

FORGE ATHLETICS WINTER TRAINING



PERFORMANCE-BASED FOOTBALL TRAINING

FORGE ATHLETICS

Winter Training Program

Forge Athletics provides performance-based offseason training for football athletes.

Our Winter Training Program focuses on strength development, healthy weight gain, movement quality, and on-field performance heading into spring and summer.

This program is designed for athletes who want structure, accountability, and a clear development plan during the offseason.

Program Focus

- Building strength and lean muscle for football performance
 - Improving explosiveness, movement efficiency, and durability
 - Developing football IQ and position-specific skills
 - Supporting athletes with structured nutrition guidance
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Who This Program Is For

- Football athletes committed to offseason development
 - Families looking for a structured, professional training environment
 - Athletes willing to train consistently and communicate
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How Training Is Structured

- Weekly weight room training focused on strength and muscle development
 - Weekly on-field training focused on skills, movement, and football understanding
 - Programming is individualized based on athlete needs, position, and goals
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Nutrition Guidance

Nutrition support is designed to help athletes add quality weight and fuel performance, not just increase scale numbers.

- Personalized macro targets for lean muscle gain
- Food tracking using Cronometer
- One monthly nutrition review and adjustment
- Simple food lists and fueling examples

(No strict meal plans)

Accountability & Support

- Ongoing communication with athletes and parents
- Regular check-ins to track progress
- Clear expectations around training, recovery, and consistency

Important Note

All training and nutrition guidance is individualized and adjusted over time based on athlete progress, consistency, and available data. Results depend on attendance, effort, communication, and recovery habits.

Program Disclaimer

Forge Athletics provides performance-based training and general nutrition guidance for athletic development. Nutrition guidance is educational in nature and not intended to replace medical or dietary advice from a licensed healthcare professional.

Participation in training requires a completed waiver and active communication. Results vary based on consistency, effort, recovery, and adherence to program guidelines.