

Week #1 / Workout #1

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat **10x** **10x** **10x**
Upright Row 10x 10x 10x

2 Bench Press **10x** **10x** **10x**
Leg Curls 10x 10x 10x

3 Cable Low Row **10x** **10x** **10x**
Push Up 10x 10x 10x

4 Crunches **3 x 20**
Leg Raises 3 x 10

Speed Work:

Jump Rope Routine Double Leg Jumps: 30s (30s rest) x 6 Minutes

Endurance Work:

Jogging: 12 Minutes – Constant Movement

Week #1 / Workout #2

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk **8x** **8x** **8x**
Lat Pull 8x 8x 8x

2 DB Overhead Press **8x** **8x** **8x**
Hyperextension 8x 8x 8x

3 DB Pullover **8x** **8x** **8x**
Calf Raises 15x 15x 15x

4 Sit Up **3 x 15**
Single Leg V-Up 3 x 8 (each leg)

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, All 2x15yds x 75%

Endurance Work:

On Field: Sprints 20 x 100yds x 75% speed (30s rest)

Week #1 / Workout #3

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press **12x** **12x** **12x**
RDL 12x 12x 12x

2 DB Bench Press **12x** **12x** **12x**
Back Bridge 12x 12x 12x

3 DB Row **12x** **12x** **12x**
DB Front Raise 12x 12x 12x

4 Straight Leg Lying Crunch **3 x 20**
Back Arch 3 x 20

Speed Work:

Jump Rope Routine Running in Place: 30s (30s rest) x 6 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time

Week #2 / Workout #4

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up **8x** **8x** **8x**
Reverse Grip Lat 8x 8x 8x

2 DB Incline **8x** **8x** **8x**
DB Alt. Upright Row 8x 8x 8x

3 DB Reverse Fly **8x** **8x** **8x**
Hyperextension 15x 15x 15x

4 Twisting Sit Up **3 x 12 (each side)**
Cycle Crunches 3 x 12 (each side)

Speed Work:

Hopping Series Forward, Backward, Side, All 2x15yds (one yard height and distance)

Endurance Work:

On Field: Sprints 12 x 100yds x 75% speed (30s rest), 10x80yds x 85% speed (25s rest)

Week #2 / Workout #5

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat	10x	10x	10x
Upright Row	10x	10x	10x

2 Bench Press	10x	10x	10x
Leg Curls	10x	10x	10x

3 Cable Low Row	10x	10x	10x
Push Up	10x	10x	10x

4 Crunches	3 x 20
Leg Raises	3 x 10

Speed Work:

Jump Rope Routine Double Leg Jumps: 30s (30s rest) x 7 Minutes

Endurance Work:

Jogging: 13 Minutes – Constant Movement

Week #2 / Workout #6

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk	8x	8x	8x
Lat Pull	8x	8x	8x

2 DB Overhead Press	8x	8x	8x
Hyperextension	8x	8x	8x

3 DB Pullover	8x	8x	8x
Calf Raises	15x	15x	15x

4 Sit Up	3 x 15
Single Leg V-Up	3 x 8 (each leg)

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, All 3x15yds x 75%

Endurance Work:

On Field: Sprints 22 x 100yds x 75% speed (30s rest)

Week #3 / Workout #7

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press **12x** **12x** **12x**
RDL 12x 12x 12x

2 DB Bench Press **12x** **12x** **12x**
Back Bridge 12x 12x 12x

3 DB Row **12x** **12x** **12x**
DB Front Raise 12x 12x 12x

4 Straight Leg Lying Crunch **3 x 20**
Back Arch 3 x 20

Speed Work:

Jump Rope Routine Running in Place: 30s (30s rest) x 7 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time (Better Your Last Time)

Week #3 / Workout #8

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up **8x** **8x** **8x**
Reverse Grip Lat 8x 8x 8x

2 DB Incline **8x** **8x** **8x**
DB Alt. Upright Row 8x 8x 8x

3 DB Reverse Fly **8x** **8x** **8x**
Hyperextension 15x 15x 15x

4 Twisting Sit Up **3 x 12 (each side)**
Cycle Crunches 3 x 12 (each side)

Speed Work:

Hopping Series Forward, Backward, Side, All 2x20yds (one yard height and distance)

Endurance Work:

On Field: Sprints 13 x 100yds x 75% speed (30s rest), 11x80yds x 85% speed (25s rest)

Week #3 / Workout #9

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat	8x	8x	8x
Upright Row	8x	8x	8x
2 Bench Press	8x	8x	8x
Leg Curls	10x	10x	10x
3 Cable Low Row	8x	8x	8x
Push Up	10x	10x	10x
4 Crunches	3 x 25		
Leg Raises	3 x 12		

Speed Work:

Jump Rope Routine Double Leg Jumps, Single Leg (15s each): 30s (30s rest) x 8 Minutes

Endurance Work:

Jogging: 14 Minutes – Constant Movement

Week #4 / Workout #10

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk	6x	6x	6x
Lat Pull	6x	6x	6x
2 DB Overhead Press	6x	6x	6x
Hyperextension	6x	6x	6x
3 DB Pullover	6x	6x	6x
Calf Raises	18x	18x	18x
4 Sit Up	3 x 18		
Single Leg V-Up	3 x 10 (each leg)		

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, Skips, Back Skips, Shuffle, Carioca, All 2x20yds x 75%

Endurance Work:

On Field: Sprints 25 x 100yds x 75% speed (30s rest)

Week #4 / Workout #11

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press **10x** **10x** **10x**
RDL 10x 10x 10x

2 DB Bench Press **10x** **10x** **10x**
Back Bridge 10x 10x 10x

3 DB Row **10x** **10x** **10x**
DB Front Raise 10x 10x 10x

4 Straight Leg Lying Crunch **3 x 25**
Back Arch 3 x 25

Speed Work:

Jump Rope Routine Running in Place, Side – Side Jump: 30s (30s rest) x 8 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time (Better Your Last Time)

Week #4 / Workout #12

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up **6x** **6x** **6x**
Reverse Grip Lat 6x 6x 6x

2 DB Incline **6x** **6x** **6x**
DB Alt. Upright Row 6x 6x 6x

3 DB Reverse Fly **6x** **6x** **6x**
Hyperextension 18x 18x 18x

4 Twisting Sit Up **3 x 15 (each side)**
Cycle Crunches 3 x 15 (each side)

Speed Work:

Hopping Series Forward, Backward, Side, Single Leg Forward (10yds), Single Leg Back (10yds), All 2x20yds (one yard height and distance)

Endurance Work:

On Field: Sprints 14 x 80yds x 75% speed (25s rest), 12x60yds x 85% speed (20s rest)

Week #5 / Workout #13

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat	8x	8x	8x
Upright Row	8x	8x	8x
2 Bench Press	8x	8x	8x
Leg Curls	10x	10x	10x
3 Cable Low Row	8x	8x	8x
Push Up	12x	12x	12x
4 Crunches	3 x 25		
Leg Raises	3 x 12		

Speed Work:

Jump Rope Routine Double Leg Jumps, Single Leg (15s each): 30s (30s rest) x 8 Minutes

Endurance Work:

Jogging: 14 Minutes – Constant Movement

Week #5 / Workout #14

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk	6x	6x	6x
Lat Pull	6x	6x	6x
2 DB Overhead Press	6x	6x	6x
Hyperextension	6x	6x	6x
3 DB Pullover	6x	6x	6x
Calf Raises	18x	18x	18x
4 Sit Up	3 x 18		
Single Leg V-Up	3 x 10 (each leg)		

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, Skips, Back Skips, Shuffle, Carioca, All 2x20yds x 75%

Endurance Work:

On Field: Sprints 25 x 100yds x 75% speed (30s rest)

Week #5 / Workout #15

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press **10x** **10x** **10x**
RDL 10x 10x 10x

2 DB Bench Press **10x** **10x** **10x**
Back Bridge 10x 10x 10x

3 DB Row **10x** **10x** **10x**
DB Front Raise 10x 10x 10x

4 Straight Leg Lying Crunch **3 x 25**
Back Arch 3 x 25

Speed Work:

Jump Rope Routine Running in Place, Side – Side Jump: 30s (30s rest) x 8 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time (Better Your Last Time)

Week #6 / Workout #16

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up **6x** **6x** **6x**
Reverse Grip Lat 6x 6x 6x

2 DB Incline **6x** **6x** **6x**
DB Alt. Upright Row 6x 6x 6x

3 DB Reverse Fly **6x** **6x** **6x**
Hyperextension 18x 18x 18x

4 Twisting Sit Up **3 x 15 (each side)**
Cycle Crunches 3 x 15 (each side)

Speed Work:

Hopping Series Forward, Backward, Side, Single Leg Forward (10yds), Single Leg Back (10yds), All 2x20yds (one yard height and distance)

Endurance Work:

On Field: Sprints 14 x 80yds x 75% speed (25s rest), 12x60yds x 85% speed (20s rest)

Week #6 / Workout #17

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat	6x	6x	6x
Upright Row	6x	6x	6x
2 Bench Press	6x	6x	6x
Leg Curls	8x	8x	8x
3 Cable Low Row	6x	6x	6x
Push Up	12x	12x	12x
4 Crunches	3 x 30		
Leg Raises	3 x 15		

Speed Work:

Jump Rope Routine Double Leg Jumps, Single Leg (15s each): 30s (30s rest) x 9 Minutes

Endurance Work:

Jogging: 15 Minutes – Constant Movement

Week #6 / Workout #18

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk	5x	5x	5x
Lat Pull	5x	5x	5x
2 DB Overhead Press	5x	5x	5x
Hyperextension	5x	5x	5x
3 DB Pullover	5x	5x	5x
Calf Raises	20x	20x	20x
4 Sit Up	3 x 20		
Single Leg V-Up	3 x 12 (each leg)		

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, Skips, Back Skips, Shuffle, Carioca, All 2x25yds x 75%

Endurance Work:

On Field: Sprints 22 x 80yds x 75% speed (30s rest), 18 x 60yds x 90% (25s rest)

Week #7 / Workout #19

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press	8x	8x	8x
RDL	8x	8x	8x
2 DB Bench Press	8x	8x	8x
Back Bridge	15x	15x	15x
3 DB Row	8x	8x	8x
DB Front Raise	8x	8x	8x
4 Straight Leg Lying Crunch	3 x 30		
Back Arch	3 x 30		

Speed Work:

Jump Rope Routine Running in Place, Side – Side Jump: 30s (30s rest) x 9 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time (Better Your Last Time)

Week #7 / Workout #20

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up	4x	4x	4x
Reverse Grip Lat	4x	4x	4x
2 DB Incline	4x	4x	4x
DB Alt. Upright Row	4x	4x	4x
3 DB Reverse Fly	4x	4x	4x
Hyperextension	20x	20x	20x
4 Twisting Sit Up	3 x 18 (each side)		
Cycle Crunches	3 x 18 (each side)		

Speed Work:

Hopping Series Forward, Backward, Side, Single Leg Forward (10yds), Single Leg Back (10yds), All 2x25yds (one yard height and distance)

Endurance Work:

On Field: Sprints 16 x 80yds x 75% speed (25s rest), 16x60yds x 85% speed (20s rest)

Week #7 / Workout #21

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Back Squat	6x	6x	6x
Upright Row	6x	6x	6x
2 Bench Press	6x	6x	6x
Leg Curls	8x	8x	8x
3 Cable Low Row	6x	6x	6x
Push Up	12x	12x	12x
4 Crunches	3 x 30		
Leg Raises	3 x 15		

Speed Work:

Jump Rope Routine Double Leg Jumps, Single Leg (15s each): 30s (30s rest) x 9 Minutes

Endurance Work:

Jogging: 15 Minutes – Constant Movement

Week #8 / Workout #22

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Lunge Walk	5x	5x	5x
Lat Pull	5x	5x	5x
2 DB Overhead Press	5x	5x	5x
Hyperextension	5x	5x	5x
3 DB Pullover	5x	5x	5x
Calf Raises	20x	20x	20x
4 Sit Up	3 x 20		
Single Leg V-Up	3 x 12 (each leg)		

Speed Work:

Mechanics High Knee, Butt Kick, Straight Leg Bound, Back Run, Skips, Back Skips, Shuffle, Carioca, All 2x25yds x 75%

Endurance Work:

On Field: Sprints 22 x 80yds x 75% speed (30s rest), 18 x 60yds x 90% (25s rest)

Week #8 / Workout #23

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 Leg Press	8x	8x	8x
RDL	8x	8x	8x
2 DB Bench Press	8x	8x	8x
Back Bridge	15x	15x	15x
3 DB Row	8x	8x	8x
DB Front Raise	8x	8x	8x
4 Straight Leg Lying Crunch	3 x 30		
Back Arch	3 x 30		

Speed Work:

Jump Rope Routine Running in Place, Side – Side Jump: 30s (30s rest) x 9 Minutes

Endurance Work:

Jogging: 2 Mile Run – Chart Your Time (Better Your Last Time)

Week #8 / Workout #24

Warm Up: Jog or Stationary Machines For 6 Minutes

Strength Work:

1 DB Step Up	4x	4x	4x
Reverse Grip Lat	4x	4x	4x
2 DB Incline	4x	4x	4x
DB Alt. Upright Row	4x	4x	4x
3 DB Reverse Fly	4x	4x	4x
Hyperextension	20x	20x	20x
4 Twisting Sit Up	3 x 18 (each side)		
Cycle Crunches	3 x 18 (each side)		

Speed Work:

Hopping Series Forward, Backward, Side, Single Leg Forward (10yds), Single Leg Back (10yds), All 2x25yds (one yard height and distance)

Endurance Work:

On Field: Sprints 16 x 80yds x 75% speed (25s rest), 16x60yds x 85% speed (20s rest)

ONE GOAL – TO BUILD CHAMPIONS
8 Weeks of Commitment: Training To Be The Best

Program Includes: Every Aspect of Basic Strength and Work Capacity

1. Warm Up: To Increase Body Temperature and Loosen Muscles
2. Strength Work: To Develop Postural Stability and Total Body Strength
3. Speed Work: Basic Rhythm, Timing, and Mechanic Development
4. Endurance Work: To Develop Recovery Ability Between Efforts and Days

Basics of Programming

- 8 weeks of training
- 3 days a week
- Workouts done on Monday, Wednesday, and Friday
- Follow the workouts in a consecutive manner
- Follow the exercises in order as listed
- Add weight each set
- Chart your weight and progress yourself each workout
- Be technically sound before moving up in weight
- Call me if there are any questions at: 850-519-1460

HOW DO YOU WANT TO BE REMEMBERED?

Many desire the prize, but few pay the price