* CREATE AN ENVIRONMENT*

"I always look at this that we have a unit here -- the coaches, the trainers, the guys that handle your equipment, the person that does your travel -- and all of us try to create an environment where guys can be as productive as their talent allows."

* BE RELENTLESS*

"You ask any coach, especially in sports where your challenge is to be ready to compete every day. You've got to have a relentless kind of approach. You must push day in and day out and strive for better"
Introduction 1
Chain of Command 2
Behavior Policies, Rules, Duties & Responsibilities 3
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Testing Procedures 5
Exercise Philosophy, Drills & Technique 6
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INTRODUCTION

Welcome to the Salisbury University Strength & Conditioning Program. You have been selected from various applicants to complete your assistantship with our prestigious athletic teams in our Strength and Conditioning Program. The ability to develop college athletes that play at such a high level is a very special honor. The experiences you are about to endeavor will help you apply all of the knowledge gained in the classroom with the intent to further your career in the strength and conditioning field. Make no mistake, working with college athletes may not always be fun. You may be asked to work long days both in the weight room or on the field. This may not be the life for everyone, but the experiences, contacts, and opportunities gained come far and few between in the field of strength and conditioning.

The position you have attained within our program takes hard work and dedication, but can be very rewarding. Over the course of the semester you will see players grow as athletes, develop friendships with players and staff members, and learn the finer points of strength and conditioning in the college setting. You must be willing to give your best effort each and every day to help our athletes reach their potential. The effort performed during this assistantship will not go unnoticed. Despite the fact that the head strength and conditioning coach may not be in attendance all the time, the student athletes and coaches will recognize hard work and commend you for the effort put forth. Enjoy your time spent with the Salisbury University athletes as well as strength and conditioning staff and Welcome Aboard.
# CHAIN OF COMMAND

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Director</td>
<td>Dr. Michael Vienna</td>
<td>x 83503</td>
</tr>
<tr>
<td>Assistant Athletic Director</td>
<td>Jill Stephenson</td>
<td>x 36357</td>
</tr>
<tr>
<td>Assistant Athletic Director</td>
<td>Matt McGinnis</td>
<td>x 36358</td>
</tr>
<tr>
<td>Strength &amp; Conditioning Coordinator</td>
<td>Matthew Nein</td>
<td>x 36345</td>
</tr>
<tr>
<td>Graduate Assistant Strength Coach</td>
<td>Andy Deck</td>
<td>x 83541</td>
</tr>
<tr>
<td>Graduate Assistant Strength/Facilities</td>
<td>Brian Bert</td>
<td>x 83541</td>
</tr>
<tr>
<td>Graduate Assistant Strength/Facilities</td>
<td>Mary Beth Krolikowski</td>
<td>x 70003</td>
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## Head Coaches

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
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<tbody>
<tr>
<td>Football</td>
<td>Sherman Wood</td>
<td>x 36356</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Gerry DiBartolo</td>
<td>x 64144</td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Jim Nestor</td>
<td>x 75338</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Dawn Chamberlain</td>
<td>x 82588</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Cross Country</td>
<td>Jim Jones</td>
<td>x 36337</td>
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<tr>
<td>Volleyball</td>
<td>Margie Knight</td>
<td>x 36352</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>Josh Merkel</td>
<td>x 84163</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Kelly Lewandowski</td>
<td>x 36003</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Swimming</td>
<td>Jill Stephenson</td>
<td>x 36357</td>
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<tr>
<td>Baseball</td>
<td>Doug Fleetwood</td>
<td>x 36034</td>
</tr>
<tr>
<td>Softball</td>
<td>Margie Knight</td>
<td>x 36352</td>
</tr>
<tr>
<td>Men’s Lacrosse</td>
<td>Jim Berkman</td>
<td>x 36389</td>
</tr>
<tr>
<td>Women’s Lacrosse</td>
<td>Jim Nestor</td>
<td>x 75338</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Track &amp; Field</td>
<td>Jim Jones</td>
<td>x 36337</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Tennis</td>
<td>Randy Halfpap</td>
<td>x 36248</td>
</tr>
<tr>
<td>Powers Weight Room</td>
<td>Coordinator/GA</td>
<td>x 83541</td>
</tr>
</tbody>
</table>

Note: Phone Number = 410 – 54X – XXXX or 410 – 67X - XXXX

All strength & conditioning information, questions, and injuries should be brought to the attention of the Strength & Conditioning Coordinator, Matthew Nein.
COACHING PHILOSOPHY

“A LEADER’S GOAL REMAINS THE SAME; YOU MUST BRING FORTH THE BEST FROM THOSE WITH WHOM YOU WORK.”

GOAL 1: CREATE AN ENVIRONMENT

- We must create an atmosphere where the athletes want to come and put forth max effort each day. The atmosphere must begin before any athlete steps in the room.
  - Meet the group in the Hall and get them excited
  - Continue the intensity in the room

GOAL 2: GETTING THE VERY BEST OUT OF THE PEOPLE THAT WE TRAIN

- Success must be seen in terms of exceeding personal goals as opposed to outperforming others. If each participant can continually do their best on the athletic field and work toward achieving task oriented goals, the athlete gains control over their own success.
  - Set Goals (See Goal Form)
  - Elicit one on one conversation about effort

GOAL 3: A POSITIVE APPROACH DURING ATHLETIC COACHING

- Athletes who play for coaches who use this positive style of being highly reinforced and encouraging have increased levels of fun, self-esteem, and positive personality development. Coaches who use the positive approach will begin to get to know the athletes as unique individuals and have an increased level of team cohesion. When instructing, coaches should emphasize the good things that can happen from proper execution as opposed to the negative things that happen with poor performance. For every 1 negative statement, 2 positive reinforcement statements need to be made. If critiquing an individual, use the positive-negative-positive sandwich.
  - Use positive reinforcement often
  - Encourage athletes
  - Educate through sound Technical instruction - DETAIL

"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming."
Wooden on Leadership

Pyramid of Success

"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

John Wooden, Head Coach

12 Lessons in Leadership

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

www.CoachJohnWooden.com
Industriousness
- Industriousness? Very simply, you have to work and work hard. There is no substitute for work. Worthwhile things come only from hard work and careful planning. Hard work is essential, and only you really know if you’re giving it everything you’ve got. People who always try to cut corners will never come close to realizing their full potential.

Friendship
- For success, either individually or for your team, there must be a level of friendship. Friendship comes from mutual esteem, respect and devotion. Like marriage it must not be taken for granted but requires a joint effort. Friendship takes time and understanding. Rarely will you find in working toward a common goal that others will be able to resist friendship if you offer it sincerely and openly. Be brave enough to offer friendship.

Loyalty
- Loyalty to and from those with whom you work is absolutely necessary for success. It means keeping your self-respect, knowing whom and what you have allegiance to. It means giving respect to those you work with. Respect helps produce loyalty. Great loyalty was stressed on all successful teams. Loyalty is a cohesive force that forges individuals into a team. Loyalty is very important when things get a little tough, as they often do when the challenge is great. Loyalty is a powerful force in producing one’s individual best and even more so in producing a team’s best.

Cooperation
- In order to reach the full potential of the group, there must be cooperation on all levels. This means working together in all ways to accomplish the common goal. And to get cooperation, you must give cooperation with all levels of your teammates. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. All of this requires cooperation. It allows individuals to move forward together, to move in the same direction instead of going off in different directions.

Enthusiasm
- You must truly enjoy what you are doing. Your heart must be in it. Without enthusiasm you can’t work up to your fullest ability. Enthusiasm brushes off upon those with whom you come in contact. And you must have enthusiasm to prepare and perform with industriousness. Enthusiasm ignites plain old work and transforms it into industriousness.
Self Control

- Practice self-discipline and keep emotions under control. Good judgment and common sense are essential to success. Self-control is essential for discipline and mastery of emotions, for discipline of self and discipline of those under your supervision. You cannot function physically or mentally unless your emotions are under control. When you lose control of your emotions, when your self-discipline breaks down, then your judgment and common sense suffer. To do better in the future you have to work on the "right now." That’s where self-control comes in. Self-control keeps you in the present. Strive to maintain self-control.

Alertness

- Constantly be aware and observing. Always seek to improve yourself and the team. Alertness - the ability to observe, absorb, and understand what is going on around you - is a critical component for the individual in charge, the leader, as well as those he or she leads. You must constantly be awake, alive, and alert in evaluating yourself as well as the strengths and weaknesses of your organization and those of the competition.

Initiative

- Have the courage to make decisions and the willingness to risk failure. Foul, errors, and mistakes are part of the competitive process in sports, business, and life. Not careless or sloppy mistakes, but those resulting from assertive action based on proper assessment of risk. Hesitancy brought on by fear of failure is not a characteristic of great leadership. Play to win rather than not to lose. Once you have decided on a course of action, take action. Initiate quickly, but not carelessly or in a fashion so hurried that a miscue is more likely.

Intentness

- The ability to resist temptation and stay the course, to concentrate on your objective with determination and resolve. Impatience is wanting too much too soon. Intentness doesn't involve wanting something. It involves doing something often for a very long time.

Condition

- You must be conditioned for whatever activity you’re doing if you’re going to do it to the best of your ability. There are different types of conditioning for different professions. A deep-sea diver has different conditioning requirements from a sales person. A surgeon has different physical conditioning requirements from a food server. You must add to physical conditioning mental and moral conditioning. You must identify your conditioning requirements and then attain them. Without proper conditioning in all areas, you will fall short of your potential. Rest, exercise and diet must be considered. Moderation must be practiced. It is impossible to attain and maintain desirable physical condition without first achieving mental and moral condition.
Skill
- You have to know what you’re doing and be able to do it quickly and properly. You need both; the ability to do it quickly and properly. Skill means being able to execute the entirety of your job, not just part of it. It’s true whether you’re an athlete or an attorney, a surgeon or a sales rep, or anything else. You’d better be able to execute properly and quickly. That’s skill.

Team Spirit
- This means thinking of others. It means losing oneself in the group for the good of the group. It means being not just willing but eager to sacrifice personal interest or glory for the welfare of all. Of course, we all want to do well and receive individual praise. Yes, that’s fine, if you put it to use for the good of the team, whatever your team is: sports, business, family, or community. Team spirit means you are willing to sacrifice personal considerations for the welfare of all. That defines a team player.

Poise
- Poise is very simple: being yourself. You’re not acting. You’re not pretending or trying to be something you’re not. You are being who you are and are totally comfortable with that. Therefore, you’ll function near your own level of competence. You understand that the goal is to satisfy not everyone else’s expectations but your own. You give your total effort to becoming the best you are capable of being. It takes poise to accomplish this.

Confidence
- You must have confidence. You must believe in yourself if you expect others to believe in you. However, you can’t have poise and confidence unless you’ve prepared correctly. (Remember that failing to prepare is preparing to fail.) Every block in the Pyramid of Success is built on the others. When all are in place, poise and confidence result. You don’t force them to happen. They happen naturally from proper preparation.

Competitive Greatness
- What is competitive greatness? It’s being at your best when your best is needed. It’s enjoying the challenge when things become difficult, even very difficult. True competitors know it’s exhilarating to be involved in something that’s very challenging. They don’t fear it. They seek it. Is it fun to do that which is ordinary, easy, simple, something anyone can do? Not at all. Yet most of the tasks we do in our everyday lives are very simple. Anybody could do them. They will not produce the joy that comes from being involved with something that challenges your body, mind, and spirit.
BEHAVIOR POLICIES

All University and Facility rules apply to you as a Staff Member. First and foremost, you must be on time for everything. This includes the start of your shift, any on-field workouts, and/or speed and agility training sessions. You are to respect yourself, your position, and supervisors. Remember this position is designed for you to gain the valuable experience necessary to move on with your career in the strength and conditioning field. Note: You are not a sport coach so do not act like one. You are also not an athletic trainer so do not act like one. If an athlete was prescribed anything by the athletic training staff then that is the way it will stand.

Dress: You are to wear Salisbury University clothing and/or plain colored clothing without any writing (gray, black, white, maroon, or yellow).

Appearance: You should maintain a clean cut appearance at all times.

Attitude: You must possess an attitude that dictates hard work. You must be willing to jump out of your shell to get the point or exercise across while maintaining an attitude that invites athletes to feel comfortable to talk to you about anything.

Facility: When you are scheduled to work in Powers Weight Room, you may not sit/hang out in the office while there are individuals working out. You are expected to get involved with the athletes workouts. You may workout in the facility before or after your scheduled shift. You may not workout when athletes are in the facility training. During training sessions you must be up on your feet communicating with the athletes.

As a staff member you will be exposed to private information. At no time will you share this information with anyone other than the Athletic Trainer and/or Strength and Conditioning Coordinator. All injuries should be communicated with Salisbury staff members. Remember you are not a trainer so do not act like one. If there is an inquiry please talk to the appropriate staff members.

In this program manual are all of the exercises and techniques of everything that you will be exposed to during your assistantship with Salisbury University. Do not implement any of your own programming or philosophies. If you have a suggestion on improving our program please contact Matthew Nein, Strength and Conditioning Coordinator, prior to implementation. You are expected to carry out all programs to the best of your ability. Do not add or subtract items within the program. Disregard of any of the afore mentioned policies will result in your immediate dismissal from the program and internship.
STRENGTH & CONDITIONING MISSION STATEMENT AND PHILOSOPHY

Mission

The Salisbury University strength and conditioning program supports the missions of both the Athletic Department and the University. In addition, Salisbury’s Strength and Conditioning Program is committed to the development of student-athletes with the intention of maximizing their athletic potential while reducing their risk of injury. It is our belief that implementing a functional, sport-specific, and individualized program will provide our student-athletes the underlying structure required to perform at their optimal level of play.

Philosophy

The Salisbury University Strength and Conditioning Program utilizes a periodized, conjugate, step loading yearly plan that transcends all aspects of physiological and psychological development. The student athletes are trained through various measures designed to enhance performance while reducing the risk of injury: Including myofascial release, movement efficiency, mobility training, plyometric training, multi-planer and multi-joint ground based movements, and core stabilization. Each aspect of the student-athletes training progresses in a systematic and sequential order to maximize potential through each phase of training. From a psychological standpoint we strive to instill the concepts of teamwork, respect, dedication, mental toughness, and hard work through our training programs. By implementing these aspects along with a functional, sport-specific training program we can adequately prepare our student-athletes to compete at a high level within the Division III system.
POWERS WEIGHT ROOM POLICIES

The weight room and training programs have been designed to provide athletes the opportunity to enhance their athletic abilities while helping to reduce the risk of injury on the field of play. A Strength & Conditioning staff member must be present at all times during open hours of this facility. At no time may anybody participate in training activities without the presence of a qualified Strength & Conditioning staff member.

1. Appropriate attire must be worn at all times.
   a. Salisbury University Clothing – Shirts, Shorts, Pant
   and/or
   b. Plain Colored Clothing – Black, Grey, White, Maroon, Yellow (No Writing)
   c. No open toe shoes, sandals, or hiking boots permitted.
   d. Street clothes (Jeans) are not allowed to be worn when working out.
   e. Shirts (T-shirt, tanktop, etc.) are required to be worn at all times.

2. Food and all tobacco products are not permitted in the weight room facility.
3. No spitting on the floor or in the water fountain.
4. ALL weights & equipment must be returned to the appropriate rack upon completion.
5. Do not drop the weights. If you must drop them they are too heavy.
6. Use of collars is required on all free weight bars.
7. Spotters are strongly encouraged and recommended when lifting weights.
8. Practicing of safe exercise methods is recommended.
9. Damaged or defective equipment should be reported to the Strength & Conditioning Staff. For your safety and for the safety of others do not remove any signs from equipment. Adhere to all posted guidelines.
10. Music will be played from itunes Only – Absolutely No Profanity.
    a. Students may bring music to Coordinator only to add to itunes
11. Salisbury University is not responsible for lost or stolen items.
12. Salisbury University reserves the right to refuse service to any participant who violates any policy and procedure, or engages in any verbal and/or physical abuse of Staff or participants.
As a strength and conditioning intern here at Salisbury University there are few duties and responsibilities that you must assist the Strength and Conditioning Coordinator with. They include but are not limited to:

DUTIES AND RESPONSIBILITIES

1. Facility Supervision
2. Testing and Evaluating Student Athletes
3. Program Implementation
4. Facility Maintenance, Repair, and Cleaning
   a. Cleaning – See Log in Office
5. Staff Training (Lifting & Education)
6. Continuing Education Projects & Competencies
7. Weekly Training Reports: Due Every Friday

• **Note:** Be concise and on time with your paper work. Late projects will not be tolerated.
INTERNERSHIP REPORTS

1. Weekly Training Reports
   a. Each week you will develop a report that will inform the Strength & Conditioning Coordinator of the athletes’ progress, injuries, questions, concerns, equipment failure, and cleaning status. Please be specific and detailed in your reports.
   
   **Due: Every Friday**

2. Filmed Coaching Session with Analysis
   a. Video a coaching session where you directing the entire program. The camera should follow you throughout the room during this session. Once complete, a self evaluation report is to be done that addresses the positives and areas of improvement.
   
   **Due: Dec. 1, 2011**

3. Competencies
   a. Each student will be required to demonstrate and be proficient in the responsibilities of a strength and conditioning practitioner. These tasks are related to clinical experiences performed as a strength and conditioning professional.
      i. Program Introduction
      ii. Warm-up
      iii. Mobility
      iv. Technique- squat, deadlift, bench press, hang/power clean, push press/jerk
         1. Techniques can be found in Essentials of Strength Training and Conditioning
      v. Exercise Prescription
      vi. Core Training
      vii. Post- Stretch- choose one: Static, PNF, Bands
      viii. Nutrition- choose one: Pre or Post Workout
   
   ix. **Due: October 7, 2011**
SESSION ORGANIZATION

1. PROGRAM INTRODUCTION
   A. Call group together
   B. Review Previous Quote
   C. New Quote
   D. Discussion
   E. Review Training Session
   F. Organize Warm-Up

2. WARM-UP
   A. Foam Rolling
   B. Mobility Training
   C. Movement Prep & Activation
   D. Ladder, Out-Door, Complex Progression
      I. Linear then Lateral
   E. Review Exercises & Organize Groups

3. TRAINING SESSION
   A. Racks
      I. Work:Rest
   B. Auxiliary

4. CORE TRAINING
   A. Stability
   B. Movement (Limit the flexion work)

5. POST-STRETCH
   A. Static, Bands, or Foam Roll

6. CLOSING
   A. Comments
Program Introduction

This section is intended to organize and initiate the training session. This part also serves as a discussion of the type of training which includes both psychological training as well as physical training that will occur within each training session. Below is the program introduction progression.

1. Call group together
2. Review Previous Quote
3. New Quote
4. Discussion
5. Review Training Session
6. Organize Warm-Up Groups
Soft Tissue Therapy

• Myofascial Release (Pre-Workout)
  – Myofascial Release involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

• Irritating the tissue to produce a chemical response (Post-Workout)
  – These chemicals produced begin the healing process
Foam Rolling
Foam Rolling

- Hamstring
- Glute
- Lumbar
Foam Rolling
Mobility: Freedom of movement at movable segments. Including joint range of motion and muscle and tissue flexibility

- Why Train?
  - The body does not allow motion it cannot control. Thus, control is achieved by decreasing range of motion or substituting a compensation pattern.
Mobility A

Toe Touch Progression 1

Toe Touch Progression 2
Mobility C

Standing Scap/Gleno 1, 2, 3

Seated Reverse Scap/Gleno 1, 2, 3

T-Spine 1
Movement & Activation

Salisbury
STRENGTH & CONDITIONING
Movement & Activation

High Knee Pull  Leg Cradle  Quad Pull  SLDL Walk
Movement & Activation

High Knee Run 1 & 2

Karaoke 1 & 2

B Skip 2

B Skip 1

Skip 2

Skip 1

Heel Flick Run 1 & 2
Movement & Activation

Karaoka Quick Step Punch  1, 2, 3

Pop & Squat  1, 2, 3

Drop Lunge  1, 2, 3

Salisbury
STRENGTH & CONDITIONING
Movement & Activation

Shoulder Slap 1 & 2

High & Deep 1 & 2

High & Deep Alt.

Lateral Walk 1, 2, 3

Linear Walk 1 & 2

Salisbury
STRENGTH & CONDITIONING
Movement & Activation

Glute Activation 1 & 2

Landing 1, 2, 3

Elevated Landing 1, 2, 3

Linear Walk 1 & 2

Salisbury
STRENGTH & CONDITIONING
DYNAMIC WARM-UPS

Ladder Progression

The dynamic warm-up series is designed to increase the body/muscle temperature and dynamically stretch one's muscles through their active range of motion. This warm-up can also serve to improve running mechanics(*) and agility both linearly and laterally. During running mechanic drills, toes up/foot up/knee up should be emphasized. The warm-up should generally last 10 to 15 minutes max and mirror each day's training objective.

Dynamic Warm-Up
Linear Drills – Begin w/ Bounce
1. Run – 1 per box – Forward & Backward *
2. Run – 2 per box – Forward & Backward*
3. Over 2, Back 1 *
4. A Run – 1 & 2 Per Box *
5. Ankling – 1 & 2 Per Box *
6. Heel Flicks – 1 Per Box *
7. Heel Flicks – 2 Per Box
8. Quick Skips – 1 Per Box *
9. Triple Step – Forward & Backward
10. Triple Step Bounds – Forward & Backward
11. Quad Step – Forward & Backward
12. Step In Cross Behind – F & B
13. Step In Cross In Front – F & B
14. Cross Behind Step Out – F & B
15. Cross In Front Step Out – F & B
16. Jumping Jacks – Forward & Backward
17. Jumping Jack Steps – Forward & Backward
18. Hopscotch – Forward & Backward
19. Combination Hopscotch & Jumping Jacks – Forward & Backward
20. Right & Left Foot Jab Step – F & B
21. Crossover Jab Step – Forward & Backward
22. Drop Step Jab – Forward & Backward
23. Swizzle – Forward & Backward
24. Swizzle High Knee
25. Swizzle Every Box – Forward & Backward
26. Linear Scissors
27. Slalom
28. Hop – 1 Per Box – Forward & Backward
29. Jump – 2 Per Box – Forward & Backward
30. Triple Jump & Hop – Forward & Backward

Lateral Drills – Begin w/ Bounce
31. Shuffle – 2 Per Box
32. Reach & Replace
33. High Knees – 2 Per Box *
34. High Knees Skip A Box
35. In In Out Out
36. 1 In 2 Out
37. 2 In 2 Out
38. 2 In 1 Out
39. Lateral Triple Step

40. Lateral Quad Step
41. Left & Right Lateral Jab Step – Forward & Backward
42. Scissors
43. Lateral Hop – 1 Per Box
44. Lateral Jump – 2 Per Box
45. Karaoke

Upper Body Drills
46. Small Skip – Shoulder Slap
47. Small Skip – Arm Swings Front to Back
48. Small Skip – Arm Swings Palms Down
49. Small Skip – Scapular Pinch

Dynamic Flexibility Training
50. Quad Pull
51. Opposite Hand, Opposite Foot – Leg Swings
52. Figure 4 Squat
53. Triple Step Leg Swing
54. Inside/Outside Heel Up

Movement Preparation
55. Toes – Walking 1 Per Box
56. Heels – Walking 1 Per Box
57. High Knee Pull – Walking 1 Per Box
58. Hurdle Walk – Out To In 1 Per Box
59. Reverse Hurdle Walk – In To Out 1 Per Box
60. T – Forward & Backward
61. Forward Lunge & Rotate – 1 Per Box
62. Reverse Lunge – 1 Per Box
63. Side Lunge – Alternate 1 Per Box
64. Squat – Alternate 1 Per Box
65. Pop and Squat – 1 Per Box
66. Arm Circles – Walking 1 Per Box
67. Shoulder Touch – Walking 1 Per Box
68. Scapular Pinch – Walking 1 Per Box
69. Int./Ext. Rotation – Walking 1 Per Box
70. Squat – to – Stand
71. Leg Swings
72. Monster Walks
   a. Linear- Forward and Backward
   b. Lateral
   c. Reverse

To add variety to the ladder warm-up: directional change, longer ladders, cones, and the addition of other activities can all be added.
DYNAMIC WARM-UPS

Indoor/Outdoor Progression

The dynamic warm-up series is designed to increase the body/muscle temperature and dynamically stretch ones muscles through their active range of motion. This warm-up can also serve to improve running mechanics(*) and agility both linearly and laterally. During running mechanic drills, toes up/foot up/knee up should be emphasized. The warm-up should generally last 10 to 15 minutes max and mirror each days training objective.

Dynamic Warm-Up – Begin w/ Bounce
1. A March* – To First Cone, Jog To Last Cone  x 2
2. A Skip* - To First Cone, Jog To Last Cone  x 2
3. A Run* – To First Cone, Jog To Last Cone  x 2
4. Ankling* – To First Cone, Jog To Last Cone  x 2
5. Heel Flicks* – To First Cone, Jog To Last Cone  x 2
6. Linear Side Shuffle – To Second Cone, Jog To Last Cone  x 2
7. Karaoke – To First Cone, Jog To Last Cone  x 2
8. Shuffle – To First Cone, Jog To Last Cone  x 2
9. Backpedal Stride – To First Cone, Jog To Last Cone  x 2

Dynamic Flexibility
10. Opposite Arm Opposite Leg Swing – To First Cone, Jog To Last Cone  x 2
11. Figure 4 Glute – To First Cone, Jog To Last Cone  x 2
12. Lunge to Quad Pull – To First Cone, Jog To Last Cone  x 2
13. Squat & Turn – To First Cone, Jog To Last Cone  x 2
14. Forward Lunge – To First Cone, Jog To Last Cone  x 2
15. Drop Step to Side Lunge – To First Cone, Jog To Last Cone  x 2
16. Opposite Elbow to Opposite Foot – To First Cone, Jog To Last Cone  x 2
17. Same Elbow to Same Foot – To First Cone, Jog To Last Cone  x 2
18. Lunge, Open & Drop – To First Cone, Jog To Last Cone  x 2

Movement Preparation
19. High Knee Pull – To First Cone, Jog To Last Cone  x 2
20. Hurdle Walk – To First Cone, Jog To Last Cone  x 2
21. Reverse Hurdle Walk – To First Cone, Jog To Last Cone  x 2
22. T Forward & Backward – To First Cone, Jog To Last Cone  x 2
23. Forward Lunge & Rotate – To First Cone, Jog To Last Cone  x 2
24. Reverse Lunge – To First Cone, Jog To Last Cone  x 2
25. Side Lunge – To First Cone, Jog To Last Cone  x 2
26. Step & Squat – To First Cone, Jog To Last Cone  x 2
27. Small Skip With Arm Circles – To First Cone, Jog To Last Cone  x 2
28. Small Skip With Reverse Arm Circles – To First Cone, Jog to Last Cone  x 2
29. Small Skip With Shoulder Touch – To First Cone, Jog To Last Cone  x 2
30. Small Skip With Scapular Pinch – To First Cone, Jog To Last Cone  x 2
31. Small Skip With Internal/External Rotation – To First Cone, Jog To Last Cone  x 2
POST ACTIVITY TEAM STRETCH

Upper Body Stretch

1. Arm Circles
2. Shoulder Slaps
3. Arm Across
4. Arm Behind
5. Forearm
6. Trunk Twist

Lower Body Standing

1. Straight Down
2. Straddle Stretch – Right, Left, Middle
3. Hip Flexor
4. Piriformis

Lower Body Ground

1. Straddle Stretch – Right, Left, Middle
2. Butterfly
3. Right over Left – Twist
4. Quad – Lying

Stretch Band

1. Ankle Pumps
2. Hamstring Hold
3. Leg Lifts x 10
4. Side – Groin
5. Across
6. Quad

Standing

1. Calf
2. Squat Groin
ASSISTED STRETCHING

Lying - Back

1. Double Leg Shake
2. Single Leg Shake
3. Hip Rotation
4. Hamstring Stretch
5. Bent Knee Ham/Glute
6. Side – Groin: 3 Points
7. Across
8. Bent Knee Glute
9. Bent Knee Lower Back
10. Single Leg Shake
11. Opposite Leg – Same Process (2 – 10)

Lying – Chest

1. Quad
2. Hip Flexor

Lying – Back

1. Leg Lift With Lower Back Press
2. Double Leg Shake

Notes:

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TESTING PROCEDURES

Day 1

1. **Functional Movement Screen**
   a. A dynamic battery of screens that helps to both prevent non-contact injuries and facilitate more effective training techniques.

2. **Non-Fatiguing Tests**
   a. Height
   b. Weight
   c. Hip Range of Motion
   d. Percent Body Fat
   e. Girth Measurements
   f. Vertical Jump

3. **Agility Tests**
   a. T-Test
   b. 5-10-5 Pro Agility
   c. Edgren Side Step Test

Day 2

1. **Strength/Power Tests**
   a. Squat – 3 to 5 rep max
   b. Bench – 3 to 5 rep max
   c. Power Clean
   d. Deadlift
   e. Rotational Power

2. **Sprint Tests**
   a. 20 yard
   b. 40 yard
   c. 60 yard
   d. 60 yard shuttle

Day 3

1. **Local Muscle Endurance Tests**
   a. Sit-Ups Per Minute
   b. Push-Ups Per Minute

2. **Fatiguing Anaerobic Capacity Tests**
   a. 400 meter run
   b. 300 yard shuttle

3. **Aerobic Capacity Test**
   a. 1.5 mile run
   b. Pacer Test

Test Order

1. Non-Fatiguing Test
2. Test that tax the Phosphogen System
3. Test that tax the Glycolytic System
4. Test that tax the Oxidative System
The FMS is a simple tool that is comprised of seven tests which categorize and rank functional movement patterns. These movement patterns are specific to human growth and development and are extremely important in athletics because they are fundamental to complex activities. This screen attempts to pinpoint a weak area in these movement patterns, which will then allow for improved exercise prescription and performance. This can be the first line of defense in injury prevention.

This screen is the starting point for a system of evaluation and exercise prescription that attempts to improve communication and collaboration between the sports medicine and exercise science professions. The common goal is to create an objective assessment in order to improve human functional movement.

Current literature in both rehabilitation and sports performance has an extreme lack of information with respect to qualitative as opposed to quantitative data regarding functional movement.

Quantitative data is easy to collect and is popular with entry-level research whereas qualitative data is more involved and presents greater difficulty at the research level. The FMS is an attempt to increase the efficiency and effectiveness of qualitative data collection with respect to human functional movement. By doing this, we are identifying and tracking major limitations and right-left asymmetries with respect to fundamental human movement patterns. These major movement limitations and asymmetries can cause compensatory movement patterns which create weak links in the normal movements. These weak links are what the system tries to identify and ultimately correct. Hopefully, this will lead to a decrease in the chronic non-contact injuries that plague today's athletes.

Scoring System

- Award a score of three when the athlete can perform the functional movement pattern.
- Award a score of two if the athlete performs the functional movement pattern with a compensation.
- Award a score of one when the athlete is unable to perform the movement pattern
- Award a score of zero if the athlete encounters pain while trying to perform the movement pattern.

Scoring Form - See Appendix
**TEST #1   DEEP SQUAT**

**Purpose** - The Deep Squat is used to assess bilateral, symmetrical, mobility of the hips, knees, and ankles. The dowel held overhead assesses bilateral, symmetrical mobility of the shoulders as well as the thoracic spine.

**Description** - The individual assumes the starting position by placing his/her shoulder width apart. The individual then adjusts their hands on the dowel to assume a 90-degree angle of the elbows with the dowel overhead. Next, the dowel is pressed overhead with the shoulders flexed and abducted, and the elbows extended. The athlete is then instructed to descend slowly into a squat position. As many as 3 repetitions should be performed. The squat position should be assumed with the heels on the floor, head and chest facing forward, and the dowel maximally pressed overhead.

If the criteria for a score of III are not achieved, the athlete is then asked to perform the subsequent test as indicated in the FMS Manual.

**Criteria To Score A III**

- Upper torso is parallel with tibia or toward vertical
- Femur below horizontal
- Knees aligned over feet
- Dowel aligned over feet

**Clinical Implications For Deep Squat**

The ability to perform the Deep Squat requires closed-kinetic chain dorsiflexion of the ankles, flexion of the knees and hips, extension of the thoracic spine, as well as flexion and abduction of the shoulders.

Poor performance of this test can be the result of several factors. Limited mobility in the upper torso can be attributed to poor glenohumeral and/or thoracic spine mobility. Limited mobility in the lower extremity including poor closed-kinetic chain dorsiflexion of the ankle and/or poor flexion of the hip may also cause poor test performance.
TEST #2          HURDLE STEP

Purpose - The Hurdle Step is used to assess bilateral mobility and stability of the hips, knees, and ankles.

Description - The individual assumes the starting position by placing his/her feet shoulder width apart. The hurdle is then adjusted to the height of the athlete's tibial tuberosity. The dowel is positioned across the athlete's shoulders below their neck. The individual then aligns their toes directly beneath the hurdle. The athlete is then asked to step over the hurdle and touch the heel while maintaining his/her stance leg in an extended position. Finally, the athlete is instructed to return to the starting position. The Hurdle Step should be performed slowly and as many as 3 times bilaterally. If one repetition is completed bilaterally meeting the below criteria a III is given.

Criteria To Score A III

• The hips, knees and ankles remain aligned in the sagittal plane
• Minimal movement in lumbar spine
• Dowel and hurdle remain parallel

Clinical Implications For Hurdle Step

The ability to perform the Hurdle Step test requires both stance leg stability of the ankle, knee, and hip as well as maximal closed-kinetic chain extension of the hip. The Hurdle Step also requires leg open-kinetic chain dorsi-flexion of the ankle and flexion of the knee and hip. The athlete must also display adequate single leg stance balance during this test.

Poor performance of this test can be the result of several factors. It may simply be due to poor stability of the stance leg or poor mobility of the step leg. However, imposing maximal hip flexion of one leg while maintaining apparent hip extension of the opposite leg requires the athlete to demonstrate relative, asymmetric hip mobility.
**TEST #3  IN-LINE LUNGE**

**Purpose** - The In-Line Lunge is used to assess bilateral mobility and stability, as well as ankle and knee stability.

**Description** - The tester measures the individual's tibial length with a tape measure. The athlete then places one foot on the end of the 2x6 board. The athlete places the dowel behind their back touching the head, thoracic spine, and sacrum. The hand ipsi-lateral to the back foot should be the hand grasping the top of the dowel; the contra-lateral hand grasps the bottom. The tester then measures the tibial length from the end of the individual’s toes and a mark is made on the board. The athlete is then asked to take a step and place their heel on the mark. The athlete then lowers their back knee enough to touch the board behind the front foot. The feet should be on the same line and pointing straight throughout the movement. The lunge is performed up to three times bilaterally in a slow controlled fashion. If one repetition is completed successfully then a three is given.

**Criteria To Score A III**

- Minimal to no torso movement
- Feet remain in sagittal plane on the 2x6
- Knee touches 2x6 behind heel of front foot

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**Clinical Implications For In-Line Lunge**

The ability to perform the In-Line Lunge test requires stance leg stability of the ankle, knee, and hip as well as closed-kinetic chain hip abduction. The In-Line Lunge also requires step leg mobility of the hip adduction and ankle dorsi-flexion. The athlete must also display adequate balance during this test.

Poor performance of this test can be the result of several factors. First of which is inadequate hip mobility of either the stance or step leg. Secondly, the stance leg knee or ankle may not have the required stability as the lunge is performed. Thirdly, an imbalance may be present between adductor weakness and abductor tightness about one or more hips. Finally, tightness of the rectus femoris on the stance leg may be the cause for poor performance.
TEST #4  SHOULDER MOBILITY

**Purpose** - The Shoulder Mobility test is used to assess bilateral shoulder range of motion combining internal rotation with adduction and external rotation with abduction.

**Description** - The tester first determines the athlete's hand length by measuring the distance from the distal wrist crease to the tip of the third digit. The athlete is instructed to make a fist with each hand, placing the thumb inside the fist. They are then asked to assume a maximally adducted and internally rotated position with one shoulder, and a maximally abducted and externally rotated position with the other. During the test the hands should remain in a fist and they should be placed on the back in one smooth motion. The tester then measures the distance between the two fist. Perform the Shoulder Mobility test as many as 3 times bilaterally.

**Criteria To Score A III**

- Fist should be within one hand length

* A shoulder stability screen should be performed even if the athlete scores a III. The athlete places his/her hand on the opposite shoulder and then attempts to point the elbow upward. If there is pain associated with this movement, a score of zero is given. It is recommended that a thorough evaluation of the shoulder be done. This screen should be performed bilaterally. If the athlete does receive a score of zero both scores should be documented for future reference.

**Clinical Implications For Shoulder Mobility**

The ability to perform the Shoulder Mobility test requires shoulder mobility in a combination of motions including abduction/external rotation and adduction/internal rotation.

Poor performance of this test can be the result of several factors. One of which is the widely accepted factor that increased external rotation is gained at the expense of internal rotation in overhead throwing athletes. There can also be postural changes of forward or rounded shoulders caused by excessive development and shortening of the pectoralis minor and/or latissimus dorsi muscles. Finally a scapulothoracic dysfunction may be present resulting in decreased glenohumeral mobility.
TEST #5  ACTIVE STRAIGHT LEG RAISE

**Purpose** - The Active Straight Leg Raise test is used to assess active hamstring and gastroc/soleus flexibility, while maintaining a stable pelvis.

**Description** - The individual first assumes the starting position by lying supine with his/her arms at their sides, palms up and head flat on the floor. The 2x6 is placed under the knees of the athlete. The tester then identifies the athlete's anterior superior iliac spine (ASIS) and mid-point of the patella. Next, the athlete is instructed to lift the test leg with a dorsi-flexed ankle and an extended knee. During the test the opposite knee should remain in contact with the 2x6 and head should remain flat on the floor. Once the athlete has achieved their end range position, a dowel is aligned along the medial malleolus of the test leg, perpendicular to the floor. The Active Straight Leg Raise test should be performed as many as 3 times bilaterally.

**Criteria To Score A III**

- Dowel resides between mid-thigh and ASIS

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**Clinical Implications For Active Straight Leg Raise**

The ability to perform the Active Straight Leg Raise test requires functional hamstring flexibility. This flexibility is the true flexibility an athlete has available during training and competition, as opposed to passive flexibility, which is most often assessed. The athlete is also required to demonstrate adequate passive iliopsoas flexibility of the opposite leg as well as lower abdominal stability.

Poor performance during this test can be the result of several factors. First, the athlete may have poor functional hamstring flexibility. Secondly, inadequate passive mobility of the opposite hip may be the result of iliopsoas tightness associated with an anterior tilted pelvis. If this limitation is gross, true active hamstring flexibility will not be realized. A combination of both these factors will demonstrate an athlete's relative bilateral, asymmetric hip mobility. This is similar to the relative hip mobility revealed by the Hurdle Step, however, this test is more specific to the limitations imposed by the muscles of the hamstrings and the iliopsoas.
**TEST #6  TRUNK STABILITY PUSH-UP**

**Purpose** - The Trunk Stability Push-Up is used to assess trunk stability in the sagittal plane while a symmetrical upper extremity motion is performed.

**Description** - The individual assumes a prone position. The hands are then placed shoulder width apart at the appropriate position per the below criteria, knees fully extended. The individual is asked to perform one push-up in this position. The body should be lifted as a unit; there should be no "lag" in the lumbar spine when performing this push-up. If the individual cannot perform a push-up in this position, the hands are lowered to the appropriate position per the below criteria, and a push-up is performed. The Trunk Stability Push-Up can be performed as many as 3 times.

**Criteria To Score A III**

- Males perform 1 repetition with thumbs above head
- Females perform 1 repetition with thumbs in line with chin

* Lumbar extension should also be cleared after this test, even if a score of III is given. Spinal extension can be cleared by performing a press-up in the push-up position. If there is pain associated with this motion, a zero is given and a more thorough evaluation should be performed.

**Clinical Implications For Trunk Stability Push-Up**

The ability to perform the Trunk Stability Push-up requires symmetric trunk stability in the sagittal plane during a symmetric upper extremity movement. Many functional activities in sport require the trunk stabilizers to transfer force symmetrically from the upper extremities to the lower extremities and vice versa. Movements such as rebounding in basketball, overhead blocking in volleyball, or pass blocking in football are common examples of this type of energy transfer. If the trunk does not have adequate stability during these activities, kinetic energy will be dispersed, leading to poor functional performance as well as increased potential for micro-traumatic injury. Poor performance during this test can be simply attributed to poor symmetric stability of the trunk stabilizers.
TEST #7  ROTATIONAL STABILITY

Purpose - The Rotational Stability test is used to assess multi-planar stability while a combined upper and lower extremity motion is performed.

Description - The individual assumes the starting position in quadruped with their shoulders and hips at 90 degrees relative to the upper torso. The knees are positioned at 90 degrees and the ankles should remain dorsi-flexed. The 2x6 is placed between the knees and hands so they are in contact with the board. The individual then flexes the shoulder and extends the same side hip and knee. The leg and hand are only raised enough to clear the floor by approximately 6 inches. The elbow, hand, and knee that are lifted should all remain in line with the 2x6. The torso should also remain in the same plane as the 2x6. The same shoulder and knee are then flexed enough for the elbow and knee to touch. This is performed bilaterally for up to 3 repetitions. If a III is not attained then the directions should be followed as indicated in the FMS text.

Criteria To Score A III

- Performs 1 unilateral repetition while keeping torso parallel to board
- Knee and elbow touch in line with the board
* Lumbar extension should also be cleared after this test, even if a score of III is given. Spinal extension can be cleared by performing a press-up in the push-up position. If there is pain associated with this motion, a zero is given and a more thorough evaluation should be performed.

Clinical Implications For Rotational Stability

The ability to perform the Rotational Stability test requires asymmetric trunk stability in both sagittal and transverse planes during asymmetric upper and lower extremity movement. Many functional activities in sport require the trunk stabilizers to transfer force asymmetrically from the lower extremities to the upper extremities and vice versa. Running and accelerating out of a down stance in track and football are common examples of this type of energy transfer. If the trunk does not have adequate stability during these activities, kinetic energy will be dispersed, leading to poor performance as well as increased potential for micro-traumatic injury. Poor performance during this test can be simply attributed to poor asymmetric stability of the trunk stabilizers.
EXERCISE PHILOSOPHY

Training Principles

Principle of Specificity
- States that training performed must be specific to the desired outcome. To improve one's training effects for a given event they must be specific in the training in that it must utilize the same muscle and movements of the event.

Principle of Overload
- States that greater than normal loads or stress on the body are required for training adaptations to occur.

Principle of Progressive Resistance
- States that to further training improvements, the resistance must be periodically increased.

Principle of Adaptation
- States that for continuing training effects, programs need variation in that the body will adapt to the repeated stress and the movement will become easier.

Principle of Use/Disuse
- States that in order to maintain or gain training effects you need to use that particular muscle. If you do not, you will lose the training effects
  - “Use it or Lose it”

Seven Program Design Variables

1. Needs Analysis
   a. Evaluations of the Daily Life Activity
      i. Characteristics of the daily life activity
         1. Movement Analysis
            a. Body and limb movement patterns and muscular involvement
         2. Physiological Analysis
            a. Energy System, Strength, Power, Hypertrophy, Muscular Endurance
               i. Hypertrophy – as muscle cross-sectional area increase force production will increase
         3. Injury Analysis
            a. Common joint and muscle injury sites and causative factors
   4. Other
      a. Speed, Agility, Cardiovascular Endurance, Flexibility
2. **Exercise Selection**
   a. Time in which we will choose exercises based off of the movement analysis, physiological analysis, injury analysis, training status, and exercise technique experience
   b. **Exercise Categorization**
      1. Most involve primary muscle groups or body areas and fall into categories based on their relative importance to the athlete’s sport

**Core and Assistance Exercises**
1. **Core Exercises**
   a. Recruit one or more large muscle areas, involves two or more primary joints, and receives priority when selecting exercises because of their direct application to the sport
2. **Assistance Exercises**
   a. Recruit smaller muscle areas, involve only one primary joint (single-joint exercises), and are considered less important to improving sport performance
   b. The common application of assistance exercises is for injury prevention and rehabilitation

**Structural and Power Exercises**
1. **Structural Exercises**
   a. Core exercises that emphasize loading the spine directly or indirectly
   b. Involve muscular stabilization of posture while performing the lifting movement
2. **Power Exercise**
   a. A structural exercise that is performed very quickly
   b. Power exercises are assigned to clients with high velocity movement priorities

**Exercise Classification**
1. Explosive
2. Hip Dominant – Lower Body Pulling
3. Knee Dominant – Lower Body Pushing
4. Horizontal Pulling
5. Horizontal Pushing
6. Vertical Pulling
7. Vertical Pushing

3. **Training Frequency**
   a. Refers to the number of training sessions completed in a given time period – generally a 1 week period

**Considerations**
1. **Training Status**
   a. Look at level of preparedness
   i. This will affect number of rest days needed between sessions
   b. Traditionally 3 workouts per week
c. As a client adapts to training and becomes better conditioned, it is appropriate to consider increasing the number of training days four plus

d. Rest and Recovery
   ii. At least 1 day but no more than 3 between sessions that stress the same muscle groups

e. Training
   iii. Total Body Training
   iv. Split Routine
f. Upper Body/Lower Body
g. Muscle Area – Chest, Shoulders, Triceps

2. Training Load and Exercise Type
a. Clients who train with maximum or near maximum loads require more recovery time prior to their next training session
b. The ability to train more frequently may be enhanced by alternating lighter and heavier training days
c. Note: Upper-body muscle recover more quickly from heavy loading sessions than lower-body muscles
d. Note: Muscle can recover quicker from single joint exercises while multi-joint exercises recovery time is longer
e. Out of Season- 18-22 sets
f. In-Season- 14-18 sets

3. Other Training
a. Must consider speed, agility, speed-endurance training, plyometric training, sport skill practice, job, daily life
b. Physical demand may be high and could play a factor in frequency of training

4. Exercise Order
a. Sequence of resistance exercises performed during one training session
b. Usually exercises are arranged so that an athlete’s maximal force capabilities are available to complete a set with proper exercise technique

4 Common Methods to Resistance Training Order
i. Power, Other Core, Then Assistance Exercises
   a. Multi-joint to single joint exercises
   b. Fatigue – prone to poor technique and at higher risk for injury
   c. Pre-exhaustion
      i. Reverse exercise arrangement
      ii. Purposely fatigue a large muscle group

2. Upper- and Lower-Body Exercises (Alternated)
   a. Alternate upper and lower body exercises
   b. Allows recovery time
   c. Minimal Rest time – Circuit Training

3. “Push” and “Pull” Exercises Alternated
   a. Alternating pushing exercises with pulling exercises
b. Allows rest time ensuring the same muscle groups are not being trained in succession

4. Supersets and Compound Sets
   a. Superset - involves 2 exercises that stress 2 opposing muscles or muscle areas (agonist/antagonist)
   b. Compound Set – involves sequential performance of 2 different exercises for the same muscle group

5. Training Loads and Repetitions
   a. Load – amount of weight assigned to an exercise set
   b. Repetition are inversely related to the load lifted
      i. More reps – less load
      ii. Less reps – more load

Options for Determining Training Load
   i. 1RM
      a. Test for a 1 repetition max on a given exercise (Appendix)
   ii. Estimated 1RM
      a. You can estimate a 1 repetition max by utilizing a conversion chart based off of the number of repetition performed (Appendix)
      b. Ex. 10 reps @ 135lb : my 1RM = 180 lb
         i. Utilized when 1RM testing is not warranted
   iii. Goal Repetitions
      a. Utilizing the number of repetition that will actually be performed
         i. Ex. 6 reps (strength training phase) – can perform at 95 lbs
            – This then is the result of his/her test and the point of reference for that given exercise & reps.

Assigning Load and Repetitions Based on the Training Goal
   1. Assigning the load and repetitions will be based off of the needs analysis that was performed and the primary goal that was determined

Progression of the Training Load
   1. Advancing the exercise loads so that improvements will continue
      a. Timing Load Increases
         i. 2-for-2 Rule
            1. If an athlete can perform 2 or more repetitions over his/her assigned repetition goal in the last set in 2 consecutive workouts for a certain exercise, weight should be added to that exercise for the next training session
            2. Quantity of Load Increases
               a. Relative load increases of 2.5-10%
6. **Volume**  
a. Calculated by multiplying the number of sets by the number of repetitions times the weight lifted per repetition

7. **Rest Periods**  
a. Depends upon client goals and training status

**Periodization**

1. Planned variations or cycles that consider training specificity, intensity, and volume within the overall program.
   
i. Program Goals Through Periodization
   
   1. Reduce the Risk of Injury
      
      a. Increase Strength, Power, Endurance, and Body Awareness
      b. Allow the Athlete to Perform with Peak Strength, Power, Endurance, and Body Awareness during their Competitive Season.
      c. Increase Flexibility
   
   ii. Step Loading Approach
      
      1. Training load increases followed by a phase of unloading during which the athlete adapts and regenerates

a. **Macrocycles**
   
i. Yearly training program broken into four phases – Length depends on individual sport.
   
   2. Preparatory Phase
   
   3. Transition Phase
   
   4. Competitive Phase
   
   5. Transition Active Rest Phase
   
   ii. The yearly training program is designed to achieve greater strength, power, endurance, and body awareness over the course of the year to avoid overtraining as well as injuries.
   
   6. Future yearly program will bank off of the qualities attained during subsequent yearly plans.
      
      a. We do not want the athlete to gain only to fall back during the season. This will limit the athletes growth during their time in the strength and conditioning program ultimately reducing their potential gains in strength, power, and endurance

b. **Mesocycles**
   
i. Greater breakdown of the four phases of the Macrocycle – Length and phase choices depend on individual sport.
1. **Anatomical Adaptation - Preparatory**
   a. Prepare the muscles, tendons, and ligament for the future training programs. Jumping into vigorous strength training will develop the strength of the muscles trained too quickly not allowing the tendons and ligament to keep this same pace. This will increase the risk of injury.
   b. Involve all muscle groups.
   c. Improves the ability of the muscle and muscle attachment to withstand heavier loads in subsequent phases
   d. Training Goal – Anatomical Adaptation
      i. Repetitions
         1. 10 - 20
      ii. Sets
         1. 3 – 6
      iii. Exercise Number
         1. Circuit Training Format
            a. Depends on Work:Rest
      iv. Intensity
         1. 50 – 75% of 1RM
      v. Rest Interval
         1. Work:Rest Ratio 1:1 – 3:1
      vi. Energy System
         1. Aerobic Oxidative System
      vii. Plyometrics – 48 to 72 Hours Between Sessions
         1. Low Impact
            a. ~ 80 – 100 Contacts
            b. Reps > 50
            c. 5 – 10 Sets

2. **Hypertrophy - Preparatory**
   a. Enlargement of muscle fiber size
      i. Improves the ability to develop force
   b. Training Goal – Hypertrophy
      i. Repetitions
         1. 6 – 12 Reps
      ii. Sets
         1. 3 – 6 Sets
         2. SU – Progressive Increase
      iii. Exercise Number
         1. SU – Progressive Decrease
         2. ~ 3 Exercises Per Muscle Group
      iv. Intensity
         1. 67 – 85 % of 1 RM
         2. SU – Last 2 Reps Need Spotter
      v. Rest Interval
         1. 30 sec. – 1.5 min.
         2. Work:Rest = 1:3 , 1:5
      vi. Energy System
1. Phosphogen System (ATP-PCr), Glycolitic System (Lactate)
vii. Plyometrics – 48 to 72 Hours Between Sessions
   1. Low – Medium Impact
      a. ~ 80 – 100 Contacts
      b. Reps < 35
      c. 4 – 8 Sets

3. **Muscle Endurance - Preparatory**
a. Ability of a muscle or groups of muscles to perform repeated contractions against a sub-maximal resistance.
   i. Continuous Tension
   ii. Repetitive Dynamic Contraction
   iii. Prolonged Intense Contractions Coupled with Short Rest Periods
b. Training Goal – Muscle Endurance
   i. Repetitions
      1. Reps > 12
      2. SU – Reps: Varies
   ii. Sets
      1. 2 – 4 Sets
      2. SU – Progressive Increase
   iii. Exercise Number
      1. SU – Progressive Decrease
      2. ~ 2 or 3 Exercises Per Muscle Group
   iv. Intensity
      1. < 67 % of 1 RM
      2. SU – Must Get Minimum Number of Reps
   v. Rest Interval
      1. < 30 sec.
      2. Work:Rest = 2:1, 4:1
      3. SU < 30 sec.
   vi. Energy System
      1. Aerobic Oxidative System
vii. Plyometrics – 48 to 72 Hours Between Sessions
   1. Low – Medium Impact
      a. ~ 80 – 100 Contacts
      b. Reps < 35
      c. 4 – 8 Sets

4. **Maximum Strength – Preparatory**
a. The maximal force that a muscle or group of muscles can generate at a specified velocity
   i. Tempo Training – Varies
      1. Eccentric Contraction – Slow
      2. Isometric Hold – Long
      3. Concentric Contraction – Fast
   ii. Slow Tempo Training removes any bouncing action as well as decreases the elastic energy and stretch reflex associated with the
stretch shortening cycle. In order perform the required movement pure muscle strength must take over enhancing this quality through training.

iii. Eccentric Muscle contractions occur in all sports and need to be trained. This mesocycle is a great time to improve the eccentric strength of the major muscle groups

b. Training Goal – Maximum Strength  
   i. Repetitions  
      1. Reps < 6  
      2. SU – Reps: Varies  
   ii. Sets  
      1. 2 – 6 Sets  
      2. SU – Progressive Increase  
   iii. Exercise Number  
      1. SU – Progressive Decrease  
      2. ~ 2 or 3 Exercises Per Muscle Group  
   iv. Intensity  
      1. < 67 % of 1 RM  
      2. SU – Must Get Minimum Number of Reps Following the Tempo  
   v. Rest Interval  
      1. 2 – 5 min.  
      2. Work:Rest = 1:5 , 1:12  
      3. SU > 2 min.  
   vi. Energy System  
      1. Phosphogen System(ATP-PCr), Glycolitic System(Lactate)  
   vii. Plyometrics – 48 to 72 Hours Between Sessions  
      1. Medium – Low Impact  
         a. ~ 60 – 100 Contacts  
         b. Reps < 25  
         c. 3 – 4 Sets

5. Conversion to Power - Preparatory  
   a. Period where muscle strength is converted in to power and even more specific, sport related explosive strength.  
      i. Movements during this phase are explosive  
      ii. Tempo Training – Varies: Progressively more explosive  
         1. Eccentric Contraction - Slow to Fast  
         2. Isometric Hold - None  
         3. Concentric Contraction – Fast  
      iii. High force production is required to rapidly accelerate and decelerate. Following the maximum strength mesocycle we set the athlete up to enhance their power development through previously training their ability to produce a maximal force.
b. Training Goal – Power: Isotonic Method  
i. Resistance is slightly exceeded by force production  
ii. Repetitions  
   1. Reps 4 - 10  
   2. SU – Reps: Varies  
iii. Sets  
   1. 3 – 6 Sets  
   2. SU – Varies  
iv. Exercise Number  
   1. SU – 2-5  
   2. SU – Varies  
v. Intensity  
   1. 40 % - 80 % of 1 RM  
   2. SU – Must Get Minimum Number of Reps While Following the Tempo  
vi. Rest Interval  
   1. 2 – 5 min.  
   2. Work:Rest = 1:5 , 1:12  
   3. SU > 2 min.  
vii. Energy System  
   1. Glycolitic System(Lactate), Phosphogen System(ATP-PCr)  


c. Training Goal – Power: Ballistic Method  
i. Resistance is largely exceeded by force production  
ii. Training resembles more explosive movements for longer periods of time. Also incorporates plyometric movements.  
iii. Repetitions  
   1. Reps 10 – 20  
   2. SU – Reps: Varies  
iv. Sets  
   1. 3 – 5 Sets  
   2. SU – Varies  
v. Exercise Number  
   1. SU – 2-5  
   2. SU – Varies  
vi. Intensity  
   1. Explosive  
   2. SU – Explosive  
vii. Rest Interval  
   1. 2 – 3 min.  
   2. Work:Rest = 1:5 , 1:8  
   3. SU > 2 min.  
viii. Energy System  
   1. Glycolitic System(Lactate), Phosphogen System(ATP-PCr)  
ix. Plyometrics – 48 to 72 Hours Between Sessions  
   1. Medium – High Impact
a. ~ 30 – 50 Contacts
b. Reps < 15
c. 2 – 3 Sets

6. **Transition 1 – Transition Phase**
   a. During the initial transition phase, variations in training and loading patterns occur with each microcycle.
   b. Movements become very specific for the sport and hit all previously trained mesocycle phases.
   c. All aspects of the sport are taken into consideration during this phase in order to avoid over-training.

7. **In Season – Competitive Phase**
   a. During the competitive, variations in training and loading patterns occur with each microcycle.
   b. Training Goal: Maintain a highly level of strength, power, and endurance previously attained in past mesocycle phases.
   c. Movements are very specific for the sport and hit all previously trained mesocycle phases.
   d. All aspects of the sport are taken into consideration during this phase in order to avoid over-training.

8. **Transition 2 – Active Rest Phase**
   a. During the active rest phase, athletes are instructed to remain active through general conditioning methods (i.e. basketball, racquetball, light weight training, etc.).
   b. This phase is designed to prevent any detraining from occurring during a time of rest and recovery for the body.
   c. The active rest phase is very important in that this time allows the athlete’s body time to recover from a long season. Without this phase the athlete would be more susceptible to overtraining and/or injury.

Note: At the completion of the Active Rest Phase the yearly cycle begins again.
SALISBURY UNIVERSITY EXERCISE LIST

Lower Body

Knee Dominant (LB Pushing)

1. Front Squat
2. Back Squat
3. Back Squat to Toes
4. Squat Jump
5. Squat Jumps w/ Sport Cord
6. Sumo Squat
7. Staggered Squat
8. Box Squat
9. Single Leg Squat
10. Single Leg Squat Rear Foot Elev.
11. Squat & Touch
12. Squat & Row
13. Squat & Rotate
14. 4 Way Squat w/ Sport Cord
15. Squat & Explode Out w/ Sport Cord
16. Lateral Squat
17. Deadlift
18. Trap Bar Deadlift
19. Forward Lunge
20. 4 Way Lunge w/ Sport Cord
21. Side Lunge w/ MB Drop
22. Explosive Side Lunge
23. Transverse Lunge
24. Transverse Lunge w/ Sport Cord
25. Crossover Lunge
26. Crossover Lunge w/ Sport Cord
27. Lunge w/ Twist
28. Lunge w/ Twist & Pass
29. Lunge & Chop
30. Lunge & Change
31. Cross Over Lunge & Change
32. Split Lunge
33. Split Lunge Jump
34. DB Front Step Ups
35. DB Side Step Ups
36. Quick Step Up
37. Bar Step Ups (Front & Side)
38. Crossover Step Ups
39. Single Leg Box Explosion
40. Single Leg Side Box Explosions
41. Skater Jumps
42. Skater Jumps w/ Sport Cord
43. Skater Jumps w/ Lunge
44. High to Low
45. Calf Raises

Hip Dominant (LB Pulling)

1. RDL
2. Single Leg RDL
3. Hamstring Curl
4. Physioball Hamstring Curl
5. Towel Slide Hamstring Curl
6. Glute Ham Raise
7. Walking Lunge
8. Towel Slide Lunge
9. Hip Extension
10. Hip Flexion
11. Hip Abduction
12. Hip Adduction
13. Low to High
14. Lateral Resistor Bands

Explosive

1. Hang Shrug
2. Hang Pull
3. Hang Clean
4. Power Shrug
5. Power Pull
6. Power Clean
7. 1 Arm DB Snatch
8. Snatch
9. Split Jerk
10. Push Jerk
11. Clean Combo
12. Jerk Combo

Plyometrics (Single/Multiple Response)

1. Line / Hurdle Jumps
2. Line / Hurdle Hops
3. Box Jumps
4. Depth Jumps
5. Reactive Jumps

To increase intensity, unstable surfaces can be added – Airex Pad, Dyna Disc, Bosu Ball.
# SALISBURY UNIVERSITY EXERCISE LIST

## Upper Body

### Horizontal Pressing

1. Bench Press (Reg, Board, Iso)  
2. Incline Bench Press  
3. Bench Press w/ Tubing  
4. DB Bench Press  
5. DB Bench Press - 90°  
6. Alternate DB Bench Press  
7. Incline DB Bench Press  
8. Jammer Press  
9. Single Leg/Arm Jammer Press  
10. Lying MB Chest Press Explosion  
11. Push-Ups  
12. Push-Ups w/ Resistance  
13. Plyo Push-Ups  
14. MB Push-Ups  
15. Lunge & Chest Press w/ Tubing

### Vertical Pulling

1. Lat Pull Down  
2. Alternate Lat Pull Down  
3. Pull-Ups  
4. Chin-Ups  
5. DB Pullover  
6. Shrugs  
7. Tubing Shrugs  
8. 3 Way Shoulders  
9. Shoulder Circuit  
10. Biceps Curls  
11. Reverse Curls  
12. Hammer Curl  
13. Straight Bar Curls  
14. Robo Curls  
15. 3 in 1 Curls  
16. Triceps Pull Down

### Horizontal Pulling

1. Seated Row  
   a. Single Arm  
   b. Double Arm  
2. Alternate Seated Row  
3. Face Pulls  
4. Lying Row  
5. Single Leg, Single Arm Row  
6. Bent Over Row  
7. DB Bent Over Row  
8. Landmine Row  
9. Tubing Row  
10. Lawnmower Row  
11. Band Pull Aparts

### Vertical Pressing

1. Lunge & Overhead Press  
2. Military Press  
3. DB Military Press  
4. Alternate Military Press  
5. Push Press  
6. Arnold Press  
7. Triceps Push Down  
8. Triceps Extension  
9. Lying Triceps Extension

### Shoulder Stability

1. Lateral Resistor Bands – Stability  
2. Physioball Shoulder Stability  
3. Rotator Cuff Training

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## Core: Anti-Rotation

1. Half Kneeling Chop  
2. Half Kneeling Lift  
3. Dynamic Chop Series  
4. Dynamic Slam Series  
5. Anti-Rotation Holds  
6. Landmine  
7. Towel Slide Anit-Rot.

## Core: Anti-Ext/Anti-Lat Flex/Hip Stab

1. Plank Series  
2. Roll-Out Series  
3. Towel Slide Series  
4. Anti-Extension Holds/Movement  
5. Anti-Rotation Holds/Movement  
6. Bridge Series  
7. Quadruped Series
Exercise Technique Ques

Squat
1. Pre-Squat
   a. Athletic Stance
   b. Spread the Chest
2. Descent
   a. Back then Down
   b. Sit on the Box
   c. Bottom of Thigh Parallel
3. Ascent
   a. Explode the Hips
   b. Drive

Deadlift
1. Setup
   a. Athletic Address just Off Bar
   b. Hands Outside
   c. Set the Hips
2. Ascent
   a. Drive the floor
   b. Glute Squeeze
   c. Lockout – No Lean
3. Descent
   a. RDL
   b. Drop

Clean
1. Setup
   a. Floor, Below Knee, Above Knee
   b. Athletic Stance
2. Movement
   a. Scoop
      i. Heel Toe Rock
      ii. Explode the Hips
   b. Shrug
   c. Pull
   d. Catch
      i. Sit Back

Bench Press
1. Setup
   a. Grip – Parallel & Perpendicular
   b. Closed
2. Descent
   a. Parallel & Perpendicular
   b. Body Tight
   c. Nipple Line to Xiphoid
3. Ascent
   a. Push
      i. Body into Bench
      ii. To Extension
Core Training Exercises

A: Plank/Bridge Series: Holds are 30sec Max

1. Front Plank: Anti-Extension
   a. Forearms and Knees – Short Lever
   b. Forearms and Toes – Long Lever
   c. Single Leg – Short Lever
   d. Single Leg – Long Lever
   e. Single Arm – Short Lever
   f. Single Arm – Long Lever
   g. Above with Feet Elevated
2. Front Plank: Anti-Rotation
   a. Scorpion Under – Long Arm
   b. Scorpion Under – Short Arm
3. Side Plank: Anti-Lateral Flexion
   a. Side Plank – Short Lever
   b. Side Plank – Long Lever
   c. Side Plank Jack and Hold
   d. Side Plank w/ Movement
   e. Above with Feet Elevated

B: Roll-Out Series:

1. Stability Ball: Anti-Extension
   c. Knees w/ Roll Out
   d. Feet w/ Roll Out
2. Ab Wheel: Anti-Extension
   e. Knees w/ Roll Out
   f. Multi-Directional
C: Towel Slide Series:

1. Hand Slides: Anti-Extension
   a. Knees
   b. Feet Walking
   c. Hands Out to In
2. Feet Slides: Anti-Extension
   a. Feet Only
   b. Feet w/ Hands Walking
   c. Feet Out to In
3. Combo Slides: Anti-Extension
   a. Hands & Feet
4. Rotation Slides: Anti-Rotation
   a. Hands with Feet Walking Rotationally

D. Anti-Extension Holds

1. Overhead Hold – Resistance Rear
   a. Paloff Press
   b. 2 Foot Hold
   c. 1 Foot Hold
   d. Angles
2. Overhead Holds – Resistance Front
   a. Paloff Press
   b. 2 Foot Hold
   c. 1 Foot Hold
   d. Angles

E. Anti-Rotation Holds

1. Push Series – Various Angles
   a. Double Leg Hold
   b. Single Leg Hold
2. Rotational Holds – Various Angles
   a. Paloff Press
   b. Double Leg Hold
   c. Single Leg Hold
F. Chop Series: Anti-Extension & Rotation

1. Diagonal Chop – Down

2. Diagonal Chop – Up
3. Overhead Chop – Down

![Overhead Chop – Down](image1)

4. Overhead Chop – Up

![Overhead Chop – Up](image2)

5. Same Side Rotation

![Same Side Rotation](image3)
G. Slam Series: Anti-Extension & Rotation

1. Overhead Slams - Down

2. Overhead Toss - Up
a. Diagonal Slams - Down

4. Same Side Toss
5. Angle Toss

6. Reverse Toss
ROTATOR CUFF, SCAPULAR STABALIZATION, & FOREARM TRAINING

Rotator cuff strength and scapular stabilization are extremely important to all overhead motion athletes. With the added stress of the overhead motion, inadequate strength, endurance, and muscle balance in the shoulder complex can lead to various shoulder and elbow injuries. With a long season ahead it is imperative to train the rotator cuff, scapula, and forearms to help reduce your risk of injury.

ROTATOR CUFF & SCAPULAR STABALIZATION EXERCISES

1. External Rotation

2. Internal Rotation
3. Scapular Pinch

4. Scapular Pinch & Row

5. Pinch, Row, Externally Rotate
6. Horizontal Abduction

7. Sagittal Adduction

8. Diagonal Abduction
9. Tubing Punch

10. Scapular Depression
FOREARM EXERCISES

11. Wrist Flexion

12. Wrist Extension

13. Forearm Pronation
14. Forearm Supination

15. Ulnar Deviation
16. Radial Deviation

17. Grippers – 30 to 45 second hold
SPEED, AGILITY, CONDITIONING PROGRAM

Speed, Agility, and Conditioning are three major components of sport that need to be trained just like strength, size, and power are developed in the weight room. It is true that no matter what your genetic disposition for speed and agility may be, you can enhance these qualities to some degree with proper training. Training needs to progress to mimic patterns and energy systems that will enhance these three important qualities of sport. Below is a yearly training progression followed by Salisbury University.

A. Movement Mechanics:  \textit{Periodization is based off of athletic ability}
1. Basics Patterns through Basic Drills
   1. Acceleration, Deceleration
   2. Warm-Up: Movement & Pattern Based
2. Advanced Patterns through Basic Drills to Advanced Drills
   1. Open Steps, Crossover Step, Drop Steps, Rocker Step, Inside Turns, etc.
   2. Warm-Up: Movement & Pattern Based
3. Drills
   1. Wall Runs, Falling Starts, Progressive Steps, Line Stops
   2. 1-2 step (Open, Cross, etc), Basic Cone Drills (4 Cone, Zig Zag, etc)
      1. Emphasis is Technique

B. Metabolic Conditioning:  \textit{Periodization is based off of athletic ability}
1. Advanced Patterns through Basic Drills to Advanced Drills
   1. Warm-Up: Movement & Pattern Based
   2. Open Steps, Crossover Step, Drop Steps, Rocker Step, Inside Turns
   3. Interval Based = 1:1 or 1:2 work:rest ratio
4. Drills
   1. Basic Cone Drills (4 Cone, Zig Zag, etc)
   2. Pattern Cone Drills

C. Speed Development:  \textit{Periodization is based off of athletic ability}
1. Advanced Patterns through Advanced Drills
   1. Warm-Up: Movement & Pattern Based
   2. Interval Based = 1:3 or 1:4 work:rest ratio
      1. Need Recovery
      2. Work Load: 90% or Max HR
   Drills
   1. Pattern Cone Drills
   2. Resisted Pattern Cone Drills (Post Activation Potentiation)
   3. Game Like Chaos Movements

When looking to improve speed there are only five ways for this to occur.

1. Improve Sprinting Form and Technique
2. Improve Starting Ability – First Step Quickness
3. Increase Stride Length – Distance covered heel to heel on 1 stride
4. Increase Stride Frequency – Number of Steps Taken Per Second
5. Improve Ground Contact & Flight Time

Remember: \hspace{1cm} \text{Speed} = \text{Stride Length} \times \text{Stride Frequency}
KEYS TO IMPROVING SPRINTING TECHNIQUE

1. Arms
   a. Relaxed and kept close to body
   b. Hands move from hip to chin height at the shoulder and bent at 90*
   c. Facilitate leg action

2. Start
   a. Body weight evenly distributed
   b. Explosive push-off: Toes Up, Heels Up, Knee Up
   c. Trunk Angle ~ 45* from horizontal
   d. Good, strong arm action – Drive elbow back

3. Acceleration
   a. Good stride frequency to length ratio - Toes Up, Heels Up, Knee Up
      i. Rapid Ground Contact
      ii. Rapid Recovery Time
   b. Trunk Angle – moves to upright position
   c. Head Relaxed & Neutral

4. Max Speed
   a. Stride rate to length – Rapid Contact & Recovery Time
   b. Body relaxed

SPRINT TECHNIQUE DRILLS – Toes Up, Heels Up, Knees Up

*Allow body plenty of time to recover. Performing these drills while tired will not help to improve technique and can lead to improper form and wasted motions.

1. Seated/Standing Arm Swing - In a chair work on correct arm movement swinging from the shoulder moving hip to chin while bent at 90* and relaxed. Drive elbows back
   a. 2 x 5 - 30 seconds each with 15 second rest between repetitions
2. Cycling – Lying on your side, cycle one leg through the sprinting action
3. Fast Claw – Standing, cycle one leg through the sprinting action
4. Ankling – Forward quick shuffle of the feet with good running posture and steps over the opposite ankle as quickly as you can. Get on the ground and off as quick as possible.
5. High Knees - Quick knees drive, body angle slightly forward - Key is quick repetitions
6. Heel Flicks - Good, quick recovery leg - taking the heel to the hip - Key quick repetitions
7. Skips – Good, quick skipping action moving forward. Good arm action. - Quick reps
8. A-March - Heel to butt, knee up, toe up, foot strikes under hip, stay tall through hips
9. A-Skip - Same as above, add a hop to each foot strike, quick contact with the ground
10. A-Run - Same as above, add a run (High Knees) to each foot strike, quick contact with the ground. Think step up and over other knee
11. Backward Stride – Sprint mechanics backward. Cue: Step back through the window, grab the foot under the body. Diminish synergistic dominance.
12. **Shake-Ups** - Straight leg shuffle - Pretend shoes are tied together: High foot speed

13. **Wall Runs**

   a. **Linear 2 Arms** – Facing the wall with 2 arm in contact with and feet behind the hips (45 to 47 degree angle).
      i. **Singles** – Single leg movement
      ii. **Doubles** – Double leg movement
      iii. **Triples** – Triple Leg Movement
   
   b. **Linear 1 Arm** – Facing the wall with 1 arm in contact, feet behind the hips, with other arm moving opposite of the lower body.
      i. **Singles** – Single leg movement
      ii. **Doubles** – Double leg movement
      iii. **Triples** – Triple Leg Movement
   
   c. **Lateral 1 Arm** – Facing parallel to the wall with closest are in contact with the wall.
      Feet are outside of the hips with other arm moving opposite of the lower body.
      i. **Singles** – Single leg movement
      ii. **Doubles** – Double leg movement
      iii. **Triples** – Triple Leg Movement

**FIRST STEP QUICKNESS DRILLS – Primary Energy System: ATP-PCr and LA**

1. **Falling Starts** – Sit your hips back slightly, fall forward as far as possible; when you feel as if you are going to fall, facilitate a good leg drive and explode for ~ 10 yard.

2. **Stride Starts** – 10 step explosive movement over hurdles or cones that progressively increase in distance from one another forcing you to increase stride length correctly.

3. **Crossover Power Step** – 10 step explosive movement crossing over with the left while pushing off with the right.
   a. Normal
   b. Sport Cord

4. **Open Step** – 10 step explosive movement stepping out with you lead foot in the direction you want to go in a quick fashion.
   a. Normal
   b. Sport Cord

5. **Drop Step** – 10 step explosive movement turning your hips and stepping back and out.
   a. Normal
   b. Sport Cord

6. **Wheel** – Utilizing straight ahead movements explode to cone 1, backpedal slow to center. Continue this pattern around the wheel until you get back to your original starting position. As you feel comfortable incorporate the crossover step, open step and drop step techniques into the wheel.
7. **Ball Drops** – Approximately 6 feet from the start line, one partner will drop a ball to the ground from head height. The other partner, at the start line and in ready position, will explode in the direction toward the ball and try to catch the ball before it bounces a second time.

8. **Wall Ball** – Facing away from the wall, a partner throws a tennis ball off of the wall. Once the ball passes you, you must explode and get it within one to two bounces.

**ACCELERATION DRILLS – Primary Energy System: ATP-PCr and LA**

1. **Pick Up Sprints** – Jog at 50% for 10 yards, increase the pace to 75% for 10 yards, sprint (100%) for 15 yards, breakdown in 5 yards, walk back to beginning

2. **Acceleration Sprints** – Jog 10 yards, sprint 10 yards, jog 10 yards, sprint 10 yards, breakdown in 5 yards, walk back to beginning

3. **10:10:10** – Walk, Jog, Sprint: Walk for 10 seconds, Jog for 10 seconds, Sprint for 10 seconds. Repeat this activity for 15 repetitions. Utilize the walk as your recovery time. Do not allow yourself extra rest time, as you are training to improve our ability to accelerate while also improving your ability to recover at a faster rate. Improving recovery rate will allow you to perform the required activity at, or close to full speed again and again, much like the demands found on the field.

4. **Assisted Running** – Utilizing the sport cord or tubing, have the partner holding the end of the cord walk back as far as possible. On their signal the runner will explode and take off running with good form in the direction of the holder. Begin to decelerate just after you pass the holder. This drill will help to increase stride rate, stride length, and speed in short distance.

5. **Resistive Running** – Utilizing the sport cord or tubing, have the partner wearing the cord walk out as far as possible. On the holders signal the runner will explode and take off running with good form in the direction of the holder. Begin to decelerate just after you pass the holder.

6. **Down Hill Running** – Utilizes the same principles as assisted running if you are unable to use the cord or tubing. Attempt to find a 50 yard area with a hill that has a 1 to 2.5 degree slope. Sprint 20 yards on a flat surface, sprint 15 yards downhill, finish by sprinting 15 yards on a flat surface. This type of running will develop the increased stride rate and stride length by allowing you to carry the increased rate and length attained during the down hill phase over to the flat surface phase.

**DECELERATION/ACCELERATION TRAINING – Primary Energy System: ATP-PCr and LA**

1. **Start, Stop, Cut, and Accelerate Drill** – Begin by running at full speed, break down, and accelerate toward instructed direction. Vary Starting Directions
   a. Visual cues can be given to make activity resemble sport

2. All sprint drills can involve deceleration training. To modify, add a deceleration aspect following the sprint training. Place a cone 5 yards from the previous ending point. Accelerate to the last cone and stop by the new deceleration cone that was added to the drill.
SPEED ENDURANCE – Primary Energy System: ATP-PCr and LA
Goal: To improve VO2-max and increase lactate threshold

1. **Gassers**
   a. **Shuttle Run** – Sprint 50 yards, stop and change direction, sprint 50 yards. Continue until you have reached the appropriate distance
      i. 3 x 200
      ii. Build to 3 x 300, 3 x 400
   b. **10:10** – Sprint for 10 seconds. Rest for 10 seconds
   c. **Down & Back** – Sprint 50 yards down and back (100 yards total) in 15 seconds or less. Rest 30 seconds and run again

2. **Interval Drills**
   a. **10 X 100 in 10 Minutes** – Run ten 100 yard runs in ten minutes. Sprint 100 yards, turn and jog back, walk when 20 yards from start. Should take 1 minute. Repeat for 10 repetitions.
   b. **Power Alleys** – Jog 15 yards, Sprint 30 yards, Walk 10 yards. Repeat for 10 Repetitions
   c. **Two-Fers** – Hard Jog for 100 yards (50 up & 50 back), when you get back – sprint up and back 10 yards for 10 repetitions; Hard Jog for 100 yards (50 up & 50 back) when you get back – shuffle up and back 10 yards for 10 repetitions; Hard Jog for 100 yards (50 up & 50 back) when you get back – sprint up and back 10 yards for 10 repetitions

3. **Gauntlet**
   a. Run 1 mile as fast as possible (Goal time is 6:00 to 6:15)
   b. Rest 1 minute
   c. Run ½ mile as fast as possible (Goal time is 3:00 to 3:07)
   d. Rest 1 minute
   e. Run ¼ mile (440 yards) as fast as possible. (Goal time is 1:30)
   f. Rest 1 minute
   g. Run ½ lap (220 yards) as fast as possible (Goal time is 45 seconds)
   h. Rest 1 minute
   i. Run ¼ lap (110 yards)

4. **Pacer Run**
   a. Is a progressive cardiovascular run that measures aerobic capacity. Utilizing cones or painted lines, mark off 21 yards and 32 inches (20 meters). The provided CD has the pacer cadence that increases in intensity as you run. The program will tell you when to begin, from that point you must run to the 20 meter line prior to the next beep. When you here the next beep you will progress back to the start. If you reach the line prior to the beep you must wait until you hear the beep to progress back to the next line. Continue running back and forth remembering the intensity will progressively increase. The activity is complete as soon as you do not reach the intended line before the beep sounds. Each time you run 20 meters counts as 1 lap. Keep track of your laps and record your final lap count so that you can see your improvements over the course of the summer.
5. **150 yard shuttle**
   a. Place a cone at your starting point and pace out 5 yards and place the next cone down. Not including your starting cone, you should have five cones in front of you at 5, 10, 15, 20, and 25 yards. Sprint from the starting cone to the first cone and back, second cone and back, and so on. Do 10 sets. Goal time is 40 seconds on the first 5 shuttles and 45 seconds on the second five shuttles. Rest time is 30 seconds between shuttles. Completion is 10 shuttles.

6. **200 yard shuttle**
   a. Place a cone at your starting point and then one at 10, 20, 30, and 40 yards. Sprint from the starting cone to the first cone and back, second cone and back, and so on. Do 10 sets. Goal time is 45 seconds on the first 5 shuttles and 50 seconds on the second 5 shuttles. Rest time is 45 seconds between each shuttle. Completion is 10 shuttles.

7. **300 yard shuttle**
   a. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:15. Rest 1:15 seconds between each shuttle. Completion is 5 shuttles.

8. **20’s, 40’s, 60’s, 80’s, 100’s**
   a. Do the required number of 20 yard sprints then go immediately to the 40’s then immediately to the 60’s, 80’s, and 100’s. Rest 15 seconds between each sprint.

9. **50 Sprint Workout**
   a. Place a cone at the starting line and out at 10, 20, 30, 40, & 50 yards. Sprint out to the 50 yard cone, run through the line. Walk back to the end line for your rest time then sprint the second 50 yard sprint back to the start line. Do ten of the 50 yard sprints. Walk back to the start line then sprint to the cone marking the 40 yard sprint. Again run through the line, walk back to it and sprint back to the start line. Do ten of the 40 yard sprints. Do the same for the ten 30 yard sprints, ten 20 yard sprints, and ten 10 yard sprint.
10. **Position Drill (Football)**

   a. This drill is designed to represent a series of plays on the field and the metabolic demands to perform at your peak each play. The drill begins at the goal line. The idea of the drill is to sprint at game speed the required yardage for your position each play of a series. The drill last for 3 series’. In between each play you have a few choices as to your recovery time. One, you may jog back to the line you started at (incomplete pass) and rest for 10 seconds. Two, you may stay at the yardage you sprinted to (completed pass) and rest 15 seconds. Three, you may sprint back to the starting yard line with no rest (hurry up offense). Four, any play of your series you may sprint back to the goal line and rest for 40 seconds (interception w/ return & tackle at goal line). I highly encourage you to vary your rest selections as the game will occur in a varied fashion. Please see next page for the drill.

<table>
<thead>
<tr>
<th><strong>O &amp; D Line</strong></th>
<th><strong>LB, RB, K, QB</strong></th>
<th>** Receivers &amp; DB**</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Series 1</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play 1</td>
<td>8 yards</td>
<td>14 yards</td>
</tr>
<tr>
<td>Play 2</td>
<td>12 yards</td>
<td>7 yards</td>
</tr>
<tr>
<td>Play 3</td>
<td>4 yards</td>
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<td>Play 4</td>
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<td>Play 7</td>
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<td>Play 8</td>
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</table>

Recover: 2 minutes week 1 & 2  Recover: 1:45 week 3 & 4  Recover: 1:30 week 5 & 6

<table>
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Recover: 2 minutes week 1 & 2  Recover: 1:45 week 3 & 4  Recover: 1:30 week 5 & 6

<table>
<thead>
<tr>
<th><strong>Series 3</strong></th>
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<td>Play 7</td>
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<tr>
<td>Play 9</td>
<td>5 yards</td>
<td>20 yards</td>
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AGILITIES – Primary Energy System: ATP-PCr and LA

1. **Ladder Drills**
   a. Various Drills – See Warm-Up Section
      i. Linear & Lateral
         1. Combination
         2. Change Ladder Direction
         3. Change Ladder Length
         4. Add Hurdles

2. **4 Cone Box Drills**
   a. Set up cone 10 yards apart in a box shape. Move around the cones using any combination of movement you choose. Vary your directions and add diagonal movements across the middle.
      i. Movements include: sprint, shuffle, backpedal, carioca

3. **7 Cone Zigzag Drill**
   a. Stager cones in two lines 10 yards from each other. Zigzag through the cones using various movement patterns. Movement patterns include: sprint, shuffle, backpedal, carioca, sprint & backpedal, etc.
4. **“T” Drill**
   a. Cones are in the shape of a T. Use various movement patterns through the drill. Movement patterns include: sprint 10 yd, shuffle 5 yd, shuffle 10 yd, backpedal 10 yd; sprint all; shuffle 10, sprint 5, backpedal 10 sprint 5, shuffle 10; carioca 10, backpedal 5, sprint 10, backpedal 5, shuffle 10; etc.

5. **5-10-5** – With three cone set up 5 yards apart from one another in a straight line, start at the middle cone perform a movement pattern 5 yards, turn use a movement pattern 10 yards, turn, and use a movement pattern back to start. Movement patterns include: sprint, backpedal, shuffle, carioca, combination, etc.

6. **60 Yard Shuttle Run** – In a continuous sequence, begin at the first cone, sprint to the second and back, sprint to the third and back, and finally sprint to the fourth cone and back. Cones should be set 5 yards apart and in a straight line.
7. **Cone Toss**
   a. Have athlete throw cones in any direction. Develop an agility drill that utilizes directional change, acceleration, and deceleration that resembles movements found in the sport.

8. **Triangle**
   a. Move laterally from cone 1 to cone 2 leading with your left shoulder (shuffle), then move laterally from cone 2 to cone 3 leading with your right shoulder (shuffle), then backpedal back to cone 1. When doing this drill do not use cross-over steps. Perform the triangle three times continuous then a one minute rest. **Completion is found after 9 total Triangles.**

![Diagram of Triangle]

9. **Scramble Drill**
   a. Start standing in the middle touching cone 1. Sprint and touch cone 2 then back to cone 1, then to cone 3 and back to cone 1, **continue until you have gone completely around three times.** Keep your body facing the same direction at all times. Rest for one minute after going around three times. **Completion is found after 9 total scrambles.**

![Diagram of Scramble Drill]
Rope Jumping

1. Using a single jump (one turn in one jump, no double bounce) you will perform 100 jumps of each type of jump. **The goal of the activity is for you to jump as fast as you can and as efficiently as you can.** If performed correctly, this activity should take 6 to 10 minutes. A great goal to set would be to not miss less than 5 jumps.
   a. **Basic Jump** – Jump with feet together.
   b. **Alternate Foot Step** – Jump with alternate foot, like jogging.
   c. **Skiers Jump** – Jump to the right, then to the left. Alternate.
      i. Note: Keep feet together and torso straight ahead. Result should look like a skier’s slalom.
   d. **Bell Jump** – Jump a few inches forward then back. Results should look like a clapper of a bell.
   e. **Alternate Foot High Step** – Jump with alternate foot, and high knees.
   f. **Basic Jump** – Jump with feet together

Fast Footwork

1. All fast footwork is done on a line
   a. You may use a piece of tape, line on a floor – 2 yards
   b. Jumping – 2 Feet Together
   c. **Time:** Work 30 seconds, **Rest** 30 seconds
      i. Jump Forward and Back
      ii. Criss-cross: Back and forth over the line
      iii. Jump Sideways Over and Back
      iv. Square: stand in a spot, jump to the left, up, right, back
      v. + Jump – start in the center of the +, jump forward then jump backwards back to the spot, jump to the right then jump back to the spot, jump backwards then jump forward back to the spot, jump left then jump right back to the spot
   d. Hoping – 1 Foot
   e. **Time:** Work 15 seconds, **Rest** 15 seconds
      i. Hop Forward and Back: Left & Right
      ii. Hop Sideways Over and Back: Left & Right
      iii. Square: stand in a spot, hop to the left, up, right, back
      iv. Left & Right
      v. + Hop – start in the center of the +, hop forward then hop backwards back to the spot, hop to the right then hop back to the spot, hop backwards then hop forward back to the spot, hop left then hop right back to the spot
1. Shallow End Warm-Up
   a. Ankling – Quick short steps
   b. High Knee Run
   c. Heel Flick Run
   d. Knee Drive Skip
   e. Heel Flick Skip
   f. Skip Up and Over

2. Shallow End Runs (Width Running)
   a. Extreme Shallow
      i. 5 Sets of 6 Reps
         1. Up – Back = 1
         2. 10 sec between every 2 reps
   b. Waist Deep (width Running)
      i. 5 Sets of 6 Reps
         1. Up – Back = 1
         2. 10 sec between every 2 reps

3. Deep End Sprints – Float Belt Needed x 2 sets
   a. 20 sec. on
   b. 15 sec. off
   c. 25 sec. on
   d. 15 sec. off
   e. 30 sec. on
   f. 15 sec off
   g. 35 sec. on
   h. 20 sec. off
   i. 40 sec. on
   j. 40 sec off
   k. 35 sec. on
   l. 20 sec. off
   m. 30 sec. on
   n. 20 sec. off
   o. 25 sec. on
   p. 15 sec. off
   q. 20 sec. on
   r. 40 sec. off
   s. 60 sec. on

4. Length Kicks – Kickboard Needed
   a. 6 Lengths
      i. Up – Back = 1
      ii. 10 sec. Rest Between Lengths
# Plyometric Program

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Drills</th>
<th>Sets x Reps</th>
<th>Rest Interval</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>1, 2, 3</td>
<td>- 6 Low Intensity</td>
<td>- 2 x 10 Single Response</td>
<td>2 min</td>
<td>2 x week</td>
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<tr>
<td></td>
<td>- 3 Low</td>
<td>- 2 x 10 Single Response</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 3 Medium</td>
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</tr>
<tr>
<td>4, 5, 6</td>
<td>- 3 Low</td>
<td>- 2 x 10 Single Response</td>
<td>2-3 min</td>
<td>3 x week</td>
</tr>
<tr>
<td></td>
<td>- 3 Medium</td>
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<tr>
<td>7, 8, 9</td>
<td>- 6 Medium</td>
<td>- 3 x 10 Single Resp 3 Multiple Resp</td>
<td>2-3 min</td>
<td>3 x week</td>
</tr>
<tr>
<td>10, 11, 12</td>
<td>- 3 Medium</td>
<td>- Med 3x10, MR High 2x10, SR</td>
<td>2-3 min</td>
<td>3 x week</td>
</tr>
<tr>
<td></td>
<td>- 3 High</td>
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</tr>
<tr>
<td>13, 14, 15</td>
<td>- 4 High</td>
<td>- Non-Box 3x10 Box 2-3x10 2 Single Resp 2 Multiple Resp</td>
<td>2-3 min</td>
<td>3 x week</td>
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Alternate – Linear & Lateral Plyometric Days
Plyometric Exercises

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<tr>
<th>Low Intensity</th>
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<tbody>
<tr>
<td>- Line Jumps</td>
<td>- Pike Jump</td>
<td>- Double Leg Vertical</td>
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<tr>
<td>- Line Hops</td>
<td>- Tuck Jump</td>
<td>- Power Jump</td>
</tr>
<tr>
<td>- Squat Jump</td>
<td>- Standing Triple Jump</td>
<td>- Single Leg Vertical</td>
</tr>
<tr>
<td>- Split Squat Jump</td>
<td>- Standing Long Jump</td>
<td>- Power Jump</td>
</tr>
<tr>
<td>- Cycled Split Squat</td>
<td>- Double Leg Zig-Zag Hop</td>
<td>- Single Leg Tuck</td>
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<tr>
<td></td>
<td>- Single Leg Zig-Zag Hop</td>
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<tr>
<td></td>
<td>- Alternate Leg Bound</td>
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<tr>
<td>- Box Jump : Under 12&quot;</td>
<td>- Box Jump 12” – 18”</td>
<td>- Depth Jump Landing</td>
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<tr>
<td>- Quick Foot Taps</td>
<td>- Lateral Box Jump : 18-</td>
<td>- Box Jump : Over 18”</td>
</tr>
<tr>
<td>- Lateral Box Touches</td>
<td>- Single Leg Box Jump</td>
<td>- Reactive Jump</td>
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<tr>
<td></td>
<td></td>
<td>- Off &amp; Up</td>
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<tr>
<td></td>
<td></td>
<td>- Off &amp; Sprint</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Off &amp; On</td>
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<tr>
<td></td>
<td></td>
<td>- Lateral Box Jump : 18+</td>
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</table>
SPORTS NUTRITION RECOMMENDATIONS

Although many athletes and coaches are aware of the importance of nutrition, they don’t know how to apply what they know. For example, they know that carbohydrates are the primary fuel for exercising muscle. But when it comes to making food choices, they have no idea what high carbohydrate food is or how much they should eat. Yet deficiencies in consumption of energy, nutrients, electrolytes and/or water can hinder athletic performance.

The off-season is the time when good nutritional habits are developed allowing one’s body to be ready to perform at its highest level possible come season time. Poor eating habits both out of season and in season will hinder the body’s athletic performance possible resulting in poor performance on the field of play. You as an athlete should make your nutritional intake a priority in terms of looking to improve your overall athletic ability and performance.

Below is a planned overall view looking at sports nutrition. This is very valuable to you because it can help eliminate any misconceptions you may have as well as allow you to design appropriate eating habits.

TARGET SPORTS DIET

- 60 to 70 % Carbohydrates
- 20 to 25 % Fat
- 10 to 15 % Protein

CARBOHYDRATES

- Carbohydrates are one of the primary fuels used by muscles during exercise
- High intensity exercise use mainly carbohydrates as their energy source
- Carbohydrates are stored as glycogen which is stored in the liver and muscles
- During long intense workouts, large amounts of these glycogen stores are depleted. You should replace these glycogen stores after completing your workouts within 2 hours after exercise with complex carbohydrates
- Two kinds of Carbohydrates
  - Simple Carbohydrates
    - Fruits, juice, soda, fruit drinks, cookies, milk, frozen yogurt, jellies, syrups
  - Complex Carbohydrates
    - Rice, breads, cereal, muffins, rolls, waffles, potatoes, corn, peas, pasta, low fat milk
- Try and stay away from simple carbohydrates prior to working out or play as they can lower your blood sugar levels making you feel tired and unable to perform at your best.
PROTEIN

- The main role of protein in the body is tissue repair and growth. Smaller amounts are required for many metabolic reactions. Only about 5 to 15% of energy used for exercise is supplied by protein. If your diet is high in carbohydrates, less protein is used for energy. This is preferred since tissue repair and growth will need to occur at optimal levels during our phases of training.

NEEDS

- Adults = 0.4 to 0.6 grams per lb of body weight
- Adult Building Muscle = 0.6 to 0.9 grams per 1 lb of body weight

Types of foods that supply protein

- Cheese, eggs, tuna, red meat, chicken, milk, whole grain cereal, past, rice with beans
- Choose lean protein – low fat lean meats

FAT

- Provides energy
- Protects Carbohydrate Stores
- Two Kinds of Fat
  - Saturated Fat
    - Chocolate, oils, fried foods, sour cream
    - Major contributor to heart disease
  - Unsaturated Fat
    - Canola Oil

Quick Facts on Fats

- Margarine is not any better than butter
- Avoid Hydrogenated Fat (Pre-Packaged Meals)
- Remove Skin and all Visible Fat from Meats
- Avoid Fried Foods
- Choose foods that are baked, boiled, steamed, poached, or roasted

* The key to gaining muscle mass is to consume enough total calories from a diet high in carbohydrates to cover energy needs, so dietary protein is spared for muscle growth.

CALORIC NEED

Body Weight x 23

- Number of Calories needed per day
FLUID INTAKE

Body Weight x .67

- Number of fluid ounces need per day

When to Drink Fluids (H₂O)

- 16 ounces before bed
- 16 ounces as soon as you get up
- 17 ounces 2 hours prior to workout/practice
- 8-16 ounces 15 minutes prior to workout/practice
- 4-8 ounces every 15 minutes during exercise
- Post exercise/workout: 24 ounces for every pound lost during exercise

DAILY EATING SCHEDULE

<table>
<thead>
<tr>
<th>MEAL</th>
<th>TIME</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>Meal 1**</td>
<td>8:00am</td>
<td>Breakfast List</td>
</tr>
<tr>
<td>Meal 2</td>
<td>10:00am</td>
<td>Snack List</td>
</tr>
<tr>
<td>Meal 3</td>
<td>12:00pm</td>
<td>Lunch List</td>
</tr>
<tr>
<td>Meal 4</td>
<td>3:00pm</td>
<td>Snack List</td>
</tr>
<tr>
<td>Meal 5</td>
<td>6:00pm</td>
<td>Dinner List</td>
</tr>
<tr>
<td>Meal 6</td>
<td>9:00pm</td>
<td>Snack List</td>
</tr>
</tbody>
</table>

** Breakfast is the most important meal of the day

- 6 meals a day will help to elevate your metabolism while maintain a high level of energy of the course of the day
# MEAL LIST

## Breakfast List

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Carbohydrates</th>
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<tbody>
<tr>
<td>Egg Whites or Substitute</td>
<td>Whole Wheat Bread or Bagel</td>
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<tr>
<td>Low-Fat Cottage Cheese</td>
<td>Non-Fat Yogurt</td>
</tr>
<tr>
<td>Lean Ham or Steak</td>
<td>Orange, Apple, Melon, or Berries</td>
</tr>
<tr>
<td>Protein bar or Drink</td>
<td>Whole Wheat Cereal</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>Oatmeal</td>
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<tr>
<td></td>
<td>French Toast, Pancake, or Waffle</td>
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<tr>
<td></td>
<td>Juice</td>
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<tr>
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<td>Low-Fat Muffin</td>
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</table>

## Lunch and Dinner List

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Carbohydrates</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Breast</td>
<td>Baked Potato</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Turkey Breast</td>
<td>Sweet Potato</td>
<td>Asparagus</td>
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<tr>
<td>Lean Fish (Salmon, Tuna, Swordfish, etc)</td>
<td>Steamed Rice</td>
<td>Lettuce</td>
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<tr>
<td>Lean Seafood (Crab, Lobster, Shrimp)</td>
<td>Pasta</td>
<td>Carrots</td>
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<td>Lean Beef (Ground, Sirloin, Filet)</td>
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<td>Non-Fat Crackers</td>
<td>Peas</td>
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<td>Pasta or Potatoes Salad</td>
<td>Onion</td>
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## Snack List

<table>
<thead>
<tr>
<th>Protein/Carbohydrate/Vegetable</th>
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</thead>
<tbody>
<tr>
<td>Meal Replacement Shake</td>
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<tr>
<td>Protein Bar</td>
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<tr>
<td>Low-Fat Muffin</td>
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<tr>
<td>Cup or Piece of Fruit</td>
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<tr>
<td>Vegetables</td>
</tr>
<tr>
<td>Non-Fat Yogurt</td>
</tr>
<tr>
<td>Non-Fat Crackers</td>
</tr>
</tbody>
</table>
MEAL SCHEDULE EATING PROTOCOL

1. Serving size is equal to the palm of your hand or a clenched fist.

2. Select one serving from the protein and carbohydrate list for each meal.

3. Select one serving of vegetable from the list for at least two meals.

4. Follow Daily Fluid Intake schedule.

5. Plan or prepare meals in advance.

6. Make a grocery list from the meals you plan to make.

7. Try and eat at the scheduled eating times.

8. Eat whatever you want on your free day – once per week.
# ONE REP MAXIMUM (1RM) CONVERSIONS

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# OL - DL - NT

## Training Objectives

**Performance**
- 1. Reduce Injury Risk
- 2. Increase Speed/Lower Body Power
- 3. Improve Strength
- 4. Improve Technique

**Tests**
- 1. Squat
- 2. Bench
- 3. Power Clean
- 4. FMS
- 5. 5/10/5 Pro Agility
- 6. 40 Yard Sprint
- 7. L Bar

**Physical Prep.**
- 1. Periodized Program
- 3. Hypertrophy
- 4. Strength
- 5. Speed Endurance
- 6. Speed
- 7. Agility

**Injury Prep.**
- 1. Core Training
- 2. Calf Training
- 3. Joint Stabilization

**Technical Prep.**
- 1. Explosive Off Line
- 2. Step 1-3, 4

**Tactical Prep.**
- 1. Explosive Off Line
- 2. Step 1-3, 4

## Dates

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## Calendar of Competitions

- P = Preseason
- G = Game Week
- C = Color Rush
- B = Bowl Week
- C = Scrimmage Week
- T = Training Camp
- S = Scrimmage Week

## Games Per Week

- P = Preseason
- I = Initial
- 1 = Week 1
- 2 = Week 2
- 3 = Week 3
- 4 = Week 4
- 5 = Week 5
- 6 = Week 6
- 7 = Week 7
- 8 = Week 8

## Training Phase

- Prep: Preseason
- Competitive: Initial Phase
- Transition: Preparatory Phase
- Preparatory: Initial Phase

## Periodisation

- Microcycle 1: Week 1-2
- Microcycle 2: Week 3-4
- Microcycle 3: Week 5-6
- Microcycle 4: Week 7-8
- Microcycle 5: Week 9-10

## Testing Dates

- X = Test Day
- X = Medical Day

## Training Factors

- Volume
- Intensity
- Peaking

## Intensity (%)

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## Repetitions

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## Energy Systems

- Maintenance of All 3 Energy Systems
- Oxidative
- Glycolytic
- Glycogen-Polysaccharide
- ATP-Polysaccharide

## Plyometric Movements

- Sport Specific: Med - High Impact
- N/A

## Sets / Touches

- 1 to 2 / 30 to 75
- N/A

## Notes

- Various
References

Matthew Nein, MS, CSCS – Head Strength & Conditioning Coach: Salisbury University

Donovan Santas, CSCS – Head Strength & Conditioning Coordinator: Toronto Blue Jays

Chris Joyner, CSCS – Major League Strength & Conditioning Coordinator: Milwaukee Brewers

Leslie Bonci, M.P.H., R.D. – Director: Sports Medicine Nutrition – University of Pittsburg Medical Center Health System

Gray Cook, MSPT, OCS, CSCS – Functional Movement Screen & FunctionalMovement.com

Loren Seagrave – Chief Performance Officer: Velocity Sports

