



Strength Training

PHILOSOPHY OF TRAINING

The foundation of Beaumont High School Football is the strength and conditioning program. This is a comprehensive year round program that will develop the athlete to their full potential. The program has been designed to develop functional strength in each athlete. Functional strength is the ability of all the muscles of the body to generate the forces necessary to allow the specific skills of a sport to be performed proficiently without injury. This is demonstrated by the successful performance of skills during practice and game situations. The workouts will be designed to serve a variety of purposes that are important elements in being a successful athlete namely:

- The strength and conditioning program will assist the player in developing their bodies to protect themselves against injury.
- By taking part in a quality program athletes will increase muscle mass and get stronger which will result in being able to apply greater force when performing sports specific skills on the field.
- The strength & conditioning program will serve to develop overall team chemistry.

A well put together strength training program will not only challenge athletes physically but will also develop their mental toughness as well. When players are working hard together outside of their comfort zone they will be challenged to come together therefore becoming a stronger and more cohesive unit. Athletes will have an opportunity to compete not only with themselves but with other players as well each time they workout.

Incentives and rewards are used throughout the year to motivate players to continue working hard in the weight room. These include:

- Entire team drafted into squads to develop leadership skills and chemistry as well as foster competition.
- Top Squat of the Day awarded to individual who gives best effort on Squat days.
- Personal records posted when players accomplish new personal bests in the Bench, Squat and Power Clean.
- Strength Record Board which lists school records for the top 3 in the Bench, Squat and Power Clean.
- 1000 LB Club T-Shirt for players that total 1000 LBS or more when testing in the Bench Press, Squat and Power Clean.

Principles of Beaumont Cougars Strength Training

1. **Ground-Based Activities** - Athletic skills are initiated by applying force against the ground. The more force an athlete can apply against the ground, the faster they will run, the higher they will jump and the more effective they will be. The Beaumont Cougars strength training program selects lifting exercises and conditioning drills that emphasize the athlete applying force with their feet against the ground.
2. **Multiple Joint Exercises** - Sport skills require multiple-joint actions (triple joint movements) timed in the proper neuromuscular recruitment patterns. Without this, the athlete has no coordination or ability to generate explosive force. The Beaumont Cougars strength program incorporates exercises and drills involving multiple-joint actions to improve athletic performance.

In order to reach one's full athletic potential athletes will need to put maximum effort into hydration, nutrition and rest. These are often the hidden keys to maximum strength gains. Athletes look for an edge through supplementation however prior to that they should ensure that they are following all nutrition information, adequately hydrating and getting plenty of rest. Many times athletes provide their fullest efforts in the weight room only to see gains minimized due to lack of accountability in regards to these important elements. When athletes treat their bodies right and fuel themselves properly they will find that they will reach their potential and experience the success in the weight room on the field that they desire.

STRENGTH TRAINING

Our Football Program has established a year round approach to strength training, speed work and conditioning. It has been instrumental in our success as a result of developing both physical strength and mental toughness in our athletes. Olympic lifts are incorporated into each strength training session. All coaches that take part in the weight room will need to be familiar with the teaching progressions and safety considerations. Never teach a lift that you are unfamiliar with. Coaches should be active in the weight room and use the same mentality regarding teaching as on the field. All coaches will be expected to attend/supervise strength training sessions. Coaches should have an understanding of the principles of strength training which are:

1. **Ground-Based Activities** - Sport skills are initiated by applying force against the ground. The more force an athlete can apply against the ground, the faster they will run, and the more effective they will be. Our program for strength training selects lifting exercises and conditioning drills that emphasize the athlete applying force with their feet against the ground.
2. **Multiple Joint Exercises** - Sport skills require multiple-joint actions (triple joint movements) timed in the proper neuromuscular recruitment patterns. Without this, the athlete has no coordination or ability to generate explosive force. Our training programs incorporate exercises and drills involving multiple-joint actions to improve athletic performance. Isolating on single-joint actions might work to improve appearance, but have no effect on athletic performance.

3. **Three Dimensional Movements** - Sport skills involve movements in the three planes of space simultaneously: forward, backward, up, down, and from side to side. We have selected exercises which focus on improving functional strength with exercises approximating these skills. Our programs utilize free weight exercises to simulate movements in three dimensions simultaneously. This makes the transfer of strength and power easier to merge with the development of sport skills. This cannot be accomplished by using machines.
4. **Train Explosively** - The amount of force required for a given activity is regulated by the use of different types of muscle fibers found in the body. Fast twitch fibers have the ability to generate much more force than slow twitch fibers. Because of this, most athletes need to be concerned with utilizing a training program that will focus on this need. Our athletes perform exercises where they must train explosively with free weights to allow more fast twitch muscle fibers to be recruited, which improves athletic ability.
5. **Progressive Overload** - The load or amount of weight lifted for each exercise is the most fundamental component of a strength-training program. The application of the load has a crucial impact on maximizing performance and keeping injuries to a minimum. Overload happens when the body responds to training loads greater than normal. This causes the muscle tissue to breakdown. The body then adapts by compensating through the development of more strength or endurance. Each day our coaching staff calculates the amount of weight each athlete should use to ensure each athlete is continually overloading the muscle throughout the program.
6. **Application of Periodization** - Training programs need to be broken down into various cycles. These cycles represent different combinations of volume and intensity, each translating into different responses by the body. Our training program is in 8 week blocks where players go from high volume / low intensity to low volume / high intensity.
7. **Split Routine** - The Cougars Football program utilizes a 4-day per week weight training program during the off season & a 3-day per week weight training program in season. This is a very efficient and widely used principle in stimulating gains. During the 4 day program we will utilize 2 days to work on Pushing Exercises & 2 days to work on Pulling & Leg Exercises. Olympic type lifts will be incorporated each workout.
8. **Hard / Easy System** - You make more progress over longer periods of time if you do not work at maximum loads during each workout. The hard/easy system eliminates overtraining and mental burnout. This is accomplished by the exercises that have been selected for each workout. This method helps allow athletes to be both physically and mentally prepared as the workout loads increase over the course of the training program.
9. **Specificity of Training** - The primary objective of conditioning is to improve the energy capacity of an athlete to improve performance. When specificity is applied to conditioning, it refers to training the same as you play in competition. The athlete's success will be largely dependent on speed, power, and agility. We are training for movement when we are in the weight room. As a result athletes become Bigger, Stronger and Faster. We also incorporate a speed development program that utilizes drills and activities that involve speed, power, agility, which translate into increases in sport performance.
10. **Interval Training** - Our strength and speed development program is based on interval training principles. Interval training is work, or exercise, followed by a prescribed rest interval. A common error is not getting enough rest. If not enough rest is given, the amount of energy is not sufficient to meet the demands of the next intensity effort and force production will be reduced. Football

ANNUAL PLAN WITH PERIODIZATION

Month	Period	Phase
January	Off-Season	Base
February	Off-Season	Development
March	Off-Season	Base
April	Off-Season	Development/Peak
May	Pre-Season	Base/Development
June	Pre-Season	Development
July	Pre-Season	Peak & Active Rest
August	Transition & In-Season	Contact/Maintenance
September	In-Season	Maintenance
October	In-Season	Maintenance
November	In-Season	Maintenance
December	In-Season & Transition	Maintenance & Active Rest

The Beaumont Cougars Strength Training program will utilize a system of training referred to as periodization. This allows for a variation within the program over the course of the year so that peak performance is stimulated while helping to avoid overtraining. It's important to use different combinations of intensity, volume, exercises and drills throughout the year to ensure maximum gains in strength and size.

The Annual Plan for Beaumont Cougars Football Strength Training Program is broken down into 3 different periods: Off-Season, Pre-Season and In-Season. Prior to each off season there is a 3-4 week transition period in December where players will take part in active rest activities, review weight room rules and policies in addition to reviewing correct form for the various exercises.

The Off Season Period is conducted from the months of January through the end of April. They incorporate the Base, Development and Peak phases. During this period athletes will demonstrate their biggest gains in the weight room as the body adapts to the demands of the

program. Following the Off-Season period the Pre-Season period will begin at the beginning of May and run until the end of July. The Base, Development and Peak phase are all incorporated during this period. The Pre-Season period is similar to the Off-Season period but is shorter in duration and workouts are slightly shorter since more emphasis is given to practicing sport specific skills. At the end of July athletes will have a week off. The beginning of August marks official fall practices. During the 1st week of practices athletes will not be involved in strength training as their bodies get accustomed to the contact during practices. Once they return to the weight room the Maintenance Phase will be conducted. This is a phase that requires few exercises performed and workouts are shorter in duration. Athletes are still provided with ample opportunities to get bigger and stronger through the strength program. The Maintenance phase generally lasts until the beginning of December.

WORKOUT SCHEDULE FOR EACH PERIOD

On the following pages you will find specific workout schedules for each workout period. The schedules will contain workouts for the Base, Development and Peak phases during the Off-Season and Pre-Season periods in addition to the In-Season maintenance workout schedule.

Athletes will be able to record their weights used and sets performed on a workout sheet provided. The coaching staff will be able to monitor and review their progress so that it is easy to identify when modifications need to be made.

The following is a list of exercises performed in the weight room during the periods of the Annual Plan. Occasionally, certain lifts will be cycled in/out or modified to keep athletes motivated and stimulate the body physically. All the lifts will be reviewed by the Coaching Staff using demonstrations.

DYNAMIC WARM UP ROUTINE

A quality dynamic warm up routine will allow the athlete to benefit in so many different ways. The core temperature of the body and muscles is increased which will result in not only the potential for greater performance but also decrease the chance of injury. Additionally, the nervous system will be stimulated and ready for activity.

Exercise	Purpose	Procedure	Volume	Rest Interval	Key Points
High Knee Walk/Pull	To warm up & develop dynamic flexibility in the hamstrings & hip flexors.	Standing in an upright position walking forward , pull the knee up to the chest. Alternate each leg.	2x10 Yards	Walk back to recover.	Remain upright during this exercise. Avoid excessive curling of the lower back and bending over. Try to keep a tall, upright posture.
Walk & Heel Pull	To warm up & develop dynamic flexibility in the quadriceps.	Standing in an upright position walking forward, pull the heel to your glutes. Alternate each leg.	2x10 Yards	Walk back to recover.	Use proper posture when performing this exercise. Work on keeping body upright and in a straight line without excessive twisting when pulling heel to glutes.
3 Step High Kick	To warm up & develop flexibility in the hips and hamstrings prior to speed work.	Over 15 Yards swing & kick up your leg every 3rd step while working to keep it straight. Avoid leaning back & work to keep good posture. Work on driving knee up to shoulder on each rep.	2x15 Yards	Walk back to recover.	Use proper posture & swing from the hip rather than leaning back as you bring leg up.
3 Step Lunge	To warm up the quadriceps & hip flexors prior to speed & agility training.	Over 15 yards every 3rd step, step out with the right foot and bend right leg until parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot.	2x15 Yards	Walk back to recover.	Avoid taking too short a stride where knee will be past front foot.

CONTINUED ON NEXT PAGE

Inchworm	Warms up the arms, chest and upper back as well as the lower back, abs and hamstrings.	Begin in a push-up position. Slowly walk your legs toward your hands moving yourself into a pike position. Continue walking forward until you start to feel a stretch in your hamstrings. At this point, slowly walk your arms forward with your feet still until you are back in the push-up position. Repeat this inching for 10 yards.	1x10 Yards	Walk back to recover.	Try to keep your heels on the floor. As your range of motion develops it will become easier.
Leg Swings	To warm up the hip flexors, abductors and adductors prior to speed and agility training.	Stand parallel to a wall or your partner so you can swing the legs freely front to back. Drive the straight leg as high as possible and back without hyperextending the low back. Control this motion and perform the prescribed reps. Also perform the leg swings from side to side.	1x10 each leg forward & back. 1x10 each leg side to side.	No rest required.	Keep the movement fluid and avoid bouncing on the stationary leg. Keep an upright torso, avoiding bending excessively at the waist.
Carioca	Focuses on stretching the ab's glutes, ankles and hips.	Run sideways with legs crossing each other, leg in front, then leg in back. Hold arms straight out from shoulders for balance and while keeping your shoulders straight, twist from hips as legs cross. Stay on the balls of your feet with your hips in a low semi-squat position.	2x10 Yards	Walk back to recover	Avoid moving too fast so you do not lose your hip rotation.
Tapioca	Focuses on stretching the ab's, glutes, ankles and hips.	This exercise is similar to the Carioca but with short quick movements.	2x10 Yards	Walk back to recover	Cover minimal amount of space on each repetition. The objective is to get as many steps in over 10 yards.
High Knee Run	To develop the muscles needed for a quality stride & to develop flexibility in the hamstrings.	Sprint, taking short and quick steps. Drive your knees high so thighs are parallel to the ground. Bend forward at the waist and keep back straight.	2x10 Yards	Walk back to recover	Avoid leaning back or taking long strides. Relax your arms and face as you move.

<u>Explosive</u>	<u>Complementary</u>	<u>Basic Strength</u>	<u>Specialty</u>
Power Cleans	Thrusters (Landmine)	Squats	Lying Dumbbell Pistons
Hang Cleans	Single Arm Press (Landmine)	Front Squats	Seated Dumbbell Pistons
Hang Snatch	Rotations (Landmine)	Overhead Squats	Dips
Dumbbell Hang Snatch		Lunge	Bent Dumbbell Rows
Push Jerk		Overhead Lunge	Bicep Curls
		Reverse Lunge	Tricep Extension
		Bench Press	Glute Ham Raise
		Incline Bench Press	3 Way Shoulder Raise
		Good Mornings	Upright Rows
		Shoulder Press	Neck (Partner Resist)
		Chin Ups	Med Ball Situps
		Pull Ups	Med Ball Side Throws
		Bent Barbell Rows	
		Abdominal Crunches	

Off-Season Period Workouts

The Off-Season workouts will involve 4 workouts per week. Workouts will generally take place on Mondays, Tuesdays, Thursdays and Fridays.

Athletes will rest and recover on Wednesday, Saturday and Sunday. Monday and Thursday workouts will center around explosive lifts and exercises with a pushing emphasis while Tuesdays and Friday workouts will center around strength lifts and exercises with a pulling emphasis.

Weeks 1-14 Monday Explosive & Push Emphasis Workouts (Off-Season)

Monday Workout	Base Phase			Development Phase			Base Phase			Development Phase			Peak Phase	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Bench Press	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85 /85	4x5 80/85(3)	4x5 80/85(3)	3x10 65/70/75	3x10 70/75/75	4x10 70/75(3)	4x5 75/80/85 /85	4x5 80/85(3)	4x5 80/85(3)	4-3-2 80/85/90	4 85/90
Push Jerk	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/90
Hang Clean	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/90
Lying Dumbbell Pistons	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x8 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Dips (add 10 LBS to belt once you can accomplish 15 reps)	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15
Tricep Extensions (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Lateral Raises (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck Exercises (Partner Resisted)	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Dir
Crunches	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25

Weeks 1-14 Thursday Explosive & Push Emphasis Workouts (Off-Season)

Thursday Workout	Base Phase			Development Phase			Base Phase			Development Phase			Peak Phase	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Incline Bench	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	3x10 65/70/75	3x10 70/75/75	4x10 70/75/75 /75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	4-3-2 80/85/90	4 80/85/90
Power Cleans	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/85/90
Dumbbell Hang Snatch	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Standing Shoulder Press	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Seated Dumbbell Pistons	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x8 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Shoulder 7 Up Circuit (Lateral/Front/Posterior)	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction
Lying Tricep Extensions (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck Exercises (Partner Resisted)	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction

Weeks 1-14 Tuesday Strength & Pull Emphasis Workouts (Off-Season)

Tuesday Workout	Base Phase			Development Phase			Base Phase			Development Phase			Peak Phase	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Squats	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	3x10 65/70/75	3x10 70/75/75	4x10 70/75/75 /75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	4-3-2 80/85/90	4 85/
Hang Snatch	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/
Reverse Lunge or Overhead Lunge (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Bar Rotations/Landmine (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Chinups (add 10 LBS to belt once you can accomplish 15 reps)	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x
Bent Dumbbell Rows (add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Glute Ham Raises	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Med Ball Situps	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3

Weeks 1-14 Friday Strength & Pull Emphasis Workouts (Off-Season)

Friday Workout	Base Phase			Development Phase			Base Phase			Development Phase			Peak Phase	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Front Squats or Overhead Squats	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	3x10 65/70/75	3x10 70/75/75	4x10 70/75/75 /75	4x5 75/80/85 /85	4x5 80/85/85 /85	4x5 80/85/85 /85	4-3-2 80/85/90	4 85/
Lunge (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Thruster/Landmine (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Good Mornings (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Pullups (add 10 LBS to belt once you can accomplish 15 reps)	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x
Upright Rows	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	85/
Bent Barbell Rows (Wide Grip)	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	85/
Bicep Curls (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3
Med Ball Side Throws	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3

Pre-Season Period Workouts

The Pre-Season workouts will involve 4 workouts per week. Workouts will generally take place on Mondays, Tuesdays, Thursdays and Fridays. Athletes will rest and recover from strength workouts on Wednesday, Saturday and Sunday. Monday and Thursday workouts will center around explosive lifts and exercises with a pushing emphasis while Tuesdays and Friday workouts will center around strength lifts and exercises with a pulling emphasis. During this period more time is spent performing and practicing sports specific skills

Weeks 1-10 Monday Explosive & Push Emphasis Workouts (Pre-Season)

Monday Workout	Base Phase			Development Phase				Peak Phase		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Bench Press	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x5 80/80/85	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/85/90	4-3-2 85/90/90
Push Jerk	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/90/90	4-3-2 85/90/90
Hang Clean	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/90/90	4-3-2 85/90/90
Lying Dumbbell Pistons	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x8 75/80/80	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Dips (add 10 LBS to belt once you can accomplish 15 reps)	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15
Tricep Extensions (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck Exercises (Partner Resisted)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Crunches	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25	3x15-25

Weeks 1-10 Thursday Explosive & Push Emphasis Workouts (Pre-Season)

Thursday Workout	Base Phase			Development Phase				Peak Phase		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Incline Bench	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x5 80/80/85	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/85/90	4-3-2 85/90/90
Power Cleans	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/90/90	4-3-2 85/90/90
Dumbbell Hang Snatch	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Seated Dumbbell Pistons	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x8 75/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85
Shoulder 7 Up Circuit (Lateral/Front/Posterior)	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction	3x7 Each Direction
Lying Tricep Extensions (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck Exercises (Partner Resisted)	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction

Weeks 1-10 Tuesday Strength & Pull Emphasis Workouts (Pre-Season)

Tuesday Workout	Base Phase			Development Phase				Peak Phase		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Squats	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85/85	4x5 80/85(3)	4x5 80/85(3)	4x585/85/85	4-3-2 85/85/90	4-3-2 85/85/90	4-3-2 85/90/90
Hang Snatch	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4-3-2 85/90/90	4-3-2 85/90/90
Reverse Lunge or Overhead Lunge (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Bar Rotations/Landmine (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Chinups (add 10 LBS to belt once you can accomplish 15 reps)	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15
Bent Dumbbell Rows (add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Glute Ham Raises	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Med Ball Situps	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10

Weeks 1-10 Friday Strength & Pull Emphasis Workouts (Pre-Season)

Friday Workout	Base Phase			Development Phase				Peak Phase		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Front Squats or Overhead Squats	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x5 75/80/85	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 85/85/90	4-3-2 85/85/90	4-3-2 85/90/90
Lunge (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Good Mornings (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Pullups (add 10 LBS to belt once you can accomplish 15 reps)	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15	3x10-15
Upright Rows	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x8 80/80/80	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Bent Barbell Rows (Wide Grip)	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x8 80/80/80	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Bicep Curls (add 10 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Med Ball Side Throws	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10

In-Season Period Workouts

The In-Season workouts will involve 3 workouts per week. Workouts will generally take place on Mondays, Wednesdays and Saturdays. The focus during the season is on skill refinement and preparing for competition each week so it is imperative not to overtrain. Workouts will be intense yet short. Saturday workouts will be full body workouts. Monday workouts will focus on the lower body and Wednesday will be upper body emphasis. An Olympic lift will also be incorporated each workout.

Weeks 1-10 Saturday Full Body Workout (In-Season)

Saturday Workout	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Bench Press	3x10	3x10	3x10	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Clean & Jerk	3x6	3x6	3x6	3x6	3x5	3x5	3x5	3x5	3x5	3x5
Front Squat	3x10	3x10	3x10	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Good Mornings	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Shoulder 7 Up Circuit (Lateral/Front/Posterior)	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction	3x7 each direction
Upright Rows	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Dips	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck (Partner Resistance)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Med Ball Situps	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Refer to rep chart on Page 24. Once you can perform all sets & reps with the recommended weight you may move up 5-10 LBS.										

Weeks 1-10 Monday Lower Body Workout (In-Season)

Monday Workout	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Squats	3x10	3x10	3x10	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Glute Ham Raises	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Chin Ups	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Bent Barbell Rows	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Lunges	3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x5	3x5
Dumbbell Shrugs	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Dumbbell Hang Snatch	3x6	3x6	3x6	3x6	3x5	3x5	3x5	3x5	3x5	3x5

Refer to rep chart on Page 24. Once you can perform all sets & reps with the recommended weight you may move up 5-10 LBS.

Weeks 1-10 Upper Body Workout (In-Season)

Wednesday Workout	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Incline Bench	3x10	3x10	3x10	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Power Cleans	3x6	3x6	3x6	3x6	3x5	3x5	3x5	3x5	3x5	3x5
Seated Dumbbell Pistons	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Tricep Extensions	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Lateral Raises	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck (Partner Resistance)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Med Ball Side Throws	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10

Refer to rep chart on Page 24. Once you can perform all sets & reps with the recommended weight you may move up 5-10 LBS.

Max Percentage Chart

The Max Percentage Chart is an easy way for athletes to figure out the weight they are supposed to be using for a given exercise. It also allows our coaches to supervise the room and monitor if athletes are using the required weight.

MAX	95%	90%	85%	80%	75%	70%	65%	60%
100	95	90	85	80	75	70	65	60
105	99.75	94.5	89.25	84	78.75	73.5	68.25	63
110	104.5	99	93.5	88	82.5	77	71.5	66
115	109.25	103.5	97.75	92	86.25	80.5	74.75	69
120	114	108	102	96	90	84	78	72
125	118.75	112.5	106.25	100	93.75	87.5	81.25	75
130	123.5	117	110.5	104	97.5	91	84.5	78
135	128.25	121.5	114.75	108	101.25	94.5	87.75	81
140	133	126	119	112	105	98	91	84
145	137.75	130.5	123.25	116	108.75	101.5	94.25	87
150	142.5	135	127.5	120	112.5	105	97.5	90
155	147.25	139.5	131.75	124	116.25	108.5	100.75	93
160	152	144	136	128	120	112	104	96
165	156.75	148.5	140.25	132	123.75	115.5	107.25	99
170	161.5	153	144.5	136	127.5	119	110.5	102
175	166.25	157.5	148.75	140	131.25	122.5	113.75	105
180	171	162	153	144	135	126	117	108
185	175.75	166.5	157.25	148	138.75	129.5	120.25	111
190	180.5	171	161.5	152	142.5	133	123.5	114
195	185.25	175.5	165.75	156	146.25	136.5	126.75	117
200	190	180	170	160	150	140	130	120
205	194.75	184.5	174.25	164	153.75	143.5	133.25	123
210	199.5	189	178.5	168	157.5	147	136.5	126
215	204.25	193.5	182.75	172	161.25	150.5	139.75	129
220	209	198	187	176	165	154	143	132
225	213.75	202.5	191.25	180	168.75	157.5	146.25	135
230	218.5	207	195.5	184	172.5	161	149.5	138
235	223.25	211.5	199.75	188	176.25	164.5	152.75	141
240	228	216	204	192	180	168	156	144
245	232.75	220.5	208.25	196	183.75	171.5	159.25	147
250	237.5	225	212.5	200	187.5	175	162.5	150
255	242.25	229.5	216.75	204	191.25	178.5	165.75	153
260	247	234	221	208	195	182	169	156
265	251.75	238.5	225.25	212	198.75	185.5	172.25	159
270	256.5	243	229.5	216	202.5	189	175.5	162
275	261.25	247.5	233.75	220	206.25	192.5	178.75	165
280	266	252	238	224	210	196	182	168
285	270.75	256.5	242.25	228	213.75	199.5	185.25	171
290	275.5	261	246.5	232	217.5	203	188.5	174
295	280.25	265.5	250.75	236	221.25	206.5	191.75	177
300	285	270	255	240	225	210	195	180
305	289.75	274.5	259.25	244	228.75	213.5	198.25	183
310	294.5	279	263.5	248	232.5	217	201.5	186
315	299.25	283.5	267.75	252	236.25	220.5	204.75	189
320	304	288	272	256	240	224	208	192

SPEED, AGILITY AND QUICKNESS DRILLS

The Beaumont Cougars Strength and Conditioning Program will incorporate speed, agility and quickness drills throughout the yearly plan. Over the course of the Off-Season period the program will utilize 2 days to focus on linear speed and 2 days to focus on agility and quickness. These workouts will last approximately 15-20 minutes in length. They will be conducted prior to strength training sessions. When players transition to the Pre-Season period 3 days per week of speed, agility and quickness drills will be incorporated. These workouts will be 15 minutes in length. Once the In-Season period is in effect 2 days per week will be utilized to develop speed, agility and quickness. These workouts will be 15 minutes in length.

It is important to note that conditioning is not a major emphasis when doing the drills. There will be a natural conditioning effect however the major emphasis will be on improving quality of movement. Players will be given ample time to recover between sets and exercises. Over time the rest periods will be cut down to mimic the work to

Sample 7 Week Linear Speed Workout Day 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	1:10	1:10	1:10	1:08	1:08	1:06	1:06
Bag Jumps	2x5	2x5	2x5	2x5	2x5	2x5	2x5
Lateral Bag Jumps	2x5	2x5	2x5	2x5	2x5	2x5	2x5
10/10 Hopping	2x40 Yards	2x40 Yards		2x40 Yards	2x40 Yards	2x40 Yards	2x40 Yards
Hollow Sprints	25-25-25-25 2 Sets	25-25-25-25 3 Sets	15-15-15-15 4 Sets	15-15-15-15 4 Sets		10-10-10-10-10-10 5 Sets	10-10-10-10-10-10 6 Sets
Flying 20s		3 Sets		3 Sets	4 Sets		4 Sets
Full Speed Sprints	40-40-30-30-20	4x40	2x40, 2x30	5x40	5x40	3x40 3x30	2x40,2x30,2x20,2x10
Starts			4x10 Yards	4x10 Yards	5x10 Yards	6x10 Yards	
Hill Sprints	30-20-10-10-20-30	30-20-10-10-20-30	30-30-20-20-10-10	30-30-20-20-10-10	10-20-30-30-20-10 2 Sets	30-20-10-10-20-30 2 Sets	

Sample 7 Week Linear Speed Workout Day 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	1:10	1:10	1:10	1:08	1:08	1:06	1:06
Bag Jumps	2x5	2x5	2x5	2x5	2x5	2x5	2x5
Bounding	2x30 Yards	2x30 Yards	2x30 Yards	2x30 Yards	2x40 Yards	2x40 Yards	2x40 Yards
Hollow Sprints		25-25-25-25 3 Sets	20-20-20-20 3 Sets	20-20-20-20 4 Sets	20-20-20-20 5 Sets	20-20-20-20 5 Sets	20-20-20-20 5 Sets
Flying 20s	3 Sets	3 Sets		4 Sets		4 Sets	
Starts		4x10 Yards	4x10 Yards	4x10 Yards	5x10 Yards	6x10 Yards	
Full Speed Sprints	4x40	40-30-20-2x10	4x40	40-40-20-20-10	40-30-30-20-20	5x40	6x40
Stadium Steps	2x30 Steps	2x30 Steps	2x30 Steps	3x30 Steps	3x30 Steps	3x30 Steps	4x30 Steps
Resistance Runs			3x10 Yards	2x10 Yards, 2x15 Yards	4x10 Yards	3x10 Yards, 3x15 Yards	5x10 Yards

Sample 7 Week Agility and Quickness Workout Day 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	1:10	1:10	1:08	1:08	1:06	1:06	1:05
Ladder - 2 feet in each	2 sets x 10 Yards	3 sets x 10 yards	3 sets x 10 yards	3 sets x 10 yards	4 sets x 10 yards	3 sets x 10 Yards	4 sets x 10 yards
Ladder - Hopscotch	2 sets x 10 Yards	3 sets x 10 yards	3 sets x 10 yards	4 sets x 10 yards	4 sets x 10 yards	3 sets x 10 Yards	4 sets x 10 yards
Ladder - Ickey Shuffle	2 sets x 10 Yards	3 sets x 10 yards	3 sets x 10 yards	4 sets x 10 yards	4 sets x 10 yards	3 sets x 10 Yards	4 sets x 10 yards
Ladder - Lateral 2 feet In & Out	2 sets x 10 Yards each direction	2 sets x 10 Yards each direction	3 sets x 10 Yards each direction	3 sets x 10 Yards each direction	3 sets x 10 Yards each direction	2 sets x 10 Yards each direction	3 sets x 10 Yards each direction
Dot Drill In-Out-In-Out	3x4	3x4	3x4	3x4	3x4	3x4	3x4
Dot Drill Slalom	3x4	3x4	3x4	3x4	3x4	3x4	3x4
Pro Agility Drill	2 sets each direction	3 sets each direction	3 sets each direction	3 sets each direction	3 sets each direction	4 sets each direction	4 sets each direction
3 Cone Drill	2 sets each direction	3 sets each direction	3 sets each direction	3 sets each direction	3 sets each direction	4 sets each direction	4 sets each direction

Sample 7 Week Agility and Quickness Workout Day 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	1:10	1:10	1:08	1:08	1:06	1:06	1:05
Cone Shuffle Weave	2x each direction	2x each direction	2x each direction	2x each direction	3x each direction	3x each direction	3x each direction
Cone Shuffle-Sprint Combos	2x each direction	2x each direction	2x each direction	3x each direction	3x each direction	3x each direction	3x each direction
Cone Sprint Back Pedal Combos	3 sets	3 sets	3 sets	4 sets	4 sets	4 sets	4 sets
Cone Shuffle Right-Left Combos	2x each direction	2x each direction	2x each direction	3x each direction	3x each direction	4x each direction	4x each direction
Cadillac Shuffle	2x each direction	2x each direction	2x each direction	3x each direction	3x each direction	4x each direction	4x each direction
Dodging Run	3x 25 Yards	4x 25 Yards	3x 30 Yards	4x 30 Yards	3x 25 Yards	4x 25 Yards	4x 30 Yards
Position Everyday Drills	Pick 2 Drills 2x	Pick 2 Drills 2x	Pick 2 Drills 3x	Pick 2 Drills 3x	Pick 2 Drills 3x	Pick 2 Drills 4x	Pick 2 Drills 4x