



FOOTBALL MACROCYCLE - 12 Month Prioritization

Mesocycle

<i>Skill</i>	POST SEASON - Recovery	OFF SEASON - General Prep	OFF SEASON - Specific Prep	PRE SEASON - Peaking	IN SEASON
Nutrition Program	Medium Emphasis	Low Emphasis	High Emphasis	Medium Emphasis	Low Emphasis
Flexibility	High Emphasis	High Emphasis	High Emphasis	Medium Emphasis	Medium Emphasis
Absolute Strength (1 RM)	Medium Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Power Technique	Medium Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Absolute Power (Explosive Lifts)	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Sprinting Drills	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Quickness	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Sports Specificity	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Motor Skills	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Injury Prevention	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
Power/Game Endurance	High Emphasis	High Emphasis	High Emphasis	High Emphasis	High Emphasis
<i>Month</i>	Nov - Jan	Jan - April	April - June	June - Aug	Aug - Nov

High Emphasis	Medium Emphasis	Low Emphasis
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PHASE I - General Prep - Strength & Lean Mass



Program Goals: Increase intensity and power output through multi-joint explosive training; increase strength and neuromuscular stimulation by using a five week periodized program; increase lean muscle tissue; learn Olympic lifts and explosive movements; prepare muscles and connective tissue for more specialized phases.

Name:

Date:

Duration: 3 five-week cycles

DAY	MONDAY		WEDNESDAY		FRIDAY	
DIRECT MUSCLE GROUPS	Quads, Hams, Chest, Biceps		Scapulae Stability, Hip/Ham, Lats, Triceps		Lower Body Power, Traps, Triceps	
INDIRECT MUSCLE GROUPS	Traps, Triceps, Abs		Pecs, Rotator Cuff, Legs, Abs		Posterior Chain, Shoulders, Obliques	
	EXERCISE	SETSxREPS	EXERCISE	SETSxREPS	EXERCISE	SETSxREPS
CORE LIFT	Squats/ Front Squats		Power Cleans		Deadlifts / Single Leg Squats	
CORE LIFT	Bench		Shrug Pulls		Close Grip Bench	
CORE LIFT	Romanian Deadlifts		Weighted Dips		Plyometrics - Total Body Functional Movements	
AUXILLIARY	Explosive Push-ups w/ Medicine Ball		Pull Ups		High Pulls	
AUXILLIARY	Quick Feet / Sprint Drills		DB Bent Over Rows		Incline Bench Variation	
AUXILLIARY	Arnold Curls		Upright Rows		Hip / Ham Machine	
AUXILLIARY	Heavy Shrugs		Standing Rotator Cuff		Supine MB passes	
AUXILLIARY	Lunge Variations		Seated Russian Press		Strait Bar Curls	
TORSO (Pick 4)	Chop and Lift Cable Variation		Medicine Ball Torso Twists w/ Throws		Chop and Lift Cable Variation	
TORSO	Physio Ball Crunches w/ Weight		Physio Ball Pikes		Physio Ball Crunches w/ Weight	
TORSO	(Weak Point Training)		(Weak Point Training)		(Weak Point Training)	

TUESDAY & THURSDAY

Middle Distance, Short Distance, Sprint Training, Agility Drills, Lateral Work, Footwork, Position-Specific Drills



CORE SETS AND REPS BREAKDOWN			AUXILLIARY SETS AND REPS BREAKDOWN		
Week	Sets & Reps	Load	Week	Sets & Reps	Load
1	12, 10, 8, 8	70-80%	1	3x12	70-80%
2	WU, 4x8	85%	2	12, 10, 8	85%
3	WU, 4x5	90%	3	3x8	90%
4	WU, 5, 4, 3, 2, 1	85-100%	4	10, 8, 6	85-100%
5	Active Rest		5	Active Rest	

TUESDAY & THURSDAY	
SAMPLE PLYOS AND SPRINT TRAINING	
Cycle	Tues and Thurs Training
1	Middle Distance (440yds-880)
2	Short Distances (100, 220)
3	Agilities, Broad Jumps, V-Leap, Speed (60, 40)
4	Lateral Agility, Speed (40, 20, 10)

TESTING DAYS						
EXERCISE	DATE	REPS / WEIGHT	DATE	REPS / WEIGHT	DATE	REPS / WEIGHT
Over Head Squats						
In Line Lunge						
Power Cleans						
Bench						
Squat Push Press						
5 Broad Jumps						
Dips						
Pull Ups						
Vertical Leap						
Push Ups-Plus						
20 yd Shuttle Run						
20 yd Sprint						
40 yd Sprint						
300 yd Shuttle						
Bench Jumps						
Lineman T Drill						
Injury Assessment						