

# Central Methodist University Football

CMU EAGLES



## 2009-10 Winter Workout

## CMU Strength & Conditioning Staff



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## Weight Training Guidelines

This program will focus on multi-joint, functional exercises that have high carry-over with the football skills/mechanics that are used on the field. All prescribed sets and repetitions should be challenging to difficult to perform in their entirety. All unilateral (single side) exercises performed with one arm or leg must also be done with the opposite side as well.

1. Make sure that you are warm before you start lifting
2. Practice good, solid mechanics. Do not compromise your technique to increase weight
3. Perform each lift with smooth, controlled motion
4. Do not jerk or bounce weight
5. Perform each exercise with full ROM
6. Choose the resistance carefully
7. Do all sets with each exercise before advancing to the next
8. Avoid an excessively wide grip with pushing and pulling movements
9. Always think about safety
10. You can never use too much common sense
11. Complete all exercises unless you have been instructed to avoid a certain movement

## **Functional Range of Motion (ROM)**

This program is devoted to the pre-exercise warm-up, with a particular emphasis on stretching. A proper warm-up is specific to sport or activity, and stretching should be an integral part of any warm-up. The warm-up prepares the athlete for resistance training and plyometrics performed in this program and decreases risk of injury.

### **Pre Work-out Warm-up**

During this period the athletes perform many plyometrics, rotational, and multi-directional movements. The Dynamic warm-up does not consist of static, ballistic, or PNF stretching techniques. Each movement is done for 10-15 yards while challenging the end of the range of motion with each movement.

### **Post Work-out Stretching**

During this period the athletes will perform static and PNF stretching techniques. This will allow the athletes to continue keeping full ROM as they increase muscle development and strength.

### **Training Principles Between Sets**

- |                       |           |
|-----------------------|-----------|
| A. Sets of 10 or more | 1-1.5 min |
| B. Sets of 8          | 1.5-2 min |
| C. Sets of 5-6        | 2-2.5 min |
| D. Sets of 4 or less  | 3-3.5 min |

## Dynamic Warm-Up & Active Stretching

- High Knees
- Butt Kicks
- Tin Soldier
- Lunge/Trunk Rot.
- Rev Lunge/Trunk Rot.
- Lateral Bounds
- Karaoke (High/Low)
- Over Hurdle
- Under Hurdle
- Knee Hugs
- Hip Tuck
- Rev Hip Tuck
- Tuck Jumps '15'
- Squat Jumps '15'
- Arm Circles (F/B)
- Forearm (Flexion/Ext)
- Push-Ups '25'
- Trunk Twist '15'



**21-Dec-09**

|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 6/6/6           |                |                |                |
| Push Press 8/8/8           |                |                |                |
| Bench Press 10/8/6         |                |                |                |
| Back Squat 8/8/6           |                |                |                |
| SLDL 8/8/8                 |                |                |                |
| 3-Way Calf Raises 30/30/30 |                |                |                |

**23-Dec-09**

|                               | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|-------------------------------|----------------|----------------|----------------|
| Dynamic Warm Up               |                |                |                |
| Spec Warm Up                  |                |                |                |
| Power Shrugs 10/10/10         |                |                |                |
| Bent-Over Rows 10/10/10       |                |                |                |
| Incline Bench 10/8/6          |                |                |                |
| Front Squat 8/8/8             |                |                |                |
| Hamstring Curls 10/10/10      |                |                |                |
| Walking Lunges 20yd/20yd/20yd |                |                |                |

**25-Dec-09**

|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 5/5/5           |                |                |                |
| Bench Press 8/6/4          |                |                |                |
| Lat Pull Down 10/10/10     |                |                |                |
| Sh. Matrix 15/15/15        |                |                |                |
| Back Squat 8/6/6           |                |                |                |
| Romanian Deadlift 10/10/10 |                |                |                |
| Side Lunges 10/10/10       |                |                |                |
| 3-Way Calf Raises 10/10/10 |                |                |                |



**28-Dec-09**

|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 6/6/6           |                |                |                |
| Push Press 8/8/8           |                |                |                |
| Bench Press 10/8/6         |                |                |                |
| Back Squat 8/8/6           |                |                |                |
| SLDL 8/8/8                 |                |                |                |
| 3-Way Calf Raises 30/30/30 |                |                |                |

**30-Dec-09**

|                               | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|-------------------------------|----------------|----------------|----------------|
| Dynamic Warm Up               |                |                |                |
| Spec Warm Up                  |                |                |                |
| Power Shrugs 10/10/10         |                |                |                |
| Bent-Over Rows 10/10/10       |                |                |                |
| Incline Bench 10/8/6          |                |                |                |
| Front Squat 8/8/8             |                |                |                |
| Hamstring Curls 10/10/10      |                |                |                |
| Walking Lunges 20yd/20yd/20yd |                |                |                |

**1-Jan-10**

|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 5/5/5           |                |                |                |
| Bench Press 8/6/4          |                |                |                |
| Lat Pull Down 10/10/10     |                |                |                |
| Sh. Matrix 15/15/15        |                |                |                |
| Back Squat 8/6/6           |                |                |                |
| Romanian Deadlift 10/10/10 |                |                |                |
| Side Lunges 10/10/10       |                |                |                |
| 3-Way Calf Raises 10/10/10 |                |                |                |



**4-Jan-10**



|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 6/6/6           |                |                |                |
| Push-Press 8/8/8           |                |                |                |
| Bench Press 10/8/6         |                |                |                |
| Seated Rows 10/10/10       |                |                |                |
| Back Squat 8/8/6           |                |                |                |
| SLDL 8/8/8                 |                |                |                |
| Step-Up 10/10/10           |                |                |                |
| 3-Way Calf Raises 30/30/30 |                |                |                |

**6-Jan-10**

|                               | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|-------------------------------|----------------|----------------|----------------|
| Dynamic Warm Up               |                |                |                |
| Spec Warm Up                  |                |                |                |
| Power Shrugs 10/10/10         |                |                |                |
| Bent-Over Rows 10/10/10       |                |                |                |
| Incline Bench 10/8/6          |                |                |                |
| D.B. Arnold Press 10/10/10    |                |                |                |
| Front Squat 8/8/8             |                |                |                |
| Hamstring Curls 10/10/10      |                |                |                |
| Walking Lunges 20yd/20yd/20yd |                |                |                |
| Squat Jumps 10/10             |                |                |                |

**8-Jan-10**

|                            | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> |
|----------------------------|----------------|----------------|----------------|
| Dynamic Warm Up            |                |                |                |
| Spec Warm Up               |                |                |                |
| Hang Clean 5/5/5           |                |                |                |
| Bench Press 8/6/4          |                |                |                |
| Lat Pull Down 10/10/10     |                |                |                |
| Sh. Matrix 15/15/15        |                |                |                |
| D.B. Rows 10/10/10         |                |                |                |
| Back Squat 8/6/6           |                |                |                |
| Romanian Deadlift 10/10/10 |                |                |                |
| Side Lunges 10/10/10       |                |                |                |
| 3-Way Calf Raises 10/10/10 |                |                |                |

## December 15 & 21 - Conditioning

| Wave 1       | Wave 2               |
|--------------|----------------------|
| 20 yd Sprint | 50 yd Sprint         |
| Rest 15 Sec  | Rest 1 Min           |
| 20 yd Sprint | 20 yd Sprint         |
| Rest 15 Sec  | Rest 45 Sec          |
| 30 yd Sprint | 40 yd Sprint         |
| Rest Sec     | Rest 30 Sec          |
| 30 yd Sprint | 30 yd Sprint         |
| Rest 20 Sec  | Rest 1 min           |
| 40 yd Sprint | 50 yd Sprint         |
| Rest 25 Sec  | Rest 45 Sec          |
| 40 yd Sprint | 20 yd Sprint         |
| Rest 25 Sec  | Rest 30 Sec          |
| 50 yd Sprint | 40 yd Sprint         |
| Rest 30 Sec  | Rest 15 Sec          |
| 50 yd Sprint | 30 yd Sprint         |
| Rest 3 Min   | 5 Min cool down walk |
|              |                      |
|              | STRETCH              |

\*Alternate Treadmill Sprint Workout\*

16 Sprints-15 Seconds each

30 Second walk rest ratio between each sprint

## December 18 & 25 - Conditioning

### Fartlek Run (10 Min Duration)

|                   |
|-------------------|
| Walk 30 Sec       |
| Sprint 15 Sec     |
| Jog 15 Sec        |
| *Repeat 10 Times* |
| 5 Min Cool Down   |
| Stretch           |

**December 29 & January 5 - Conditioning**

| <b>Wave 1</b> | <b>Wave 2</b> | <b>Wave 3</b> | <b>Wave 4</b>        |
|---------------|---------------|---------------|----------------------|
| 50 yd Sprint  | 20 yd Sprint  | 50 yd Sprint  | 20 yd Sprint         |
| Rest 30 Sec   | Rest 10 Sec   | Rest 30 Sec   | Rest 10 Sec          |
| 40 yd Sprint  | 30 yd Sprint  | 40 yd Sprint  | 30 yd Sprint         |
| Rest 20 Sec   | Rest 20 Sec   | Rest 20 Sec   | Rest 20 Sec          |
| 30 yd Sprint  | 40 yd Sprint  | 30 yd Sprint  | 40 yd Sprint         |
| Rest 10 Sec   | Rest 30 Sec   | Rest 10 Sec   | Rest 30 Sec          |
| 20 yd Sprint  | 50 yd Sprint  | 20 yd Sprint  | 50 yd Sprint         |
| Rest 1 Min    | Rest 1.5 Min  | Rest 2 Min    | 5 Min Cool Down Walk |
|               |               |               |                      |
|               |               |               | STRETCH              |

**January 1 & 8 - Conditioning**

**Fartlek Run (12 Min)**

|                   |
|-------------------|
| Walk 15 Sec       |
| Sprint 20 Sec     |
| Jog 25 Sec        |
| *Repeat 12 Times* |
| 5 Min Cool Down   |
| Stretch           |

# Nutrition Guideline for Athletic Performance

What is the **optimal** ratio of protein, carbohydrates and fats?

- Two Important considerations:
  - Your diet must include an adequate amount of **calories** to allow your body to perform at an optimal level.
  - Your diet must supply an adequate level of protein.
    - o Basic formula to determine daily caloric intake: *12 calories per 1 pound of body weight.*
    - o Macro-nutrient ratio of performance athletes: *35% Protein/ 50% Carbohydrates/ 15% Fat.*

## Two important strategies for meals

- Meal structuring: this refers to the composition of each individual meal. Each meal should be balanced according to the recommendations above.
- Meal patterning: this refers to how meals are consumed throughout the day. 5-6 smaller meals should be consumed evenly throughout the day. This is a more uniform supply of nutrients for recovery, glycogen restoration and energy levels.

## Specific goals

- Weight Gain
  - o Intake sufficient calories
  - o Increase caloric intake by 300 calories per day, if you are still unable to gain weight after 1-2 weeks, increase caloric intake by an additional 300 calories per day. Continue to increase caloric intake until you are able to gain and maintain/ *lb. every 1-2 weeks.*
  - o Quality of food is equally as important as the quantity of food.
  - o Athletes with less body fat tend to see better gains with higher carbohydrate intakes.
  - o Athletes with more body fat tend to see better gains with higher protein intakes.
  
- Weight loss
  - o Change your diet so that you consume less carbohydrates and more protein.
  - o A lower carbohydrate intake will reduce insulin levels and promote the utilization of stored body fat as energy.
  - o Increase energy expenditure by performing more aerobic exercise. Additional exercise per day (30-45 minutes of fairly intense aerobic exercise).

o If you decrease caloric consumption after a few weeks, your metabolic rate slows down to match the new reduced level of caloric intake and **weight loss will stall.**

o A recommended weight loss goal is *1-2 lbs. per week.*

## Nutrition Troubleshooting

- If you are losing weight unintentionally, you need more calories—increase both protein and carbohydrate intake.
- If you feel that you are losing strength, you may need to increase protein intake.
- If you feel that you are becoming fatigued before the completion of your workout session, you may need to increase carbohydrate before and after your sessions.
- If you feel that during your resistance training but are failing to make gains in both muscularity and strength, increase protein intake.
- If you feel that you are gaining fat, decrease carbohydrate intake and increase intake protein.
- If you feel that you are having trouble with your diet, before you change anything drastically, you should contact your athletic trainer, nutrition specialist, or strength and conditioning coach.

## Successful Eating Tips for Athletes

- **Treat your body like an ENGINE!**
- **Be disciplined—EAT + TRAIN toward your goal.**
- **Do not rely on one diet menu—change the content to get a variety of nutrients.**
- **ASK questions/ LEARN from others!!!!**