

# Bethel Football Training Guide

## Off Season

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion check ✓ in shaded areas							
<b>Speed</b>	<b>Speed technique</b> - 8 full-speed sprints <b>3x wk</b>							
<b>Agility</b>	<b>Position Specific Drills</b> <b>3X wk</b>							
<b>Bleachers</b>	<b>Functional leg strength</b> <b>1x wk</b>							
<b>Plyometrics</b>	<b>20 minutes</b> <b>1 x week</b>							
<b>Hip Flexors</b>	<b>Hurdles - 15 minutes</b> <b>1 x week</b>							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> sets / reps		<ul style="list-style-type: none"> <li>•Record amount of weight used during sets in shaded areas</li> <li>•Use E-Lifting technique on push &amp; press strength exercises</li> <li>•"3/8" means 3 sets in 8 rep range (5 to 10 reps).</li> <li>•Wed &amp; Sat are: Make-up lifting day / extra focus lifting day</li> </ul>				
<b>Chest</b>	Bench press 3/5 Incline DB press 3/8 Close-grip bench 3/10							
<b>Back</b>	DB Pullovers 3/10 Lat chins (palms out) 3/8 Single-arm DB Rows 3/8							
<b>Sports Specific Strength</b>	Hang Cleans 3/5 (or Push Press) (or split-leg jerk)							
<b>Shoulders</b>	DB Shoulder press 3/8 Split-leg snatch DB 3/10 with single arm Bent Lateral DB raise 3/10 shrugs 3/20							
<b>Biceps</b>	EZ bar Curls 3/10 DB hammer curls 3/10							
<b>Triceps</b>	DB Tricep ext 3/10 Rope or Towel Triceps 2/10							
<b>Forearms</b>	Forearm superset 1/10							
<b>Neck</b>	4-way neck 1/10 -partner assisted							
<b>Leg superset:</b> <b>1. Quads</b> <b>2. Calves</b>	Squats 3/8 -or Leg press -or Overhead BB squats 3-way calf raises 3/10 X- jumps 3/10							
<b>Hamstrings Superset</b>	Leg curls (or glut/ham) 3/10 Single-leg lunge jumps (rear-leg elevated) 10 seconds each leg							
<b>Balance Ball</b>	Single-leg box jumps 3/8							
<b>Tibialis</b>	Reverse calf raises 1/50							
<b>Low back</b>	Hyperextensions 1/20							
<b>Abs</b>	Abs superset 3 sets							