

MISSOURI VALLEY COLLEGE FOOTBALL



2009 SUMMER STRENGTH MANUAL

*“Doing the right things and doing them right all of
the time gets results; alibis and excuses don’t!”*



May 11, 2009

Dear Viking Football Team,

Strength and Conditioning is one of the cornerstones of our football program. Our goal of being the strongest and best-conditioned team in the conference will be a direct factor in achieving a Heart of America Conference Championship. We have a great deal of work to accomplish this off-season in order to meet the goals and expectations that we have as a team. We must all put forth a championship effort in order to out work our competition and be left on top come January.

We have made a few changes in the summer strength and conditioning program. Upon your return to campus you will be tested in the Bench Press, Hang Clean, Pro Agility, and Vertical Jump. In addition, you will have an extensive conditioning test which all are expected to pass! Follow the summer program and you will have no problem with these tests, and you will be in tremendous shape. We will be the most physical and best-conditioned team in the Heart of America Conference if you closely follow the 2009 Summer Strength Manual.

Whatever it takes to WIN entails:

- 1.) Training with intensity. Do not miss a workout.
- 2.) Do not miss meals. Eat nutritious food.
- 3.) Do not abuse your body with late nights and alcohol.
- 4.) Do the little things and the big things will take care of themselves.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” —Aristotle

Work Hard and Have a Great Summer.

Viking Football Coaches
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VALLEY WILL ROLL

Nutrition & Sleep

Nutrition and **Sleep** are an athlete's two most important means of *recovery* and *restoration*. You will not achieve quality workouts (or fully recover from and adapt to them) if you are eating the wrong foods at the wrong times; or maintaining an unstable sleep/wakefulness rhythm.

Optimal fitness is simply a specialized state of health, and no type or amount of training can offset a poor lifestyle!

Regardless of whether or not you are trying to change your body composition, make **breakfast the first order of business every day**. The importance of this meal is spelled out in its name: it literally breaks the fasting state resulting from not having eaten since the previous day. When starved of nutrients, needed energy and raw materials are obtained from lean mass, as well as fat stores, which counteract the progress we are striving for. And so let's start by establishing some basic rules:

1. In order to maintain a stable metabolic rate and balanced nutrient intake, the daily meal plan for a healthy, athletic lifestyle should consist of 5–8 meals (each consisting of various fresh foods) Eating every 2-3 hours. Individual needs such as weight gain or loss should be met by changing meal *content* — not frequency.
2. Since each food group provides some — but not all — essential nutrients, the key is to eat a wide variety of foods. Each meal should consist of quality protein, fat, and carbohydrate sources.
3. Water is the “universal biological solvent” — and the foundation of the pyramid. Even slight [2–3%] dehydration hinders athletic performance by reducing blood volume, cardiac output, energy production, nutrient/electrolyte/waste product transport, strength, stamina, temperature regulation and heat tolerance, as well as concentration and coordination. Optimal performance can only be achieved when you are well-nourished — which first and foremost means well-hydrated. Dehydration is one of the surest ways to impair athletic performance, and thus water should be considered the most important “ergogenic aid”. *Drink ample amounts of fluid before, during and after every workout; as well as with every meal and snack.*

• **Caffeine and alcohol have a diuretic effect, so go easy on them!**

STRENGTH TRAINING

The pre and post workout exercises are the same each week and are to be included each day as part of the lift. Each workout sheet contains the actual exercises and percentages for each exercise for a two week period. Use these percentages in conjunction with the percentage charts provided within the manual to determine what amount of weight to use.

During the summer months, you are in a pre-season phase for football. Our goal is to improve your functional capabilities as a football player and athlete. Becoming a competitive weightlifter or bodybuilder is **not** our goal. We will manipulate the work load, volume, and recovery time to help simulate a game like experience. Increasing your speed, agility, power, explosiveness, and decreasing the susceptibility to an injury, are all the things we want to accomplish with this program.

Muscular strength and power are the most important physical factors of athletic performance. It is never a negative aspect. It does not create a lack of flexibility or diminish skills. However, there must be a balance. Strength training, along with speed, agility, and flexibility must all be integrated together to improve overall athletic performance.

Our Viking Strength and Conditioning program is designed to do exactly that-improve your performance. Each week must be completed before moving onto the next. Do not neglect your training. Sporadic training will hinder your development. Follow every set and rep and you will succeed.

Special Notes & Emphasis

- 1.) Follow the workout order. It is very important.
- 2.) Follow *exact* percentage to see maximum results.
- 3.) Be technique conscious. Do not sacrifice technique to go heavy.
- 4.) Train with a partner. Spot each other. Motivate each other.
- 5.) Rest – Allow approximately three minutes rest when recovering from **Max effort** exercises. **Speed effort** exercises require 30 seconds to a minute to recover and **Endurance effort and auxiliary** exercises should get no more than a minute and a half to recover.
- 6.) Keep records to monitor your progress, and let the coaches know what you have accomplished.
- 7.) The end result of your Strength & Conditioning Program is what happens on the field during a fall Saturday. **LIFT TO WIN!!!!**

PERCENTAGES

Workout percentages for the exercises are based on your current Max. As the summer progresses, hopefully so will your max depending upon how you are doing. If the weight for your max effort exercises becomes too easy by July 13th, then bump up your max by 5 to 10 lbs. However, if you are struggling with the max effort exercise for one lift, then do not add to your max. Write these numbers in your book and continue to go off these for the remainder of the summer. Remember, each lift is independent of one another.

Hang Clean Max: Hang Clean, High Pull, Jump Shrugs, Snatch=60% of Clean Max
Squat Max: Squat, Front Squat=80% of Squat max
Bench Max: Bench, Incline=75% of Bench max

How to read your workout:

Sets x Reps x A Percentage of Max Out Weight/ Goal Weight

Wall Chart Example: Max=100 lbs. 1 rep @ 50% =would equal lifting 50lbs. one time.
 Take 30 seconds rest, then perform another rep at 50lbs. Repeat this process 40 times.
 Then immediately proceed to DB Walking Lunges.

Monday	Exercise	Sets	Reps	% of Max	Rest Time
Pre Workout					
<i>Volume</i>	Hang Clean	40	1	50%	30 seconds
<i>Speed</i>	DB Walking Lunges	3	10 each		1:30min
<i>Effort</i>	Bentover Row	3	6		1:30min
<i>Aux. 1</i>	High Pulls	3	6	75%	< 1:30 min
<i>Aux. 2</i>	RDL (Romanian Deadlift)	2	10		< 1:30 min
<i>Aux. 3</i>	Supermen (Hyper Exten.)	2	12		< 1:30 min
Post Workout					

You must plug your max in on the wall chart. The ***weight by percentage chart*** at the end of this manual will give you the desired weight at each percentage. You will have to insert all of your weights into the wall chart.

An example for an auxiliary (Aux.)/ supplementary exercise is 2x10. Perform 2 sets of 10 reps. Go as heavy as you can while maintaining proper technique. Never sacrifice techniques for weight.

MAKE SURE YOU COMPLETE THE PRE & POST WORKOUT ROUTINE TO PREVENT INJURY AND INCREASE FLEXIBILITY AND DURABILITY!!!

***“Talent is great, but it’s also greatly overrated.
 Determination, which comes from a belief in your own ability to succeed,
 is what usually sorts the winners from the losers.”***

Randall J. Strossen, Ph.D.
 IRONMIND: STRONGER MINDS, STRONGER BODIES

VALLEY WILL ROLL

MISSOURI VALLEY COLLEGE FOOTBALL

SUMMER TRAINING '09

	<u>Current MAX</u>	<u>End of Summer Max</u>
HANG CLEAN:	_____ LBS.	_____ LBS.
SQUAT	_____ LBS.	_____ LBS.
BENCH	_____ LBS.	_____ LBS.
WEIGHT	_____ LBS.	_____ LBS.

16 X 110 YDS. **OL=22 seconds**
 DL=20 seconds
 TE/K/LB/QB=18 seconds
 DB/WR/RB=17 seconds

"If you believe in yourself and have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards."

Paul "Bear" Bryant

100%	95%	92.5%	90%	87.5%	85%	82.5%	80%	77.5%	75%	72.5%	70%	67.5%	65%	62.5%	60%	57.5%	55%	52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
50	50	45	45	45	45	40	40	40	40	35	35	35	35	30	30	30	30	25	25
55	50	50	50	50	45	45	45	45	40	40	40	35	35	35	35	30	30	30	30
60	55	55	55	55	50	50	50	45	45	45	40	40	40	40	35	35	35	30	30
65	60	60	60	55	55	55	50	50	50	45	45	45	40	40	40	35	35	35	35
70	65	65	65	60	60	60	55	55	55	50	50	45	45	45	40	40	40	35	35
75	70	70	70	65	65	60	60	60	55	55	55	50	50	45	45	45	40	40	40
80	75	75	70	70	70	65	65	60	60	60	55	55	50	50	50	45	45	40	40
85	80	80	75	75	70	70	70	65	65	60	60	55	55	55	50	50	45	45	45
90	85	85	80	80	75	75	70	70	70	65	65	60	60	55	55	50	50	45	45
95	90	90	85	85	80	80	75	75	70	70	65	65	60	60	55	55	50	50	50
100	95	95	90	90	85	85	80	80	75	75	70	70	65	65	60	60	55	55	50
105	100	95	95	90	90	85	85	80	80	75	75	70	70	65	65	60	60	55	55
110	105	100	100	95	95	90	90	85	85	80	75	75	70	70	65	65	60	60	55
115	110	105	105	100	100	95	90	90	85	85	80	80	75	70	70	65	65	60	60
120	115	110	110	105	100	100	95	95	90	85	85	80	80	75	70	70	65	65	60
125	120	115	115	110	105	105	100	95	95	90	90	85	80	80	75	70	70	65	65
130	125	120	115	115	110	105	105	100	100	95	90	90	85	80	80	75	70	70	65
135	130	125	120	120	115	110	110	105	100	100	95	90	90	85	80	80	75	70	70
140	135	130	125	125	120	115	110	110	105	100	100	95	90	90	85	80	75	75	70
145	140	135	130	125	125	120	115	110	110	105	100	100	95	90	85	85	80	75	75
150	145	140	135	130	130	125	120	115	115	110	105	100	100	95	90	85	85	80	75
155	145	145	140	135	130	130	125	120	115	110	110	105	100	95	95	90	85	80	80
160	150	150	145	140	135	130	130	125	120	115	110	110	105	100	95	90	90	85	80
165	155	155	150	145	140	135	130	130	125	120	115	110	105	105	100	95	90	85	85
170	160	155	155	150	145	140	135	130	130	125	120	115	110	105	100	100	95	90	85
175	165	160	160	155	150	145	140	135	130	125	125	120	115	110	105	100	95	90	90
180	170	165	160	160	155	150	145	140	135	130	125	120	115	115	110	105	100	95	90
185	175	170	165	160	155	155	150	145	140	135	130	125	120	115	110	105	100	95	95
190	180	175	170	165	160	155	150	145	145	140	135	130	125	120	115	110	105	100	95
195	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	100
200	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100
205	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105
210	200	195	190	185	180	175	170	165	160	150	145	140	135	130	125	120	115	110	105
215	205	200	195	190	185	175	170	165	160	155	150	145	140	135	130	125	120	115	110
220	210	205	200	195	185	180	175	170	165	160	155	150	145	140	130	125	120	115	110
225	215	210	205	195	190	185	180	175	170	165	160	150	145	140	135	130	125	120	115
230	220	215	205	200	195	190	185	180	175	165	160	155	150	145	140	130	125	120	115
235	225	215	210	205	200	195	190	180	175	170	165	160	155	145	140	135	130	125	120
240	230	220	215	210	205	200	190	185	180	175	170	160	155	150	145	140	130	125	120
245	235	225	220	215	210	200	195	190	185	180	170	165	160	155	145	140	135	130	125
250	240	230	225	220	215	205	200	195	190	180	175	170	165	155	150	145	140	130	125
255	240	235	230	225	215	210	205	200	190	185	180	170	165	160	155	145	140	135	130
260	245	240	235	230	220	215	210	200	195	190	180	175	170	165	155	150	145	135	130

Viking - Percentage Charts

100%	95%	92.5%	90%	87.5%	85%	82.5%	80%	77.5%	75%	72.5%	70%	67.5%	65%	62.5%	60%	57.5%	55%	52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
255	240	235	230	225	215	210	205	200	190	185	180	170	165	160	155	145	140	135	130
260	245	240	235	230	220	215	210	200	195	190	180	175	170	165	155	150	145	135	130
265	250	245	240	230	225	220	210	205	200	190	185	180	170	165	160	150	145	140	135
270	255	250	245	235	230	225	215	210	205	195	190	180	175	170	160	155	150	140	135
275	260	255	250	240	235	225	220	215	205	200	195	185	180	170	165	160	150	145	140
280	265	260	250	245	240	230	225	215	210	205	195	190	180	175	170	160	155	145	140
285	270	265	255	250	240	235	230	220	215	205	200	190	185	180	170	165	155	150	145
290	275	270	260	255	245	240	230	225	220	210	205	195	190	180	175	165	160	150	145
295	280	275	265	260	250	245	235	230	220	215	205	200	190	185	175	170	160	155	150
300	285	280	270	265	255	250	240	235	225	220	210	205	195	190	180	175	165	160	150
305	290	280	275	265	260	250	245	235	230	220	215	205	200	190	185	175	170	160	155
310	295	285	280	270	265	255	250	240	235	225	215	210	200	195	185	180	170	165	155
315	300	290	285	275	270	260	250	245	235	230	220	215	205	195	190	180	175	165	160
320	305	295	290	280	270	265	255	250	240	230	225	215	210	200	190	185	175	170	160
325	310	300	295	285	275	270	260	250	245	235	230	220	210	205	195	185	180	170	165
330	315	305	295	290	280	270	265	255	250	240	230	225	215	205	200	190	180	175	165
335	320	310	300	295	285	275	270	260	250	245	235	225	220	210	200	195	185	175	170
340	325	315	305	300	290	280	270	265	255	245	240	230	220	215	205	195	185	180	170
345	330	320	310	300	295	285	275	265	260	250	240	235	225	215	205	200	190	180	175
350	335	325	315	305	300	290	280	270	265	255	245	235	230	220	210	200	195	185	175
355	335	330	320	310	300	295	285	275	265	255	250	240	230	220	215	205	195	185	180
360	340	335	325	315	305	295	290	280	270	260	250	245	235	225	215	205	200	190	180
365	345	340	330	320	310	300	290	285	275	265	255	245	235	230	220	210	200	190	185
370	350	340	335	325	315	305	295	285	280	270	260	250	240	230	220	215	205	195	185
375	355	345	340	330	320	310	300	290	280	270	265	255	245	235	225	215	205	195	190
380	360	350	340	335	325	315	305	295	285	275	265	255	245	240	230	220	210	200	190
385	365	355	345	335	325	320	310	300	290	280	270	260	250	240	230	220	210	200	195
390	370	360	350	340	330	320	310	300	295	285	275	265	255	245	235	225	215	205	195
395	375	365	355	345	335	325	315	305	295	285	275	265	255	245	235	225	215	205	200
400	380	370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200
405	385	375	365	355	345	335	325	315	305	295	285	275	265	255	245	235	225	215	205
410	390	380	370	360	350	340	330	320	310	295	285	275	265	255	245	235	225	215	205
415	395	385	375	365	355	340	330	320	310	300	290	280	270	260	250	240	230	220	210
420	400	390	380	370	355	345	335	325	315	305	295	285	275	265	250	240	230	220	210
425	405	395	385	370	360	350	340	330	320	310	300	285	275	265	255	245	235	225	215
430	410	400	385	375	365	355	345	335	325	310	300	290	280	270	260	245	235	225	215
435	415	400	390	380	370	360	350	335	325	315	305	295	285	270	260	250	240	230	220
440	420	405	395	385	375	365	350	340	330	320	310	295	285	275	265	255	240	230	220
445	425	410	400	390	380	365	355	345	335	325	310	300	290	280	265	255	245	235	225
450	430	415	405	395	385	370	360	350	340	325	315	305	295	280	270	260	250	235	225
455	430	420	410	400	385	375	365	355	340	330	320	305	295	285	275	260	250	240	230
460	435	425	415	405	390	380	370	355	345	335	320	310	300	290	275	265	255	240	230
465	440	430	420	405	395	385	370	360	350	335	325	315	300	290	280	265	255	245	235

Viking - Percentage Charts

100%	95%	92.5%	90%	87.5%	85%	82.5%	80%	77.5%	75%	72.5%	70%	67.5%	65%	62.5%	60%	57.5%	55%	52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
470	445	435	425	410	400	390	375	365	355	340	330	315	305	295	280	270	260	245	235
475	450	440	430	415	405	390	380	370	355	345	335	320	310	295	285	275	260	250	240
480	455	445	430	420	410	395	385	370	360	350	335	325	310	300	290	275	265	250	240
485	460	450	435	425	410	400	390	375	365	350	340	325	315	305	290	280	265	255	245
490	465	455	440	430	415	405	390	380	370	355	345	330	320	305	295	280	270	255	245
495	470	460	445	435	420	410	395	385	370	360	345	335	320	310	295	285	270	260	250
500	475	465	450	440	425	415	400	390	375	365	350	340	325	315	300	290	275	265	250
505	480	465	455	440	430	415	405	390	380	365	355	340	330	315	305	290	280	265	255
510	485	470	460	445	435	420	410	395	385	370	355	345	330	320	305	295	280	270	255
515	490	475	465	450	440	425	410	400	385	375	360	350	335	320	310	295	285	270	260
520	495	480	470	455	440	430	415	405	390	375	365	350	340	325	310	300	285	275	260
525	500	485	475	460	445	435	420	405	395	380	370	355	340	330	315	300	290	275	265
530	505	490	475	465	450	435	425	410	400	385	370	360	345	330	320	305	290	280	265
535	510	495	480	470	455	440	430	415	400	390	375	360	350	335	320	310	295	280	270
540	515	500	485	475	460	445	430	420	405	390	380	365	350	340	325	310	295	285	270
545	520	505	490	475	465	450	435	420	410	395	380	370	355	340	325	315	300	285	275
550	525	510	495	480	470	455	440	425	415	400	385	370	360	345	330	315	305	290	275
555	525	515	500	485	470	460	445	430	415	400	390	375	360	345	335	320	305	290	280
560	530	520	505	490	475	460	450	435	420	405	390	380	365	350	335	320	310	295	280
565	535	525	510	495	480	465	450	440	425	410	395	380	365	355	340	325	310	295	285
570	540	525	515	500	485	470	455	440	430	415	400	385	370	355	340	330	315	300	285
575	545	530	520	505	490	475	460	445	430	415	405	390	375	360	345	330	315	300	290
580	550	535	520	510	495	480	465	450	435	420	405	390	375	365	350	335	320	305	290
585	555	540	525	510	495	485	470	455	440	425	410	395	380	365	350	335	320	305	295
590	560	545	530	515	500	485	470	455	445	430	415	400	385	370	355	340	325	310	295
595	565	550	535	520	505	490	475	460	445	430	415	400	385	370	355	340	325	310	300
600	570	555	540	525	510	495	480	465	450	435	420	405	390	375	360	345	330	315	300
605	575	560	545	530	515	500	485	470	455	440	425	410	395	380	365	350	335	320	305
610	580	565	550	535	520	505	490	475	460	440	425	410	395	380	365	350	335	320	305
615	585	570	555	540	525	505	490	475	460	445	430	415	400	385	370	355	340	325	310
620	590	575	560	545	525	510	495	480	465	450	435	420	405	390	370	355	340	325	310
625	595	580	565	545	530	515	500	485	470	455	440	420	405	390	375	360	345	330	315
630	600	585	565	550	535	520	505	490	475	455	440	425	410	395	380	360	345	330	315
635	605	585	570	555	540	525	510	490	475	460	445	430	415	395	380	365	350	335	320
640	610	590	575	560	545	530	510	495	480	465	450	430	415	400	385	370	350	335	320
645	615	595	580	565	550	530	515	500	485	470	450	435	420	405	385	370	355	340	325
650	620	600	585	570	555	535	520	505	490	470	455	440	425	405	390	375	360	340	325
655	620	605	590	575	555	540	525	510	490	475	460	440	425	410	395	375	360	345	330
660	625	610	595	580	560	545	530	510	495	480	460	445	430	415	395	380	365	345	330
665	630	615	600	580	565	550	530	515	500	480	465	450	430	415	400	380	365	350	335
670	635	620	605	585	570	555	535	520	505	485	470	450	435	420	400	385	370	350	335
675	640	625	610	590	575	555	540	525	505	490	475	455	440	420	405	390	370	355	340
680	645	630	610	595	580	560	545	525	510	495	475	460	440	425	410	390	375	355	340

Viking - Percentage Charts

Pre and Post Workout Exercises

General Warm Up

1. These activities can be modified or varied from day to day based upon the equipment you have access to using. Whether you use speed ladders and jump ropes or a bike or treadmill as long as the activity is maintained constant for 3 minutes and elevates the heart rate and core body temperature. A) **Line drills** consist of jumping forwards and backs over a painted line, side to side over the line, and then splitting the line and criss-crossing your feet on each jump. B) **Dot drills** consist of continuous jumping from one dot to the next in different patterns. C) **Speed Ladders** again work on foot speed and you can range from a wide variety of patterns.

Crunches

1. Lie on back and perform a standard crunch, but hold it at the top for 1 second.

Leg Raises

1. Lie on the floor with legs straight out and arms at your side.
2. Keeping legs straight, lift them upwards until they reach a 90 degree angle.

Obliques

1. Lie on ground with right ankle crossed over left knee.
2. With left arm crossed behind head, come up and touch the left elbow to the right knee.
3. Continue to do this to both sides.

Russian Twist

1. Sit on the floor with legs straight out and body leaning back slightly.
2. Using a weight held straight out in front of you, twist torso to the right and hold for 1 second.
3. Twist back to the center and hold, and twist to the left and hold. This is one rep

Pillars

1. There are three positions and you hold each for the allotted time with body in a straight line.
2. Position one is push up position, but on elbows. Second position is the same but posting on only the right elbow and foot. Third position is on the left side.

V- Ups

1. Lie on back with arms fully extended above head.
2. Use abdominals to lift arms and legs up simultaneously to have hands touch feet at the top.

Should Series

1. These exercises should be done in succession with no rest between exercises. Start off using 5-10 lbs. weights and as you progress in future weeks remember that this a warm-up activity, so keep it light and work on the range of motion.

Overhead Squats

1. Holding a broom stick or bar in your hands, extend your arms directly over your head.
2. Keeping your arms locked and the bar directly over your head, push your hips backwards and begin to perform a parallel squat. Remember to keep the weight on your heels and the bar directly over your head, *not* behind it. Do not use any weight for this exercise, work on flexibility and range of motion!

Plyometric Activities *(if you don't have access to medicine balls or plyometric boxes skip these activities)*

1. *Med Ball Overhead Throw*- Holding the med ball over your head with arms extended, step towards your partner or a wall and release the ball with as much velocity as possible. Finish with your hands hanging by your hips with palms facing away from your partner/wall.
2. *Med Ball Chest Pass*- Holding the med ball in front of your chest with elbows tucked in tightly to your sides, step towards your partner/wall and push the ball to them with as much velocity as possible. Be sure to keep the elbows in tight using your triceps to generate the force.
3. *Box Jumps*- Use a surface that is flat and sturdy for you to land on. Stand directly in front of the box and using your arms to generate force explode up as high as possible *(not just high enough to land on the box)* so that you land softly in the center of the box with both feet. Step down one foot at a time and repeat the jump. Be sure to reload for maximum height on each jump.
4. *Later Box Hops*- Using a surface that is flat, sturdy, and about 18" high, stand to the right of the surface and with your right foot on top of the surface hop laterally to the other side keeping your left foot on the surface. Once you've landed instantly hop back across to the other side. Once your back to where you started that is a rep.

Inch Worm

1. Start on feet, bent over with hands touching the ground in front of feet.
2. Walk hand over hand outwards until body is fully extended and then inch by inch walk the feet back in the original position.

Single Leg Squats

1. Using no weight, stand on your right foot with your left leg extended out in front of you.
2. Keeping the left leg extended and in front of you, push your hips back and perform a deep squat, emphasizing on keeping the weight on the heels, pushing the hips back, and sitting deep into the squat with your chest up.
3. Drive through the heel on the way up out of the squat. Perform all reps for the set before switching legs.

Blackburn Series

1. Lay flat on your stomach on a bench and extend your arms out to create a "V" shape. Turn your thumbs up so that they point to the ceiling.
2. Hold this position for the required time before rotating the thumbs down to the floor.
3. Hold this position for the required time before proceeding to the next position.

4. Repeat this process for arm positions of “T”-straight out to the sides. “A”-opposite of “V” position, arms should be extended towards the feet and slightly extended away from the body. “U”-similar to “T” except the elbows are bent at a 90 degree angle.

Static Flexibility Exercises

1. Perform a static stretch for each body part listed. Hold each stretch for a minimal of 30 seconds. Feel free to add and vary the stretches from day to day. This part of the workout is very important because it prevents muscle soreness and increases the durability and flexibility of the muscles and ligaments.

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 FINALS	6	7	8	9
						
10	11	12	13	14	15	16
17	18 START LIFTING WEEK 1 Lift	19 <u>Phase I of Running</u> <u>Program!!</u> RUNNING Group A	20 LIFT	21 RUNNING Group B	22 LIFT & RUN - Group C	23
24	25 WEEK 2 LIFT	26 RUNNING Group A	27 LIFT	28 RUNNING Group B	29 LIFT & RUN - Group C	30
31						

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WEEK 3 LIFT	2 RUNNING Group A	3 LIFT	4 RUNNING Group B	5 LIFT & RUN - Group C	6
7	8 WEEK 4 LIFT	9 RUNNING Group A	10 LIFT	11 RUNNING Group B	12 LIFT & RUN - Group C	13
14	15 WEEK 5 LIFT	16 <u>Phase II of Running Program!!</u> RUNNING Group A	17 LIFT	18 RUNNING Group B	19 LIFT & RUN - Group C	20
21	22 WEEK 6 LIFT	23 RUNNING Group A	24 LIFT	25 RUNNING Group B	26 LIFT & RUN - Group C	27
28	29 <u>OFF WEEK</u> <i>REST</i>	30 <i>REST</i>				

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 <i>REST</i>	2 <i>REST</i>	3 <i>REST</i>	4	
			→				
5	6 WEEK 7 LIFT	7 RUNNING Group A	8 LIFT	9 RUNNING Group B	10 LIFT & RUN - Group C	11	
12	13 WEEK 8 LIFT	14 <i><u>Phase III of Running Program!!</u></i> RUNNING Group A	15 LIFT	16 RUNNING Group B	17 LIFT & RUN - Group C	18	
19	20 WEEK 9 LIFT	21 RUNNING Group A	22 LIFT	23 RUNNING Group B	24 LIFT & RUN - Group C	25	
26	27 WEEK 10 LIFT	28 RUNNING Group A	29 LIFT	30 RUNNING Group B	31 LIFT & RUN - Group C		

VALLEY WILL ROLL

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 WEEK 11 LIFT	4 RUNNING Group A	5 LIFT	6 RUNNING Group B	7 LIFT & RUN - Group C	8
9	10 <i>REST</i>	11 <i>REST</i>	12 <i>REST</i>	13 <i>REST</i>	14 <i>REST</i>	15 START OF FALL CAMP!!! TEST OUT!
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

VALLEY WILL ROLL

PRE AND POST WORKOUT ROUTINE FOR EACH LIFT

Pre Work Out	Monday	Wednesday	Friday
General Warm Up	3 minutes	3 minutes	3 minutes
	Line Drills or Dot Drills	Jump Rope	Speed Ladder or Dot Drills
Power Zone Develop.			
	Obliques 2x25each	Pillars 2x25each	Russian Twist 2x30
	V-Ups 2x25	Crunches 2x25	Leg Raises 2x25
Dynamic Flex/Mobility			
<i>Upper Body</i>	Shld. Series x10 each	Shld. Series x10 each	Shld. Series x10 each
<i>Lower Body</i>	Overhead Squats x10	Overhead Squats x10	Overhead Squats x10
Plyometric Activity	5x5	5x5	5x5
<i>Upper Body</i>	Med Ball Overhead Throw	Med Ball Chest Pass	Med Ball Overhead Throw
<i>Lower Body</i>	Box Jumps	Lateral Box Jumps	Box Jumps

Post Work Out	Monday	Wednesday	Friday
Dynamic Flex/Mobility			
	Inch Worm x10 yards	Inch Worm x10 yards	Inch Worm x 10 yards
	Hurdle Step Unders x10	Hurdle Step Overs x10	Lat. Hurdle Step Unders x10
Joint Integrity	NO WEIGHT	NO WEIGHT	NO WIEGHT
Ankle	Calf Raises x25	Calf Raises x25	Calf Raises x25
Knee	Single Leg Squat x10each	Single Leg Squat x 10 each	Single Leg Squat x10 each
Shoulder	Blackburns x 10cnt each	Blackburns x 10cnt each	Blackburns x 10cnt each
Static Flexibility	15 cnt each	15 cnt each	15 cnt each
Hip	Hip Flexor	Hip Flexor	Hip Flexor
Quad	Standing Quad	Standing Quad	Standing Quad
Groin	Butterfly	Butterfly	Butterfly
Hamstring	Straight Leg Stretch	Straight Leg Stretch	Straight Leg Stretch

Shld. Series (use 5-10 lbs)

Front Raise
Upright Row
Lateral Raises
Shoulder Press

Blackburn Series

V (up&down)
T (up&down)
A (down)
U (up)

May 18,20,22

Week 1

May 25,27,29

Week 2

Monday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Volume	Hang Clean	40	1	50%	30 seconds	50	1	50%	30 seconds
Speed	DB Walking Lunges	3	10 each		1:30min	3	10 each		1:30min
Effort	Bentover Row	3	6		1:30min	3	6		1:30min
Aux. 1	High Pulls	3	6	75%	< 1:30 min	3	6	75%	<1:30 min
Aux. 2	RDL (Romanian Deadlift)	2	10		< 1:30 min	2	10		<1:30 min
Aux. 3	Supermen (Hyper Exten.)	2	12		< 1:30 min	2	12		<1:30 min
Post Workout						Post Workout			
Wednesday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Volume	Back Squats	30	2	50%	1:00min	50	1	55%	30 seconds
Speed	DB Incline Press	3	10		1:00min	3	10		1:00min
Effort	DB Snatch	3	6		2:00min	3	6		2:00min
Aux. 1	Leg Extensions	2	10		< 1:30 min	2	10		< 1:30 min
Aux. 2	Lat. Pulldowns	2	10		< 1:30 min	2	10		< 1:30 min
Aux. 3	Glute-Hams. Or Leg Curls	2	12		< 1:30 min	2	12		< 1:30 min
Post Workout						Post Workout			
Friday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Volume	Bench Press	30	2	50%	1:00min	50	1	55%	30 seconds
Speed	DB Clean and Jerk	3	6		1:00min	3	6		1:00min
Effort	Lateral Lunge	3	10		1:45min	3	10		1:45min
Aux. 1	Bar Front Raises	3	10		< 1:30 min	3	10		< 1:30 min
Aux. 2	DB Jump Shrugs	2	6		< 1:30 min	2	6		< 1:30 min
Aux. 3	Back Extension	2	12		< 1:30 min	2	12		< 1:30 min
Post Workout						Post Workout			

"Destiny is not a matter of chance, it is a matter of choice: it is not a thing to be waited for, it is a thing to be achieved." -Winston Churchill

June 1,3,5

Week 3

June 8,10,12

Week 4

Monday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
<i>Volume</i>	Hang Clean	60	1	50%	1min	60	1	50%	1min
<i>Speed</i>	DB Walking Lunge	3	10 each		1:30min	3	10 each		1:30min
<i>Effort</i>	Bentover Row	3	6		2min	3	6		2min
<i>Aux. 1</i>	High Pulls	3	6	75%	< 1:30 min	3	6	75%	<1:30 min
<i>Aux. 2</i>	RDL	2	10		< 1:30 min	2	10		<1:30 min
<i>Aux. 3</i>	Superman	2	12		< 1:30 min	2	12		<1:30 min
Post Workout						Post Workout			
Wednesday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
<i>Volume</i>	Back Squats	60	1	55%	30 seconds	60	1	55%	30 seconds
<i>Speed</i>	Incline Bench Press	3	10	65%	1:00min	3	10	65%	1:00min
<i>Effort</i>	DB Snatch	3	6		2:00min	3	6		2:00min
<i>Aux. 1</i>	Leg Extension	3	10		< 1:30 min	3	10		< 1:30 min
<i>Aux. 2</i>	Pull-Ups	2	Max		< 1:30 min	2	Max		< 1:30 min
<i>Aux. 3</i>	Glute-Hams/ Leg Curls	2	12		< 1:30 min	2	12		< 1:30 min
Post Workout						Post Workout			
Friday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
<i>Volume</i>	Bench Press	60	1	55%	30 seconds	60	1	55%	30 seconds
<i>Speed</i>	DB Clean and Jerk	3	6		1:30min	3	6		1:30min
<i>Effort</i>	Lateral Lunge	3	10		1:45min	3	10		1:45min
<i>Aux. 1</i>	Bar Front Raises	3	10		< 1:30 min	3	10		< 1:30 min
<i>Aux. 2</i>	DB Jump Shrugs	2	6		< 1:30 min	2	6		< 1:30 min
<i>Aux. 3</i>	Back Extension	2	10		< 1:30 min	2	10		< 1:30 min
Post Workout						Post Workout			

"We right our destiny. We become what we do!" -Madame Chiang Kai-Shek

June 15,17,19

Week 5

June 22,24,26

Week 6

Monday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Deadlift	3	5	75%	2:00min	3	3	85%	2:30min
		3	3	85%	2:30min	3	1	95%	3:00min
Speed	Pause Squats	8	3	50%	1:00min	8	2	50%	1:00min
Volume	DB Overhead Press	4	10		1:45min	4	10		1:45min
Aux. 1	DB Clean to Front Squat	2	6		< 1:30 min	2	6		<1:30 min
Aux. 2	Lateral Lunge	2	10 each		< 1:30 min	2	10 each		<1:30 min
Aux. 3	Superman	2	12		< 1:30 min	2	15		<1:30 min
Post Workout						Post Workout			
Notes: <i>Pause Squats</i> are a deep squat with a 2 count pause at the bottom. Emphasis is explosion out after the pause.									
Wednesday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Front Squats <i>Max= 80% of squat max</i>	3	5	75%	2:00min	3	3	85%	2:30min
		3	3	85%	2:30min	3	1	95%	3:00min
Speed	Speed Bench	8	3	50%	30 seconds	8	3	50%	30 seconds
Volume	Jump Shrug	4	6	80%	1:45min	4	6	85%	1:45min
Aux. 1	DB Reverse Lunge	2	10 each		< 1:30 min	2	10 each		< 1:30 min
Aux. 2	Pull Ups	2	6		< 1:30 min	2	8		< 1:30 min
Aux. 3	Glute-Hams/ Leg Curls	2	12		< 1:30 min	2	15		< 1:30 min
Post Workout						Post Workout			
Notes:									
Friday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Reverse Grip Bench	3	5	75%	2:00min	3	3	85%	2:30min
		3	3	85%	2:30min	3	1	95%	3:00min
Speed	High Pull	30	1	55%	< 30 seconds	30	1	55%	< 30 seconds
Volume	Lunge Squats	4	10		1:45min	4	10		1:45min
Aux. 1	DB Bentover Flys	2	10		< 1:30 min	2	10		< 1:30 min
Aux. 2	DB Snatch	2	6		< 1:30 min	2	6		< 1:30 min
Aux. 3	Back Extension	2	12		< 1:30 min	2	15		< 1:30 min
Post Workout						Post Workout			
Notes: <i>Lunge Squats</i> are performed by splitting your feet, as though you were doing lunges, except instead of driving back to a neutral position you keep the feet split and perform only the squatting action. Switch front leg each set.									

"In the middle of difficulty lies opportunity." - Albert Einstein

July 6,8,10

Week 7

July 13,15,17

Week 8

Monday	Exercise	Sets	Reps	% of Max	Rest Time
Pre Workout					
Effort	Hang Clean	3	5	75%	2:00min
		3	3	85%	2:30min
Speed	Speed Squats	8	3	55%	< 1:00min
Volume	DB Overhead Press	4	10		2min
Aux. 1	DB Overhead Squat	2	6		< 1:30 min
Aux. 2	T Lunge	2	90 Sec.		< 1:30 min
Aux. 3	Superman	2	12		< 1:30 min
Post Workout					
Notes: T Lunge- do a lateral lunge to the left, then a reverse lunge with left & right leg, then a lateral lunge with right leg. This is <u>one</u> REP, continue this pattern for 90 seconds.					
Wednesday	Exercise	Sets	Reps	% of Max	Rest Time
Pre Workout					
Effort	Front Squats	3	5	75%	2:00min
		3	3	85%	2:30min
Speed	Speed Bench	8	3	50%	30 seconds
Volume	RDL to Shrug	3	8		1:45min
Aux. 1	DB Step Ups	2	10 each		< 1:30 min
Aux. 2	Towel Pull Ups	2	10		< 1:30 min
Aux. 3	Glute-Hams/ Leg Curls	2	12		< 1:30 min
Post Workout					
Notes: Towel Pull Ups- after last rep of each set hang for maximum time.					
Friday	Exercise	Sets	Reps	% of Max	Rest Time
Pre Workout					
Effort	Bench Press	3	5	75%	2:00min
		3	3	85%	2:30min
Speed	High Pull	30	1	60%	< 30 seconds
Volume	45 degree Lunge	4	10 each		1:45min
Aux. 1	Bar Bentover Row	2	10		< 1:30 min
Aux. 2	DB Single Arm Snatch	2	6 each		< 1:30 min
Aux. 3	Back Extension	2	12		< 1:30 min
Post Workout					
Notes:					

Sets	Reps	% of Max	Rest Time
Pre Workout			
3	3	85%	2:30min
3	1	95%	3:00min
8	2	55%	< 1:00min
4	10		2min
2	6		< 1:30 min
2	90 Sec.		< 1:30 min
2	15		< 1:30 min
Post Workout			
Sets	Reps	% of Max	Rest Time
Pre Workout			
3	3	85%	2:30min
3	1	95%	3:00min
8	3	50%	30 seconds
4	8		1:45min
2	10 each		< 1:30 min
2	10		< 1:30 min
2	15		< 1:30 min
Post Workout			
Sets	Reps	% of Max	Rest Time
Pre Workout			
3	3	85%	2:30min
3	1	95%	3:00min
30	1	60%	< 30 seconds
4	10 each		1:45min
2	10		< 1:30 min
2	6 each		< 1:30 min
2	15		< 1:30 min
Post Workout			

"Only put off until tomorrow what you are willing to die having left undone." --Pablo Picasso

July 20,22,24

Week 9

July 27,29,31

Week 10

Monday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Deadlift	3	5	75%	2:00min	3	3	85%	2:30min
		3	3	85%	2:30min	3	1	95%	3:00min
Speed	Speed Squats	8	3	55%	< 1:00min	8	2	55%	< 1:00min
Volume	Seated Low Row	4	10		1:45min	4	10		1:45min
Aux. 1	DB Snatch	2	6		< 1:30 min	2	6		<1:30 min
Aux. 2	Y Lunge	2	90 sec.		< 1:30 min	2	90 sec.		<1:30 min
Aux. 3	Superman	2	12		< 1:30 min	2	15		<1:30 min
Post Workout						Post Workout			
Notes: Y Lunge- is a reverse lunge into a 45 degree lunge. Continue this for 90 seconds.									
Wednesday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Squat	3	5	75%	2:00min	3	3	85%	2:30min
		3	3	85%	2:30min	3	1	95%	3:00min
Speed	Speed Bench	8	3	55%	30 seconds	8	3	55%	30 seconds
Volume	High Pull	3	6	70%	1:45min	3	6	70%	1:45min
Aux. 1	Leg Extension	3	8 each		< 1:30 min	3	8 each		< 1:30 min
Aux. 2	Pull Ups (wide grip)	2	10		< 1:30 min	2	10		< 1:30 min
Aux. 3	Glute-Ham/ Leg Curls	2	12		< 1:30 min	2	15		< 1:30 min
Post Workout						Post Workout			
Notes:									
Friday	Exercise	Sets	Reps	% of Max	Rest Time	Sets	Reps	% of Max	Rest Time
Pre Workout						Pre Workout			
Effort	Bench	3	5	75%	2:00min	3	3	75%	2:30min
		3	3	85%	2:30min	3	1	85%	3:00min
Speed	Hang Clean	30	1	60%	< 30 seconds	30	1	60%	< 30 seconds
Volume	Lunge Squats	3	10 each		1:45min	3	10 each		1:45min
Aux. 1	Bar Bentover Row	2	10		< 1:30 min	2	10		< 1:30 min
Aux. 2	DB Clean and Jerk	2	6		< 1:30 min	2	6		< 1:30 min
Aux. 3	Back Extension	2	12		< 1:30 min	2	15		< 1:30 min
Post Workout						Post Workout			
Notes: Bar Bentover Row- turn palms so they face away from you when you hold the bar (supinated grip).									

"Satisfaction lies in the effort, not in the attainment. Full effort is full victory." -Muhatma Gandhi

August 3,5,7

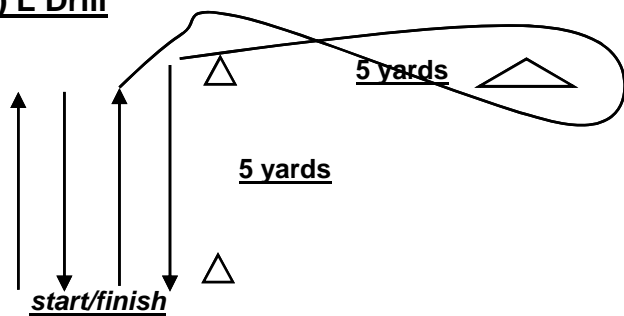
Week 11

Monday	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>% of Max</u>	<u>Rest Time</u>
Pre Workout					
<i>Effort</i>	Hang Clean	2	3	87.5%	2:30min
		2	2	92.5%	2:30min
		2	1	97.5%	3:00min
<i>Speed</i>	Pause Squats	8	2	57.5%	< 1:00min
<i>Volume</i>	DB Altern. Overhead Pres	4	10 each		1:45min
<i>Aux. 1</i>	DB Clean and Jerk	2	6		< 1:30 min
<i>Aux. 2</i>	Y Lunge	2	90 sec.		< 1:30 min
<i>Aux. 3</i>	Superman	2	15		< 1:30 min
Post Workout					
<u>Notes:</u>					
Wednesday	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>% of Max</u>	<u>Rest Time</u>
Pre Workout					
<i>Effort</i>	Squat	3	3	87.5%	2:30min
		3	1	97.5%	3:00min
<i>Speed</i>	Speed Bench	8	3	57.5%	30 seconds
<i>Volume</i>	Jump Shrug	4	6	75%	2:00min
<i>Aux. 1</i>	Bar Step Ups	2	10 each		< 1:30 min
<i>Aux. 2</i>	DB Bentover Row	2	10		< 1:30 min
<i>Aux. 3</i>	Glute-Ham/ Leg Curls	2	15		< 1:30 min
Post Workout					
<u>Notes:</u>					
Friday	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>% of Max</u>	<u>Rest Time</u>
Pre Workout					
<i>Effort</i>	Bench	3	3	87.5%	2:30min
		3	1	97.5%	3:00min
<i>Speed</i>	High Pull	30	1	60%	< 30 seconds
<i>Volume</i>	Lateral Lunge	4	10 each		1:45min
<i>Aux. 1</i>	DB Alternate Incline	2	10 each		< 1:30 min
<i>Aux. 2</i>	DB Single Arm Snatch	2	6 each		< 1:30 min
<i>Aux. 3</i>	Back Extension	2	15		< 1:30 min
Post Workout					
<u>Notes:</u>					

"Excellence is to do a common thing in an uncommon way." -Booker T. Washington

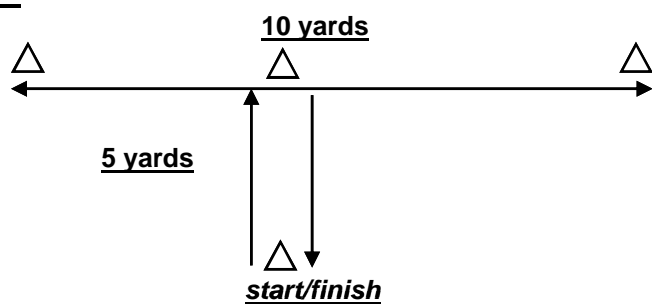
Agility, Speed, and Conditioning Drill Diagrams

1.) L Drill



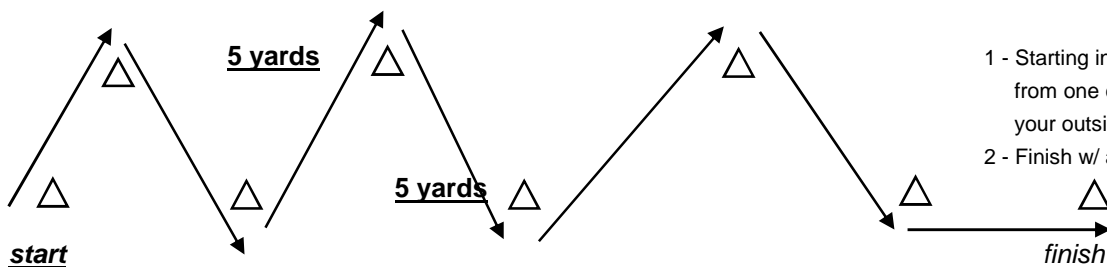
- 1 - Starting from sprinters stance, sprint 5yds touch line w/ lt hand
- 2 - Turn and sprint back to starting line and touch line with rt hand
- 3 - Turn and sprint to second cone, round the corner and figure 8 cone three
- 4 - Make a tight lt turn around cone two and finish through cone one

2.) T Drill



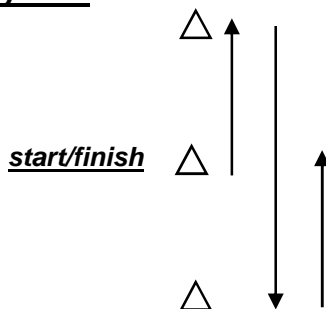
- 1 - Sprint 5yds on rt. Side of start/finish cone
- 2 - touch middle cone and shuffle to rt cone
- 3 - touch rt cone and shuffle to lt cone
- 4 - touch lt cone and shuffle back to middle cone
- 5 - touch middle cone and backpedal through finish

3.) Wave Drill



- 1 - Starting in a two point stance sprint in an angle from one cone to the next, planting and driving off your outside foot.
- 2 - Finish w/ a 5 yard burst.

4.) Pro Agility Drill

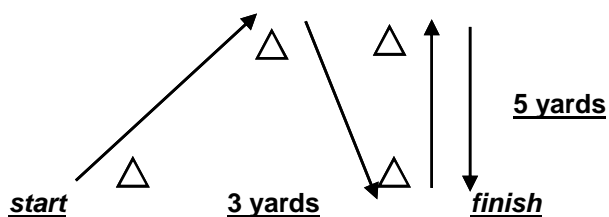


- 1 - Start in three point stance. Turn lt or rt and sprint 5yds
- 2 - touch line and sprint 10yds in the opposite direction
- 3 - touch line and turn and sprint 5yds (through the middle cone)

**As a variation, DB's & LB's should perform this as a sprint-backpedal-sprint transition drill*

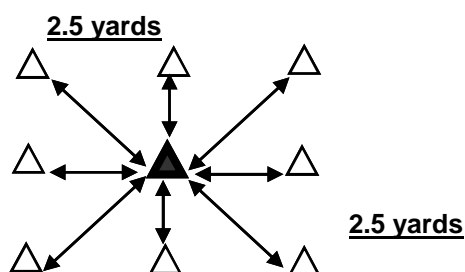
Agility, Speed, and Conditioning Drill Diagrams

5.) Multi. Directional Drill



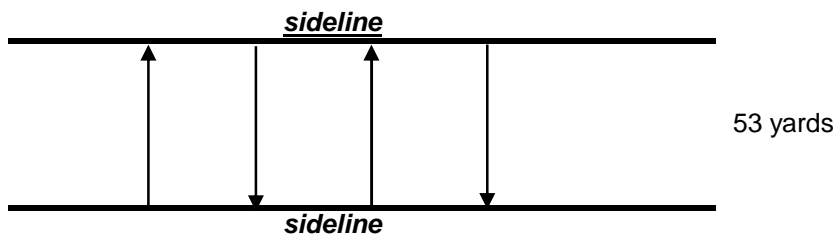
- 1 - Start on stomach/ position stance. Get up and sprint to cone 2
- 2 - Pivot around cone 2 w/ inside hand on ground and sprint to cone 3
- 3 - Pivot around cone 3 w/ inside hand on ground and sprint to cone 4
- 4 - touch cone 4 w/ hand and backpedal through finish

6.) Star Drill



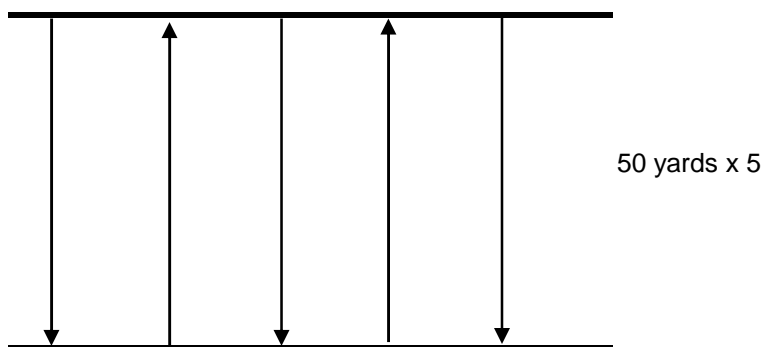
- 1 - Starting at the middle cone, continuously shuffle in and out touching each cone and always returning to the middle cone before going in a clockwise direction to the next cone. (Each cone is 2.5 yards apart. Corner cones are 5 yards apart.)

7.) Gasser's

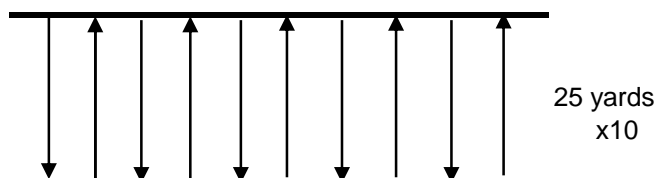


8.) 250 Yard Shuttle Run

Weeks 1 & 3



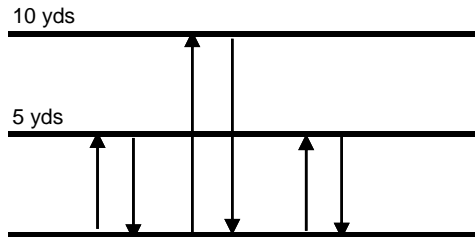
Weeks 2 & 4



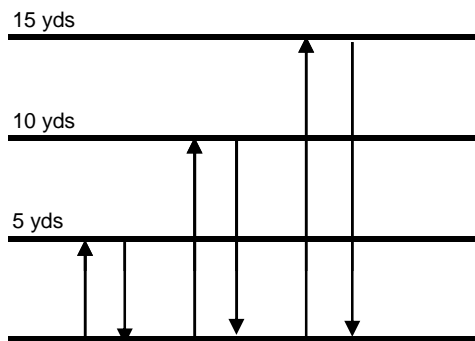
Agility, Speed, and Conditioning Drill Diagrams

9.) 40/60 Yard Shuttle Run

40 yd Shuttle - **Big Skill**



60 yd Shuttle - **Skill, Elite Skill**



***"It isn't hard to be good from time to time in sports.
What's tough is being good every day!!"***

-- Willie Mays

VIKING RUNNING WORKOUT

Phase I: Weeks 1 - 4 May 19 - June 12

<u>Active Warm-Up/Mobility</u>	<u>Volume</u>
45 degree Lunge	10 yards
Walking High Knees	10 yards
Reverse Lunge	10 yards
Jogging Butt Kicks	10 yards
Backwards Run	10 yards
Straight Leg Bounds	10 yards
High Knee Carioca rt	20 yards w/ 20 yard jog
High Knee Carioca lt	20 yards w/ 20 yard jog
Build Ups	2x To 30 yards, decelerate for 10 yards

<u>GROUP A (Tuesday)</u>	<u>Volume</u>
<i>Vertical Plyo's</i>	
1) Tuck Jumps - single rep	3x8
2) Squat Jumps - multiple reps	3x12
<i>Lateral Plyo's</i>	
1) Single Leg 6" High Hurdle Hops - single rep	4x6 each
2) Double Leg 12" High Hurdle Hops - multiple reps	4x10 secs.
<i>Agility Drills</i>	
1) L Drill (w/ min. rest period)	x5
2) T Drill (w/ min. rest period)	x5
3) Wave Drill (w/ 0:45 secs. rest period)	x5

<u>GROUP B (Thursday)</u>	<u>Volume</u>
<i>Plyo's</i>	
1) Skip for Height	2x30 yards
2) Skip for Distance	2x30 yards
3) Standing Broad Jump - single	2x30 yards
4) Single Leg Long Jump - All Rt Leg then All Lt Leg	30 yards each leg
<i>Speed Drills</i>	
1) 40 yard Sprints from Track Start	7x w/ jog back (2:30 rest before 30's)
2) 30 yard Sprints from Track Start	4x w/ jog back (2 min. rest before 20's)
3) 20 yard Sprints from Track Start	6x w/ jog back (1:30 rest before 10's)
4) 10 yard Sprints form Track Start	3x w/ jog back

<u>GROUP C (Friday)</u>	<u>Volume</u>
<i>Agility Drills</i>	
1) Star Drill (w/ min rest period)	x5
2) Pro Agility Drill (w/ 0:45 rest period)	x5
3) Multi Directional Drill (w/ 0:45 rest period)	x5
<i>Interval Training</i>	
1) 250 Yard Shuttle Runs	wk 1, 2, 3, 4
<u>Big Skill</u> - Goal Time 1:12 (Rest Period 3:32)	x 4, 5, 5, 6
<u>Skill</u> - Goal Time 1:09 (Rest Period 3:27)	x 4, 5, 5, 6
<u>Elite Skill</u> - Goal Time 1:05 (Rest Period 3:15)	x 4, 5, 5, 6

<u>Big Skill</u> = OL/DL
<u>Skill</u> = QB/TE/FB/LB
<u>Elite Skill</u> = RB/DB

<u>Post Work Out/Flexibility</u>	<u>Volume</u>
Standing Straight Leg	30 count
Standing Quad L&R	30 count
Standing Groin L&R	30 count
Iron Cross Stretch L&R	30 count
Scorpion L&R	30 count

VIKING RUNNING WORKOUT

Phase II: Weeks 5 - 7 June 16 - July 10

<u>Active Warm-Up/Mobility</u>	<u>Volume</u>
45 degree Lunge	10 yards
Walking High Knees	10 yards
Reverse Lunge w/ arm action	10 yards
Jogging Butt Kicks	10 yards
Backwards Run	10 yards
Straight Leg Bounds	10 yards
High Knee Carioca rt	20 yards w/ 20 yard jog
High Knee Carioca lt	20 yards w/ 20 yard jog
Build Ups	2x To 30 yards, decelerate for 10 yards

<u>GROUP A (Tuesday)</u>	<u>Volume</u>
<i>Vertical Plyo's (SAND PIT OR BARE FOOT)</i> 1) Tuck Jumps - multiple reps 2) Squat Jumps - single rep	3x12 3x8
<i>Lateral Plyo's (SAND PIT OR BARE FOOT)</i> 1) Single Leg 12" High Hurdle Hops - single rep 2) Double Leg 6" High Hurdle Hops - multiple reps	4x6 each 4x10 secs.
<i>Agility Drills</i> 1) L Drill (w/ min. rest period) 2) T Drill (w/ min. rest period) 3) Wave Drill (w/ 0:45 secs. rest period)	x6 x6 x6

<u>GROUP B (Thursday)</u>	<u>Volume</u>
<i>Plyo's (SAND PIT/ BARE FOOT)</i> 1) Skip for Height 2) Skip for Distance 3) Standing Broad Jump - single 4) Alt. Single Leg Long Jump - multiple (Bounding)	2x30 yards 2x30 yards 2x30 yards 2x30 yards
<i>Speed Drills (BARE FOOT)</i> 1) 40 yard Sprints from Track Stance 2) 30 yard Sprints from Position Specific Stance 3) 20 yard Sprints from Track Stance 4) 10 yard Sprints form Position Specific Stance	5x w/ jog back (2:30 rest before 30's) 5x w/ jog back (2 min. rest before 20's) 5x w/ jog back (1:30 rest before 10's) 5x w/ jog back

<u>GROUP C (Friday)</u>	<u>Volume</u>
<i>Agility Drills - *Feel free to substitute position specific drills today.</i> 1) Star Drill (w/ min. rest period) 2) Pro Agility Drill (w/ 0:45 rest period) 3) Multi Directional Drill (w/ 0:45 rest period)	x4 x6 x6
<i>Interval Training</i> 1) Gasser's <u>Big Skill</u> - Goal Time 0:50 (Rest Period 2:30) <u>Skill</u> - Goal Time 0:47 (Rest Period 2:19) <u>Elite Skill</u> - Goal Time 0:42 (Rest Period 2:04)	x5 x5 x5

<u>Big Skill</u> = OL/DL
<u>Skill</u> = QB/TE/FB/LB
<u>Elite Skill</u> = RB/DB

<u>Post Work Out/Flexibility</u>	<u>Volume</u>
Standing Straight Leg	30 count
Standing Quad L&R	30 count
Standing Groin L&R	30 count
Iron Cross Stretch L&R	30 count
Scorpion L&R	30 count

VIKING RUNNING WORKOUT

Phase III: Weeks 8 - 11 July 14 - August 7

<u>Active Warm-Up/Mobility</u>	<u>Volume</u>
45 degree Lunge	10 yards
Walking High Knees	10 yards
Reverse Lunge w/ arm action	10 yards
Jogging Butt Kicks	10 yards
Backwards Run	10 yards
Straight Leg Bounds	10 yards
High Knee Carioca rt	20 yards w/ 20 yard jog
High Knee Carioca lt	20 yards w/ 20 yard jog
Build Ups	2x To 30 yards, decelerate for 10 yards

<u>GROUP A (Tuesday)</u>	<u>Volume</u>
<i>Vertical Plyo's (choose)</i>	
1) Tuck Jumps - (multiple or single reps)	3x10
2) Squat Jumps - (single or multiple reps)	3x10
<i>Lateral Plyo's</i>	
1) Single Leg 6" High Hurdle Hops - multiple reps	4x10 secs.
2) Double Leg 12" High Hurdle Hops - single rep	4x6 each
<i>Agility Drills</i>	
1) L Drill (w/ min. rest period)	x7
2) T Drill (w/ min. rest period)	x7
3) Wave Drill (w/ 0:45 secs. rest period)	x7

<u>GROUP B (Thursday)</u>	<u>Volume</u>
<i>Plyo's</i>	
1) Skip for Height	2x40 yards
2) Skip for Distance	2x40 yards
3) Standing Broad Jump - single	2x30 yards
4) Alt. Single Leg Long Jump - multiple (Bounding)	2x40 yards
<i>Speed Drills</i>	
1) 40 yard Sprints from Position Specific Start	4x w/ jog back (2:30 rest before 30's)
2) 30 yard Sprints from Position Specific Start	6x w/ jog back (2 min. rest before 20's)
3) 20 yard Sprints from Position Specific Start	3x w/ jog back (1:30 rest before 10's)
4) 10 yard Sprints form Position Specific Start	7x w/ jog back

<u>GROUP C (Friday)</u>	<u>Volume</u>
<i>Agility Drills - * Feel free to substitute position specific drills today.</i>	
1) Star Drill (w/ min. rest period)	x4
2) Wave Drill (w/ 0:45 rest period)	x7
3) Multi Directional Drill (w/ 0:45 rest period)	x7
<i>Interval Training</i>	
1) 40/60 Yard Shuttle Runs	wk 8,9,10,11
<u>Big Skill- 40 yd</u> - Goal Time 0:11 (Rest Period 0:33)	x12,14,16,18
<u>Skill- 60 yd</u> - Goal Time 0:16 (Rest Period 0:45)	x12,14,16,18
<u>Elite Skill- 60yd</u> - Goal Time 0:14 (Rest Period 0:42)	x12,14,16,18

<i>Big Skill</i> = OL/DL
<i>Skill</i> = QB/TE/FB/LB
<i>Elite Skill</i> = RB/DB

<u>Post Work Out/Flexibility</u>	<u>Volume</u>
Standing Straight Leg	30 count
Standing Quad L&R	30 count
Standing Groin L&R	30 count
Iron Cross Stretch L&R	30 count
Scorpion L&R	30 count