**The Program**

The Program is one that I have designed over years of picking the best things from other programs that I have either studied or used. I’ve done this to get the maximum gains in strength, power and speed. Each workout is based on an 8 week cycle. Every core lift is done based off of a percentage of a 1 rep max. We max at the beginning of The Program, After 4 weeks of training and after week 8. Each day’s work out is recorded in the athletes personal binder with their written goals. **We focus very heavily on form and safety at all times.**

The Program is broken into 3 phases. This is done to keep the athlete from stalling out on their strength increases. Each work out contains Basic core lifts and auxiliary lifts to compliment those lifts and increase overall body strength and flexibility.

Phase 1 starts with building a good base of endurance and strength in the athlete. This is done with 10 to 12 reps, 3-4 sets, at 50-60 % of a 1 rep max. This is done for 2 weeks and then we move into phase 2.

Phase 2 is a strength and muscle building phase. This is based on sets of 4-5, reps of 6-8 and percentages of 70-85 %. This is done for 3 weeks.

Phase 3 is the heavy phase. We drop down to sets of 3-4 with reps at 2-4. Our percentages will be between from 85-95 %.

During each phase we will utilize a last set burn out. On the last set of each of each core lift the athlete will try to do that weight as many times as they can. This is called setting a rep max for that set, this helps in trying to accomplish a new goal each lifting session.

**Statistics**

Over the last three years I have had the opportunity to work with the football players at Teton High School. When I got there, there was a substantial lack of strength and speed. Over the last three years there has been a tremendous increase in both.

* Year 1 summer weights, an average of 9 athletes a day. year 3 an average of 28 a day
* Class enrollment for year 1 was 20. At the end of this year the class was split into 2 with 19 kids in each class.
* Year 1 4 football players with a Squat of 200 LBS. As of the last max we are at 50 over 250 lbs and above. With 1 at 500 lbs, 7 at 400+ lbs.
* No 300 lb bench press maxes in year 1. 6 at last max
* 3- 200 lb clean maxes in year 1. 15 as of last max
* 6 sub 5 second 40 yard dashes in year 1. Last timing day there were 30.

**Monday**

Warm up- 200 jump ropes, 2 dot drills, Speed drills with dynamic stretching, 4 sprint starts 10 yards, 100 crunches

Squat- 3 X 10 50%

Clean- 3 X 10 50%

Box Jumps- 3 X 10

SLSLD- 4 X12

Over stride lunge- 2 X 10 each leg

Leg Curls- 3 X 12

Leg Extensions- 3 X 10

Plate swings- 2 X 15

High box step ups- 1 X 10 each leg

Static Partner Stretch

**Tuesday**

Warm up- 3 X 20 box toe taps, 200 jump ropes, speed drills and dynamic stretch, 4 build ups 20 yards, 2 X 30 second planks, stomach and each side

Bench- 3 X 10 50 %

Dumbbell snatch- 3 X 8

Incline Bench- 3 X 10

Dips- 3 X burn out

Curls- 3 X 10

Tri circuit- 3 X 10

Pull downs- 3 X 12

Rows- 3 X 12

Fly’s- 2 X 10

Shoulder press- 3 X 10 50% clean max

Partner Stretch