

FARRAGUT FOOTBALL

STRENGTH TRAINING PROGRAM

DEAD PERIOD 2024

NAME: _____

SQUAT: _____ BENCH: _____ CLEAN: _____

TECHNIQUE

BALANCE

EXPLOSION

FARRAGUT FOOTBALL

WHAT ARE YOU WILLING TO SACRIFICE?

- **Be Safe**
 - This program is designed to maintain your muscle gains, keep you healthy, and prepare your body for the upcoming season. Be sure to push yourself to stay strong. DO NOT INJURE YOURSELF DOING SOMETHING UNNECESSARY.

- **Be Smart**
 - If you do not have the exact equipment that is required to perform certain lifts or exercises, adapt and conform to what you have available. Utilize creativity or ideas from teammates to come up with ways to get done what is required.

- **Be Prepared**
 - Warm ups are listed for each day of the program. Be sure to do them as well as any extra you may personally feel that your body needs to be ready to achieve your best workout and stay healthy.

- **Be Focused and Accountable**
 - Maximize your time training by focusing on each lift and not allowing distractions.
 - Make sure that you are getting prepared for football. Be accountable to the team. NO EXCUSES.

- **Communicate**
 - If you do not understand something, ASK. We are here to help.
 - Coach Doucette: (865) 384-8579
 - Coach Paddy: (865) 384-4015

- **Embrace the Pain**
 - Weight training is the act of destroying muscles to build them back stronger. If you are not feeling it during and after a lift, you are letting the team down.

- **Perform Workouts Completely and Exactly How They Are Written**
 - Included in the packet are warm ups, lifts, bodyweight exercises, agilities, conditioning, speed work, and stretching. Take advantage of the opportunities available to you so that you are prepared when we return.
 - Progress the weight lifted after each set even if its small. These increases allow for more stress on your muscles and therefore more gains with recovery.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
PRE-WORKOUT				
1.5 Mile Run + Position Specific Training				
POST-WORKOUT				
1.5 Mile Run + Position Specific Training				
FOOT SPEED- LADDERS 1 rep 1 rep 1 rep 1 rep 2 reps 2 reps	FOOT SPEED- DOTS 2.1.2 2.1.2 Flip 2.1.2 RT Foot 2.1.2 LT Foot Figure 8 Around World	FOOT SPEED- JUMP ROPE 1 x 30 sec 1 x 30 sec 1 x 30 sec 1 x 30 sec	FOOT SPEED- DOTS 2.1.2 2.1.2 Flip 2.1.2 RT Foot 2.1.2 LT Foot Figure 8 Around World	1 x 10 sec 1 x 10 sec 1 x 10 sec 1 x 10 sec 2 x 10 sec 2 x 10 sec
ABS OF STEEL				
Sit Ups x 25	Sit Ups x 25	Sit Ups x 25	Sit Ups x 25	Sit Ups x 25
Toes to Sky x 25	Toes to Sky x 25	Toes to Sky x 25	Toes to Sky x 25	Toes to Sky x 25
Alternators x 50	Alternators x 50	Alternators x 50	Alternators x 50	Alternators x 50
Flutter Kicks x 16	Flutter Kicks x 16	Flutter Kicks x 16	Flutter Kicks x 16	Flutter Kicks x 16
CHEST OF STEEL				
DYNAMIC WARM-UP				
Set 1 x 10	Spidermans	Spidermans	Spidermans	Spidermans
Set 2 x 15	Bear Crawl	Low Slow Shuffle	Low Slow Shuffle	Low Slow Shuffle
Set 3 x 20	Wlk/Skp Knee Tucks	Wlk/Skp Knee Tucks	Wlk/Skp Knee Tucks	Wlk/Skp Knee Tucks
Set 4 x 25	5 Yard Start	5 Yard Start	5 Yard Start	5 Yard Start
DYNAMIC WARM-UP				
RUNNING TECHNIQUE				
Inch Worms	Standing Arm Swings	Lunge to Ankle	Face Down	Face Down
Low Slow Shuffle	Seated Arm Swings	Backwards Lunge + Reach	Face Down - Sprint RT	Face Down - Sprint RT
Wlk/Skp Toe Touch	Butt Kicks	Wlk/Skp Toe Touch	Face Down - Sprint LT	Face Down - Sprint LT
5 Yard Start	Ankling	5 Yard Start	Seated - Facing Forward	Seated - Facing Forward
	A March		Seated - Facing Backwards	Seated - Facing Backwards
	A Skip		Up/Down and Sprint	Up/Down and Sprint
SMALL CONE DRILLS				
Shuffle	A Run	Shuffle	Forward Figure 8	Forward Figure 8
Forward Figure 8	Falling Starts	Forward Figure 8	Lateral Figure 8	Lateral Figure 8
Lateral Figure 8		Lateral Figure 8	FWD, Circle, B-Pedal, Circle	FWD, Circle, B-Pedal, Circle
FWD, Circle, B-Pedal, Circle		FWD, Circle, B-Pedal, Circle		
PLYOMETRICS				
	Single Leg Bounding			
	Alternate Bounding			
	Power Skip for Height			
	Power Skip for Distance			
	Broad Jumps - w/stop			
	Broad Jumps - Continuous			
PROGRAMMABLE AGILITY				
WR/DB/RB	Carolina Drill	WR/DB/RB	110 Yards	110 Yards
QB/KP/LB/TE/DE	Sprint/Backpedal/Shuffle	QB/KP/LB/TE/DE	100 Yards	100 Yards
OL/DT	Sprint/Shuffle/Sprint	OL/DT	90 Yards	90 Yards
CONDITIONING				
16 Timed Sprints				
4 sets x 4 reps				
Rest 45 sec between reps				
Rest 1 min between sets				
CONDITIONING				
Hill Sprints or Stadiums				
10 Reps				
40 Yards				
Rest 1 min between reps				
Rest 1 min between sets				
CONDITIONING				
Modified Suicides				
6 reps				
10 yards and back				
15 yards and back				
20 yards and back				
OL/DL				
Everyone Else				
22 sec				
20 sec				
Rest 1 min between reps				
Rest 1 min between sets				
CONDITIONING				
Modified Suicides				
6 reps				
10 yards and back				
15 yards and back				
20 yards and back				
OL/DL				
Everyone Else				
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20 yards and back				
OL/DL				
Everyone Else				

**FARRAGUT FOOTBALL
DEAD PERIOD 2024**

EXERCISE	REPS	DATE	REPS	DATE
		24-Jun		1-Jul
POWER CLEAN + JERK	WARM-UP		WARM-UP	
90% of Power Clean	60% x 5		75% x 5	
	65% x 5		80% x 5	
	70% x 5		85% x 5	
REVERSE GRIP BARBELL ROWS	10		8	
from floor	10		8	
	10		8	
POWER PULL COMPLEX	3		3	
olympic DL + DL + jump shrug +	3		3	
high pull	3		3	
RACK CLEAN	8		5	
speed emphasis	8		5	
	8		5	
1 1/2 FRONT SQUAT	8		8	
	8		8	
	8		8	
FORWARD LUNGE	8 ea		8 ea	
front squat grip	8 ea		8 ea	
	8 ea		8 ea	
INCLINE BENCH	10		10	
last set higher than first set	6		6	
	4		4	
	10		10	
REVERSE BARBELL CURL + JM PRESS	15 + 12		12 + 10	
	15 + 12		12 + 10	
	15 + 12		12 + 10	

**FARRAGUT FOOTBALL
DEAD PERIOD 2024**

EXERCISE	REPS	DATE	REPS	DATE
		25-Jun		2-Jul
BACK SQUAT	WARM-UP		WARM-UP	
90% of Squat	60% x 5		75% x 5	
	65% x 5		80% x 5	
	70% x 5		85% x 5	
BARBELL CURL + OVERHEAD TRICEP	8		8	
standing	8		8	
	8		8	
RDL	8		8	
bent knees	8		8	
	8		8	
SNATCH PULL COMBO	3		3	
olympic DL + DL + jump shrug +	3		3	
high pull	3		3	
BARBELL ROWS	10		8	
from floor	10		8	
	10		8	
HANG SNATCH	5		5	
	5		5	
	5		5	
FLOOR PRESS	10		8	
2 sec pause at bottom w/	10		8	
speed emphasis	10		8	
SINGLE LEG HIP BRIDGE	15 ea		12 ea	
foot on bench	15 ea		12 ea	
	15 ea		12 ea	

**FARRAGUT FOOTBALL
DEAD PERIOD 2024**

EXERCISE	REPS	DATE	REPS	DATE
		27-Jun		4-Jul
BENCH PRESS	WARM-UP		WARM-UP	
90% of Bench Press	60% x 5		75% x 5	
	65% x 5		80% x 5	
	70% x 5		85% x 5	
BENCH DIPS	12		15	
	12		15	
	12		15	
HIP THRUSTS	8		8	
	8		8	
	8		8	
DB SINGLE LEG SPLIT SQUAT	5		3	
one foot on bench	5		3	
	5		3	
LATERAL LUNGE	8 + 8		8 + 8	
	8 + 8		8 + 8	
	8 + 8		8 + 8	
POWER CLEAN COMPLEX	3		3	
DL + jump shrug + low catch	3		3	
	3		3	
PLATE SHOULDER COMPLEX	10 + 10 + 50		10 + 10 + 50	
gather the hay + overhead press +	10 + 10 + 50		10 + 10 + 50	
50 shrugs	10 + 10 + 50		10 + 10 + 50	
KAZ SHRUGS	8*8*8		8*8*8	
	8*8*8		8*8*8	
	8*8*8		8*8*8	

**FARRAGUT FOOTBALL
DEAD PERIOD 2024**

EXERCISE	REPS	DATE	REPS	DATE
		28-Jun		5-Jul
FRONT SQUAT	WARM-UP		WARM-UP	
80% of Squat	60% x 5		75% x 5	
	65% x 5		80% x 5	
	70% x 5		85% x 5	
CLOSE GRIP BENCH PRESS	10		8	
stop and stab	10		8	
2 sec pause at bottom	10		8	
PUSH PRESS	WARM-UP		WARM-UP	
90% of Bench Press	60% x 5		75% x 5	
	65% x 5		80% x 5	
	70% x 5		85% x 5	
BACK BOX SQUAT	8		6	
BARELY TOUCHING BOX AT BOTTOM	8		6	
2 sec pause at bottom	8		6	
EXPLODE UP FAST				
HALF DEADLIFT	8		8	
90% of Squat	8		8	
	8		8	
PULL UP / CHIN UP COMBO	25 ea 50 total		30 ea 60 total	
HANG SNATCH COMPLEX	3		3	
hang jump shrug + hang snatch +	3		3	
overhead squat	3		3	
IYTLW	8 ea		8 ea	
	8 ea		8 ea	
	8 ea		8 ea	

Body Weight Circuit 1

3 Rotations

2 Min Rest between Rotations

1. Walking Lunge x 15 ea
2. Incline Push Ups x 15
3. Lateral Walking Lunge x 15 ea
4. Burpees x 15
5. Mountain Climbers x 30

Body Weight Circuit 2

3 Rotations

2 Min Rest between Rotations

1. Reverse Walking Lunge x 15 ea
2. Decline Push Ups x 15
3. Step Ups x 15 ea
4. Single Leg Hip Bridge x 15 ea
5. Squat Jumps 15

Body Weight Circuit 3

3 Rotations

2 Min Rest between Rotations

1. Box Jumps x 15
2. Front Leaning Rest Walks x 30
3. Single Leg Box Squats x 15 ea
4. Calf Raises x 15
5. Bench Dips x 15

Body Weight Circuit 4

3 Rotations

2 Min Rest between Rotations

1. Lateral Box Jumps x 15 ea
2. Clapping Push Ups x 15
3. Lunge Jumps x 15 ea
4. Squats x 15
5. Lateral Squat Jumps x 15 ea

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APPENDIX

Dynamic Warm-Ups

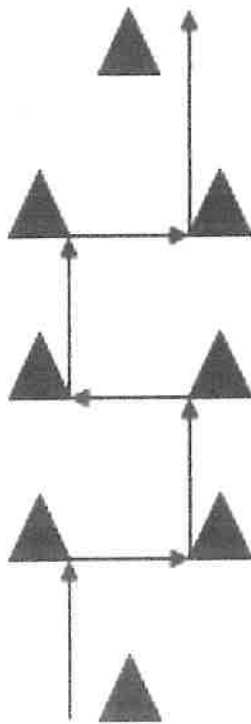
1. **Inch Worms**- Start with feet together, hands on ground → Walk hands out to push up position → Walk back up to hands. Repeat
2. **Low Slow Shuffle**- Start w/ low base and feet shoulder width apart → Slowly shuffle for half the distance → Turn 180° and continue to finish.
3. **Wik/Skp Toe Touch**- Start with upright body → Kick your leg up as high as possible with each step → Switch to a skip halfway to finish.
4. **5 Yard Start**- 3-Point stance → Explode out for 5 yards
5. **Spidermans**- Start in a push up position → Step your foot to the outside of your hand w/ your other leg straight → Walk out forward w/ hands and step your other foot outside your hand → Repeat
6. **Bear Crawl**- 4-Point Stance → Crawl forward while maintaining a flat back.
7. **Wik/Skp Knee Tuck**- Start w/ upright body → Pull your knee up into your chest while getting up on toe w/ each step → Switch to a skip halfway to finish.
8. **Lunge to Ankle**- Start w/ a forward lunge → Reach your same side elbow to your ankle → Stand up & lunge forward with other leg reaching elbow to ankle → Repeat.
9. **Backwards Lunge + Reach**- Start w/ a reverse lunge → Reach hands over head and lean back w/ big chest → Stand up & lunge backward w/ other leg → Reach hands over head and lean back w/ big chest → Repeat.

Agility- Small Cone, Pro Shuttle, Parallel Cone, Carolina Drill, & 5 Cone

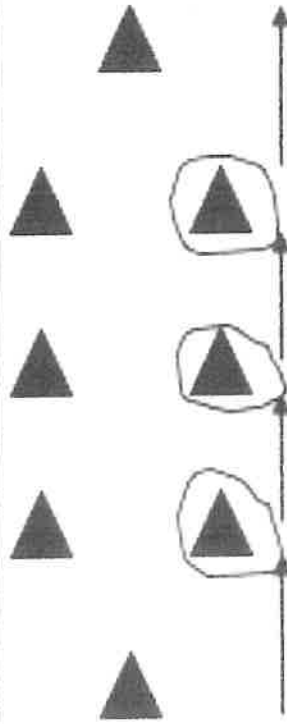
1. **Small Cone Drill**- 2 Cones are placed 5 yards from each other. Perform each rep 2 times.
2. **Pro Shuttle**- 3 cones are placed 5 yards apart. Start @ the middle cone.
3. **Parallel Cone Drill**- 5 Cones will all be 5 yards from each other per the diagram.
 - ***SEE DIAGRAMS BELOW***
 - Perform 3 reps each (One starting on LEFT and one starting on RIGHT) of:
 - **Start, Stop**- Sprint forward to the Cone and abruptly stop directly at the cone. Repeat for the remaining Cones with a Sprint past the Finish Cone.
 - **Sprint, Shuffle**- Sprint forward to Cone. Cut off OUTSIDE foot to shuffle to the next Cone. Cut off OUTSIDE foot to sprint forward. Repeat with a Sprint past the Finish Cone.
 - **Sprint, Circle**- Sprint forward and circle the Cone staying tight to it. Repeat at each Cone with a Sprint past the Finish Cone.
 - **W Sprint**- Sprint diagonally to 1st Cone. Stop abruptly and accelerate into a diagonal backpedal to the next Cone. Stop abruptly and Sprint to the next Cone. Stop abruptly and accelerate into a diagonal backpedal past the Finish Cone.

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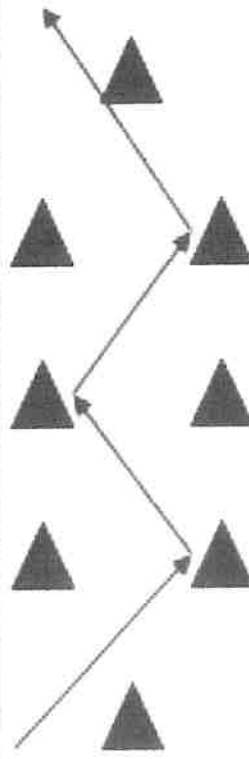
Sprint, Shuffle



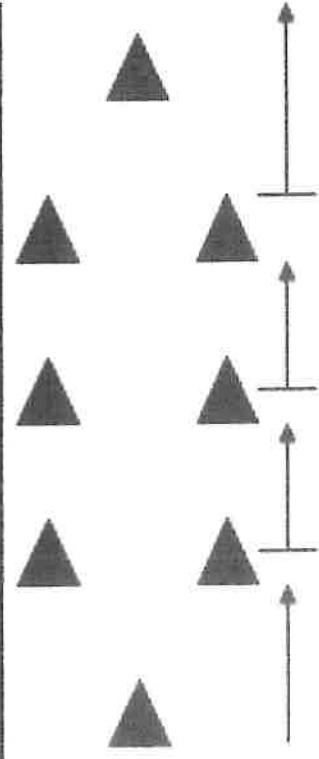
|| Sprint, Circle



|| W Sprint



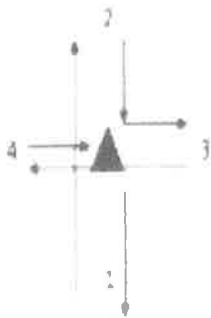
|| Start, Stop



4. **Carolina Drill**- 4 Cones are placed 5 yards from the center cone. Player **ALWAYS** faces forward.

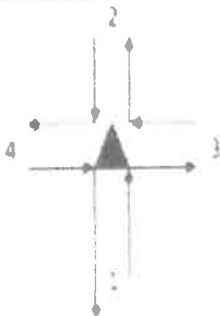
• ***SEE DIAGRAMS BELOW***

Sprint, Backpedal, Shuffle (Top)



- Start at Cone 1. Sprint from Cone 1 to Cone 2
- Backpedal from Cone 2 to Middle
- Shuffle from Middle to Cone 3
- Shuffle from Cone 3 to Cone 4
- Shuffle from Cone 4 to Middle
- Backpedal from Middle past Cone 1

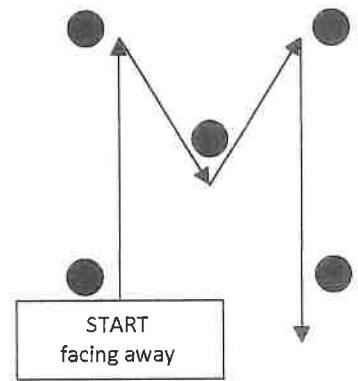
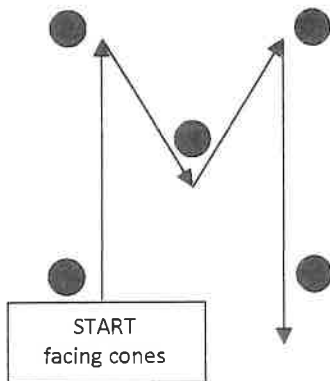
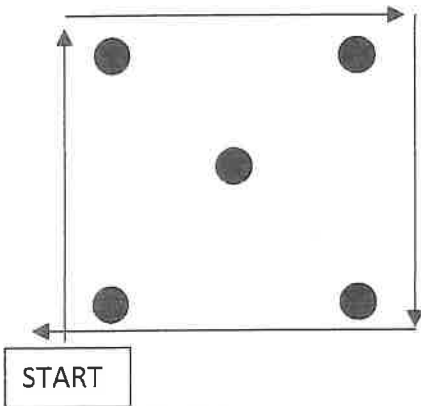
|| Sprint, Shuffle, Sprint (Bottom)



- Start at Cone 1. Sprint from Cone 1 to Middle
- Shuffle from Middle to Cone 3, then back to the Middle
- Sprint from Middle to Cone 2
- Backpedal from Cone 2 to Middle
- Shuffle from Middle to Cone 4, then back to the Middle
- Backpedal from Middle past Cone 1

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5. **5 Cone Drill**- 4 Cones are placed 5 yards apart in a box w/ 1 cone in the middle.
- ***SEE DIAGRAMS BELOW***
 - Perform 3 reps each (One starting on LEFT and one starting on RIGHT) of:
 - Sprint/Shuffle/Backpedal/Shuffle- Sprint forward to the cone. Plant w/ outside foot into a lateral shuffle. Plant w/ outside foot at next cone and backpedal. Plant w/ outside foot and lateral shuffle through starting cone. ALWAYS STAY OUTSIDE THE BOX.
 - M Drill- Sprint forward to the cone. Plant w/ outside foot into a diagonal backpedal toward middle cone. Plant under middle cone and diagonal sprint to next cone. Plant w/ outside foot and backpedal to finish. ALWAYS STAY INSIDE THE BOX.
 - W Drill- Backpedal to the cone. Plant w/ outside foot into a diagonal sprint toward middle cone. Plant over middle cone and diagonal backpedal to next cone. Plant w/ outside foot and sprint to finish. ALWAYS STAY INSIDE THE BOX.



FLEX- Use a rope, a partner, or your hands to manually stretch:

1. Hamstring
2. Quad
3. IT Band
4. Calves