

SUMMER 2007 FOOTBALL CONDITIONING PROGRAM

**FORM RUNNING AND STRETCHING BEFORE EVERY WORKOUT
STRETCHING AFTER EVERY WORKOUT**

WEEK #1

MONDAY – 40 YARD BUILD UPS

TUESDAY – 1 ½ MILE RUN

THURSDAY – 40 YARD BUILD UPS

WEEK #2

MONDAY – 1 ½ MILE RUN

TUESDAY – THE LADDER LEVEL 1
5 YARD SHUTTLE LEVEL 1
10 YARD SHUTTLE LEVEL 1

THURSDAY – STRIDE – SPRINT – STRIDE – LEVEL 1

WEEK #3

MONDAY - FORM RUN TO SPRINT LEVEL 2

TUESDAY – CIRCLE EDGE DRILL LEVEL 1
S – DRILL LEVEL 1

THURSDAY – 5th EACH LAP
80 SEC OL/DL
75 SEC RB/LB/TE/QB
70 SEC WR/DB
50 SEC REST BETWEEN

WEEK #4

MONDAY – T – DRILL LEVEL 1
W – DRILL LEVEL 1
ZIG – ZAG DRILL LEVEL 1
SQUARE DRILL LEVEL 1
10 X 40 YARD SPRINTS

TUESDAY – GET UPS LEVEL 1
STARTS LEVEL 1
FALLING STARTS LEVEL 1
PLYO STARTS LEVEL 1
16 X 110 YARD SPRINTS
OL/DL EACH IN 21 SEC
RB/LE/TE/QB EACH IN 19 SEC
WR/DB EACH IN 17 SEC
45 SEC REST BETWEEN
1 ½ MIN REST AFTER SPRINT # 8

THURSDAY – CIRCLE EDGE DRILL LEVEL 2
5th EACH LAP
80 SEC OL/DL
75 SEC RB/LB/TE/QB
70 SEC WR/DB
50 SEC REST BETWEEN

WEEK #5

MONDAY – THE BAG DRILLS LEVEL 1
STAR DRILL LEVEL 1
CIRCLE EDGE DRILL LEVEL 2
1 ½ RUN

TUESDAY – GET UPS LEVEL 2
SPRINT – STRIDE LEVEL 1

THURSDAY – S-DRILL LEVEL 2
ZIG-ZAG DRILL LEVEL 2
T-DRILL LEVEL 2
4 CORNER DRILL LEVELS 1
10 X 40 YARD SPRINTS

WEEK #6

MONDAY – STAR DRILL LEVEL 2
16 X 110 YARD SPRINTS
OL/DL EACH IN 2 SEC
RB/LE/TE/QB EACH IN 18 SEC
WR/DB EACH IN 16 SEC
45 SEC REST BETWEEN
1 ½ MIN REST AFTER SPRINT # 8

TUESDAY – FORM RUN TO SPRINT LEVEL
STRIDE-SPRINT-STRIDE LEVEL 2

THURSDAY – T-DRILL LEVEL 2
W-DRILL LEVEL 2
BAG DRILLS LEVEL 2
4 CORNER DRILL LEVELS 2
GASSERS X 4 (OVER AND BACK X2 =1)

WEEK #7

MONDAY – INV TRIANGLE LEVEL 1
L-FIGURE 8 LEVEL 1
HOUR GLASS LEVEL 1
MED BALL DRILL LEVEL 1
5th EACH LAP
75 SEC OL/DL
70 SEC RB/LB/TE/QB
65 SEC WR/DB
50 SEC REST BETWEEN

TUESDAY – CONE HOP TO SPRINT LEVEL 1
BALL DROP TO SPRINT LEVEL 1
GET UP BALL DROP LEVEL 1
10 X 40 YARD SPRINTS ALL IN 5 MIN

THURSDAY – T-FIGURE 8 LEVEL 1
CROSS FIGURE 8 LEVEL 1

FRIDAY – STARTS LEVEL 2
FALLING STARTS LEVEL 2
PLYO STARTS LEVEL 2
1 ½ MILE RUN

WEEK #8

MONDAY – POSITION SPECIFIC 1ST QUARTER
10 X 40 YARD SPRINTS ALL IN 5 MINUTES

TUESDAY – INV TRIANGLE LEVEL 2
L-FIGURE 8 LEVEL 2
HOUR GLASS LEVEL 2
16 X 110 YARD SPRINTS
OL/DL EACH IN 19 SEC
RB/LE/TE/QB EACH IN 17 SEC
WR/DB EACH IN 15 SEC
45 SEC REST BETWEEN
1 ½ MIN REST AFTER SPRINT # 8

THURSDAY – POSITION SPECIFIC 1ST QUARTER
5^{THS} EACH LAP
70 SEC OL/DL
65 SEC RB/LB/TE/QB
60 SEC WR/DB
50 SEC REST BETWEEN

FRIDAY – FORM RUN TO SPRINT LEVEL 3
STRIDE-SPRINT LEVEL 3

WEEK #9

MONDAY – POSITION SPECIFIC 2ND QUARTER
GASSERS (OVER AND BACK X 2 = 1) X 4
OL/DL EACH IN 46 SEC
RB/LB/TE/QB EACH IN 42 SEC
WR/DB EACH IN 38 SEC
45 SEC RESTS BETWEEN EACH

TUESDAY – L-FIGURE 8 LEVEL 3
HOUR GLASS LEVEL 3
MED BALL DRILL LEVEL 2
10 YARD BLOW AND GOES
10 WITH NO REST – REST FOR 45 SEC
10 WITH NO REST – REST FOR 1 ½ MIN
10 WITH NO REST – REST FOR 45 SEC
10 WITH NO REST - FINISHED

THURSDAY – POSITION SPECIFIC 2ND QUARTER
16 X 110 YARD SPRINTS
OL/DL EACH IN 19 SEC
RB/LE/TE/QB EACH IN 17 SEC
WR/DB EACH IN 15 SEC
45 SEC REST BETWEEN
1 ½ MIN REST AFTER SPRINT # 8

FRIDAY – SPRINT-STRIDE LEVEL 2
STRIDE-SPRINT LEVEL 2

WEEK #10

MONDAY – POSITION SPECIFIC 3RD QUARTER
5^{THS} EACH LAP
65 SEC OL/DL
60 SEC RB/LB/TE/QB
55 SEC WR/DB
50 SEC REST BETWEEN

TUESDAY – 4 CORNER DRILL LEVEL 3

THURSDAY – POSITION SPECIFIC 3RD QUARTER
1 ½ MILE RUN 12 MINUTES

FRIDAY – STRIDE-SPRINT-STRIDE LEVEL 3

WEEK #11

MONDAY – POSITION SPECIFIC 4TH QUARTER

TUESDAY – STAR DRILL LEVEL 3
MED BALL DRILL LEVEL 3
5^{THS} EACH LAP
60 SEC OL/DL
55 SEC RB/LB/TE/QB
50 SEC WR/DB
50 SEC REST BETWEEN

THURSDAY – POSITION SPECIFIC 4TH QUARTER

FRIDAY – BALL DROP TO SPRINT LEVEL 2
GET UP BALL DROP TO SPRINT LEVEL 2
1 ½ MILE RU IN 12 MINUTES

WEEK #12

MONDAY – POSITION SPECIFIC 4TH QUARTER AND OVERTIME

TUESDAY – 5 YARD SHUTTLE
10 YARD SHUTTLE

FORM RUNNING PROGRAM

WALKING TOE TOUCH

1. BEGIN WALKING WITH HANDS EXTENDED IN FRONT OF BODY PARALLEL TO GROUND
2. BRING RIGHT LEG UP TO EXTEND HANDS
3. PROCEED BY BRINGING LEFT LEG UP TO EXTENDED HANDS
4. BODY IN AN UPRIGHT POSITION WHILE PERFORMING THE MOVEMENT
5. KEEP ANKLE, KNEE AND HIP STRAIGHT WHEN FLEXING LEG

AVOID:

1. DROPPING EXTENDED HANDS BELOW PARALLEL
2. BENDING KNEES
3. ROTATING HIPS TOO MUCH TO ACHIEVE FULL EXTENSION
4. CROSSING CENTER LINE OF BODY WHEN STEPPING
5. STEPPING OUTSIDE THE CONTEXT OF THE BODY (TOO WIDE)

A SKIP

1. DRIVE KNEES HIGH AND FORCEFULLY (PARALLEL TO THE GROUND)
2. WHEN ONE LEG IS LIFTED, THE OTHER LEG SHOULD BE FULL EXTENDED
3. BEND SLIGHTLY FORWARD AT THE WAIST, BACK STRAIGHT
4. DRIVE ELBOWS
5. RELAX FACE, ARMS AND HANDS
6. TAKE SHORT ONE FOOT STEPS

AVOID:

1. LIFTING THIGHS TOO HIGH OR NOT HIGH ENOUGH
2. INCOMPLETE EXTENSION OF THE LEGS AT ANKLE, HIP AND KNEE JOINTS
3. LEANING BACK
4. TAKING STEPS TOO LONG
5. TENSING FACE AND ARMS

B SKIPS

1. SAME AS MARCHING, BUT WHEN YOU DRIVE THE KNEE UP REACH OUT WITH YOUR TOE. WHEEL YOUR LEG OUT REACHING OUT WITH YOUR TOES AND PLANTING ON THE GROUND BALLS OF THE FOOT FIRTS

POWER SKIPS

1. EXPLODE FORWARD FROM ONE LEG TO THE OTHER ACHIEVING A NATURAL DISTANCE AND HEIGHT
2. DRIVE OFF THE BALLS OF THE FEET
3. THIGHS COME PARALLEL WITH THE GROUND
4. PUMP THE ARMS IN COORDINATION WITH LEG MOVEMENTS
AVOID:
 1. ACHIEVING TOO MUCH HEIGHT AND DISTANCE
 2. GOING TOO FAST
 3. TENSION IN HANDS, FACE, AND NECK

BUTT KICKS

1. ALTERNATELY SWING HEEL OF EACH FOOT UP TO BUTTOCKS
2. HAVE A SLIGHTLY FORWARD BODY LEAN
3. ACTION IS QUICK AND SMOOTH SWINGING MOTION PRODUCED LARGELY AT THE KNEE JOINT
AVOID:
 1. MOVING FORWARD TOO FAST (GET MANY REPS IN A SHORT DISTANCE)
 2. USING ARMS
 3. LIFTING THE KNEES BY FLEXING THE HIPS

40 YARD STRIDE (60% OF MAXIMAL EFFORT)

- CONCENTRATE ON THE FOLLOWING POINTS:
1. DRIVE THRU HIND LEG, EXTENDING COMPLETELY AT ANKLES, KNEES AND HIPS
 2. SWING HEEL UP TO THE HIP
 3. LEG CARRIES TO HIGH KNEE, SO THIGH IS PARALLEL WITH THE GROUND
 4. REACH WITH THE FORLEG
 5. ARMS AT 90 DEGREE ANGLE, SWINGING INDEPENDENT OF SHOULDERS STRAIGHT FORWARD AND BACK (KEEP ELBOWS TIGHT TO BODY)
 6. ON BACKSWING, DRIVE ELBOWS BACK AND UP
 7. ON FORWARD SWING, HAND COMES TO THE LEVEL OF THE SHOULDERS
 8. EYES FOCUSED 70-80 YARDS AHEAD
 9. HANDS, SHOULDERS, NECK AND FACE RELAXED
 10. STRIDE LENGTH AND FREQUENCY SHOULD MATCH WITHIN A NATURAL CONTEXT OF THE HIP
AVOID:
 1. INCOMPLETE EXTENSION OF THE LEGS
 2. TURNIN TOES OUTWARD
 3. HEEL NOT COMING UP TO HIP
 4. THIGH NOT COMING THROUGH TO A PARALLEL POSITION WITH THE GROUND

5. NOT REACHING WITH THE FORELEG
6. NOT DRIVING ELBOW BACK
7. RAISING HAND ABOVE THE SHOULDERS ON FORWARD SWING
8. DRIVING ARMS ACROSS THE BODY
9. EXCESSIVE HEAD MOVEMENT
10. NOT MATCHING A NATURAL STRIDE LENGTH AND FREQUENCY
11. TENSION IN HANDS, SHOULDERS, NECK, AND FACE

WALKING LUNGE

1. BODY IN AN UPRIGHT POSITION
 2. ALTERNATELY STEP FORWARD KEEPING BACK AND HIPS IN A STRAIGHT LINE
 3. REACH UP AND OUT IN A CONTINUOUS MOTION
 4. COORDINATE ARM MOVEMENT
- AVOID:
1. GOING TOO FAST
 2. NOT KEEPING BODY ALIGNED
 3. LETTING KNEE GO OVER TOP OF THE TOES

BACKWARD LUNGE

1. BODY IN AN UPRIGHT POSITION
 2. ALTERNATELY STEP UP AND BACKWARD KEEPING BACK AND HIPS IN A STRAIGHT LINE
 3. PAUSE FOR A SECOND AND SINK HIPS AFTER COMPLETING A STEP BEFORE GATHERING FEET
 4. GATHER FEET BEFORE PERFORMING ANOTHER BACKWARD LUNGE
- AVOID:
1. GOING TOO FAST
 2. NOT KEEPING BODY ALIGNED
 3. STEPPING TOO SHORT (REACH BACK AS FAR AS POSSIBLE)

BACKPEDAL

1. SLIGHT BEND IN HIPS
 2. RELAX UPPER BODY
 3. 70% OF MAXIMAL EFFORT
- AVOID:
1. NOT KEEPING BODY ALIGNED
 2. TAKING IMPROPER STEPS
 3. LEANING TOO FAR FORWARD OR TOO FAR BACKWARD

40 YARD STRIDE (70% OF MAXIMAL EFFORT)

1. CONCENTRATE ON THE SAME POINTS AS THE FIRST 40 YARD STRIDE

THE FOLLOWING IS THE FORM RUNNING PROGRAM AND THE ORDER IN WHICH IT IS TO BE PERFORMED BEFORE EACH RUNNING SESSION:

- A. WALKING TOE TOUCH – 2X20 YARDS
- B. MARCHING – 2X10 YARDS
- C. QUICK MARCH – 2X 10 YARDS
- D. POWER SKIP – 2X10 YARDS
- E. BUTT KICKS – 4X10 YARDS
- F. 40 YARD STRIDE (60% OF MAXIMAL EFFORT) – 2X40 YARDS
- G. WALKING LUNGE – 2X10 YARDS
- H. BACKWARD LUNGE – 2X10 YARDS
- I. BACKPEDAL – 2X10 YARDS
- J. 40 YARD STRIDE (70% OF MAXIMAL EFFORT) 2X40 YARDS

EACH ONE OF THE ABOVE FORM RUN EXERCISES WILL EXTEND INTO A 10 YARD STRIDE.