Seconds if over 225) 50 Seconds rest
June 29	4 X 50 Hollow Sprints
	1 Hollow Sprint = Sprint the distance, Jog Back, Sprint, Walk, Sprint

1. Rest and Sleep

Physical Activity and rest are two important factors that are linked. The greater the level of activity means there is a greater need for rest.

The greatest part of recovery occurs during the night while you sleep. During sleep your body becomes rejuvenated. You actually become stronger while you sleep.

When rest and sleep are insufficient, functional overloading takes place. This will result in exhaustion and wearing out of the body.

The ideal amount of sleep for an athlete is 9 hours a day. And the rest period is the most effective when done at the same time each day.

2. Nutritional Notes

Water – your muscles are made out of 75% of water. You should drink at least 12 glasses of water a day. This will add muscle size. Soft drinks, juices and milk do not count towards your water intake.

- When you lose 1% of your hydration your strength can decrease by up to 15 %.

Vitamins- These are the spark plugs to your body. You should add a good multi vitamin to your diet – they will assist in the creation of mass and muscle recovery.

Protein- You should restore protein into your body 30-40 minutes after you workout. This will assist your body in rebuilding of the muscles that you just broke down.

Weight (lbs)	Protein (g/day)
120	96
130	104
140	112
150	120
160	128
170	136
180	144
190	152
200	160
210	168
220	176
230	184
240	192
250	200
260	208
270	216
280	224
290	232
300	240

- **Loosing Weight (Work Output should exceed Calorie Input)**
None of you should be on a diet, however if you need to loose weight the best way to do that is to watch what you eat and when you eat it. If you work on cutting unnecessary calories out of your diet you will see dramatic results. Eat properly at the right time and you will drop the unneeded weight.
- **Gaining Weight (Calorie Input should exceed Work Output)**
For those of you who need to put some extra weight on, there is no need to go and by supplements (You can do it by eating the right way, and you have know idea what or how much you are putting into your body.) To gain weight continue to eat right but look to eat more – 4 smaller meals a day.

Estimated Calorie Intake - In relation to your Body Weight
During Hard Physical Workouts

Weight (lbs)	Reduce	Maintain	Increase
120	1,530	2,280	3,030
130	1,720	2,470	3,220
140	1,910	2,660	3,410
150	2,100	2,850	3,600
160	2,290	3,040	3,790
170	2,480	3,230	3,980
180	2,670	3,420	4,170
190	2,860	3,610	4,360
200	3,050	3,800	4,550
210	3,240	3,990	4,740
220	3,430	4,180	4,930
230	3,620	4,370	5,120
240	3,810	4,560	5,310
250	4,000	4,750	5,500
260	4,190	4,940	5,690
270	4,380	5,130	5,880
280	4,570	5,320	6,070
290	4,760	5,510	6,260
300	4,950	5,700	6,450

SLEEP

Sleep and *nutrition* are your two most important means of regeneration and recovery, but are almost always taken for granted. In addition to giving your musculoskeletal system a chance to replenish its fuel stores and decompress, sleep serves two basic functions:

1. Brain neurotransmitter repletion (especially in the aminergic pathways crucial for alertness and attentiveness, learning, memory, information management and cerebral — including motor — function).

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2. Tissue restitution and homeostatic function (especially in the systems which regulate energy metabolism). Aside from the changes in brain chemistry, there is a ~25% drop in metabolic rate during which plasma cortisol and growth hormone concentrations stimulate metabolic synthesis, cell division and immune function.

These mechanisms are not separate and apart from one another. Hopefully the underlying theme to be gleaned from this manual is that emotional, intellectual and motor behavior are governed by interdependent systems which co-operate during all aspects of training, recovery and adaptation. Optimal fitness is a specialized state of health — which is a function of lifestyle.

Good Sleep through Good Sleep Habits

- sleep on a firm mattress in a quiet, dark, well-ventilated room
- keep your –internal clock in a stable rhythm by going to bed at about the same time every night; and waking of your own accord at about the same time each morning
- get enough sleep to feel rested and refreshed (usually 7–9 hr)
- occasional sleep disorders (e.g., difficulty falling asleep, restlessness, frequent wakings or waking up too early) happen to everyone and are no cause for concern; if you can't sleep, get up and do something until you are tired

The total amount of sleep needed is determined more so by the length of time previously spent awake than by daily physical or mental activity. However, the time spent in respective sleep stages does vary (e.g., strenuous activity tends to increase the need for –deep slow-wave sleep).