

DAY 1 – Max-Effort Upper Body

A. Max-Effort Exercise

Work up to 2 sets of 3 reps with 80-82% of your 1RM OR follow 5/3/1 progression.

Advanced: 2-3 singles with 90-92% of your 1RM.

On a really good day: work up to a true 1/3/5RM.

- Thick bar or regular barbell bench press
- Barbell floor press
- Rack lockouts / **Suspended chain lockouts**
- Incline barbell bench press (regular grip or close grip)
- Close-grip bench press (index finger on smooth part of bar)
- Weighted chin-ups
- Board presses or foam presses
- Chain bench press (*recommended for not-so-skinny bastards)
- Band bench press (*recommended for not-so-skinny bastards)
- **Reverse band bench press** (*recommended for not-so-skinny bastards)

B. Supplemental Exercise

2 sets of max reps in one of the following exercises.

Choose a weight you can perform for 15-20 reps on the 1st set, same weight for both sets.

Rest 3-4 minutes between sets.

- Flat DB bench press (palms in or out)
- Incline DB bench press (palms in or out)
- DB floor press (palms in)
- Barbell push-ups (wearing weighted vest)
- Blast strap push-ups (wearing weighted vest)
- **"Criss-cross" chain push-ups**
- **"Triceps death"**
- Chin-ups (don't perform these if you chose to do weighted chin-ups for your first exercise)

C. Horizontal pulling / Rear delt superset

Superset one exercise from Group 1 with one exercise from Group 2.

Perform 3-4 supersets of 8-12 reps of each exercise.

Group 1

- DB rows
- Barbell rows
- Seated cable rows (various bars)
- T-bar rows
- Chest supported rows

Group 2

- Rear delt flies
- Scarecrows
- Face pulls
- Seated DB "power cleans"
- Band pull-aparts

D. Traps - 3-4 sets of 8-15 reps of one of the following:

- DB shrugs
- Barbell shrugs
- Safety squat bar shrugs
- Behind the back barbell shrug
- Hang Cleans/Snatches

E. Elbow flexor exercise - 3-4 sets of 8-15 reps of one of the following:

- Barbell curls (regular or thick bar)
- DB curls (standing)
- Seated Incline DB curls
- Hammer curls
- Zottmann curls
- Iso-hold DB curls

F. Conditioning “finisher” – choose one of the following

- ***Prowler sprints** – perform 4-10 30-yard sprints with about 1 minute rest between sprints (depending on your **conditioning level**).
- **Farmers walks** – perform 4-6 sets of 40-60 yards with 1-2 minutes rest between sets
- **Forward or backward sled drags** – perform 4-6 sets of 30-50 yards with 1-2 minutes rest between sets
- TPS conditioning/circuit workouts involving a prowler, sled.
Lower posted weight numbers slightly (25-50% depending)

DAY 2 – Speed training

A. General Warm-up / Movement skills (5-15 minutes)

The goal of this portion of the workout is to increase your core temperature by performing basic movement skills and calisthenics. (Example: bodyweight squats, jumping jacks, skipping, back pedaling, etc...)

B. Ground-based mobility (5-15 minutes)

Once you’ve broken a sweat and your muscles are warm, I suggest performing ground-based mobility drills for 5-15 minutes. (Sample mobility drills include: **roll-overs into V-sits, fire hydrant circles, mountain climbers, groiners**, etc...)

C. Frequency drills (2-3 minutes)

I always like to conclude my warm-up with 1 or 2 drills that excite the central nervous system before beginning the speed training portion of the workout. These drills should only last 5-10 seconds, and I recommend 2-3 sets for each. (Example: low pogo jumps, **wideouts**, ankling, etc.)

D. Speed training

We always separate “speed training” from conditioning. When I refer to speed training for non-track athletes, I’m talking about distances of 60 yards or less, with **complete (or close to it) recovery between sprints**. The goal of this workout is to actually get faster. That’s why it’s done early in the week when your legs are at their freshest.

For example, if a football player wants to incorporate some Combine tests into his weekly template, today would be the ideal day to do so. A sample workout would look like this:

1. **10-yard starts** – 8 sprints with 1 minute rest between sprints
2. **20-yard shuttle** – 5-6 reps with 1-2 minutes rest between sprints
3. **3-Cone drill** – 4 reps with 2-3 minutes rest between sprints

A football player who *isn't* concerned about incorporating Combine tests into his workout could do a sample linear speed workout as follows:

1. **10-yard sprints** – 10 sprints with 1 minute rest
2. **20-yard sprints** – 6 sprints with 2 minutes rest
3. **40-yard sprints** – 4 sprints with 4 minutes rest

Simply put, this workout should consist of short, explosive sprints or agility drills with **FULL RECOVERY**.

DAY 3 - REST

DAY 4 – Max-Effort Lower Body & Conditioning

1A. Box Jumps - *Perform sets of 3*

Superset box jumps with ME exercise, usually squats.

1B. Max-effort exercise

Work up to 2 sets of 3 reps with 75-80% of your 1RM

Advanced: work up to 2-3 singles with 90% of your 1RM.

OR follow 5/3/1 progression

C. Hip extension exercise - *3 sets of 10 reps of one of the following:*

- 45-degree back raises
- Reverse hyperextensions
- Pull-throughs
- Glute-ham raise
- Heavy kettlebell swings

D. Sprinter sit-ups - 3 sets of 20 reps

E. Conditioning “finisher” – *choose one of the following*

- ***Prowler sprints** – perform 4-10 30-yard sprints with about 1 minute rest between sprints (depending on your **conditioning level**).
- **Farmers walks** – perform 4-6 sets of 40-60 yards with 1-2 minutes rest between sets
- **Forward or backward sled drags** – perform 4-6 sets of 30-50 yards with 1-2 minutes rest between sets
- TPS conditioning/circuit workouts involving a prowler, sled.
Lower posted weight numbers slightly (25-50% depending)

DAY 5 – Repetition Upper Body

A. Repetition Exercise

Perform 3 sets of max reps **OR** 4 sets of 12-15 reps of one of the following:

- Flat DB bench press (palms in or out)
- Incline DB bench press (palms in or out)
- DB bench press on Swiss ball (palms in or out)
- DB floor press (palms in)
- Push-up variations
- Chin-up variations
- **Barbell bench press (55-60% of 1RM)**

B. Vertical pulling / Rear delt superset

Superset one exercise from Group 1 with one exercise from Group 2.

Perform 3-4 supersets of 8-12 reps of each exercise.

Group 1

- Lat pulldowns (various bars)
- Chin-ups (don't perform these if you chose to do chin-ups for your first exercise)
- Straight arm pulldowns

Group 2

- Rear delt flies
- Scarecrows
- Face pulls
- Seated DB "power cleans"
- Band pull-aparts

C. Medial delts – Perform 4 sets of 8-12 reps or one of the following:

- DB lateral raises
- L-lateral raises
- Cable lateral raises
- DB military press
- DB side press

D. Traps / Arms superset

Superset one exercise from Group 1 with one exercise from Group 2 for 3 supersets.

Group 1 (Perform 8-10 reps)

- DB shrugs
- Barbell shrugs
- Safety squat bar shrugs
- Behind the back barbell shrugs

Group 2

- Barbell curls (8-10 reps each set)

- DB curls (8-10 reps each set)
- Seated Incline DB curls (8-10 reps each set)
- Hammer curls (8-10 reps each set)
- Zottmann curls (8-10 reps each set)
- Iso-hold DB curls (8-10 reps each set)
- DB triceps extensions (10-15 reps each set)
- Triceps pushdowns (15-25 reps each set)

E. Weighted Abdominals

- **Hanging strap crunches**
- **Roman chair**
- **V-ups + medicine ball**

F. Conditioning “finisher” – *choose one of the following*

- ***Prowler sprints** – perform 4-10 30-yard sprints with about 1 minute rest between sprints (depending on your **conditioning level**).
- **Farmers walks** – perform 4-6 sets of 40-60 yards with 1-2 minutes rest between sets
- **Forward or backward sled drags** – perform 4-6 sets of 30-50 yards with 1-2 minutes rest between sets
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DAY 6 – Conditioning / Practice

A. Warm-up –

Same format as Tuesday’s workout (*General warm-up, ground-based mobility, frequency drills*)

After the warm-up, choose one of the following 3 options...

OPTION 1 – Conditioning “test”

If you’re a football player – or any other athlete - and you have a conditioning test you’ll have to perform when you get to training camp, you can train for it on this day. EG for rugby, 60m suicides.

OPTION 2 – Skill conditioning / Practice

This involves performing a specific aspect of your sport with incomplete rest intervals. For example, if you’re a football wide receiver, you can get a quarterback to throw to you as you **practice running pass routes** with minimal rest between repetitions. Another example would be for a basketball player to play a pick-up game of basketball. A soccer player can go to a soccer field and work on his or her ball handling skills up and down the field. Hopefully, you get my point. The possibilities are endless for any sport.

OPTION 3 – General/TPS conditioning

This option entails sprinting for various distances, performing cone drills – or other such conditioning drills - with incomplete rest periods. Here is a sample general conditioning workout we performed with our football players this summer:

- a. **Mountain climbers into 10-yard sprint** – 8 sets with 30 seconds rest between sets. After you complete the 8 sprints, rest 1 minute before moving onto the 2nd exercise.
- b. **Wideouts into 15-yard sprint** – perform wideouts for 5 seconds and then sprint 15 yards on command. Perform 6 sets with 45 seconds rest between sets. After you complete the 6 sets, rest 2 minutes before moving onto the third exercise.
- c. **60-yard shuttle** – perform 4 shuttles with 45 seconds rest between sets. After you complete the 4 sets, rest 1 minute before moving onto the final exercise.
- d. **Illinois Drill** – perform 3 sets with 1 minute rest between sets.

DAY 7 - Off