**KAISERSERSLAUTERN HIGH SCHOOL**

**FOOTBALL – 2014 SEASON**

**EIGHT WEEK CONDITIONING PROGRAM**

**PART ONE**

**Purpose:** The purpose of this eight week conditioning program is to provide student-athletes with a guide which places football players in proper physical shape prior to the beginning of the 2014 football (pre and regular) seasons. Student-athletes who wish to play football during the 2014 season, are **strongly encouraged** to follow this plan.

**Goal:** The offseason is the time in which individuals should get into proper physical shape. The pre and regular seasons are designed times to refine and execute plays developed for our success. In order to have a successful football program, offseason conditioning is a must. We can ill afford to start this season unprepared physically. As noted above, football players are strongly encouraged to follow this plan to the best of their ability.

**Time:** Football players can move through each portion of this plan whether they are in the surrounding area (Kaiserslautern, Germany) or in a different location during the summer break. If weight lifting is not a possibility, then football players should concentrate on the stretching, conditioning, performing body weight exercises, and running portions for each individual week. Use your time wisely to incorporate training into your daily and weekly schedules. This is a plan each student-athlete can follow.

**WEEK ONE**

**Weight Lifting**

Do three times per week, working both the upper and lower body.

**Stretching and Conditioning**

Do four times per week

* Stretching exercises
* 30 push-ups
* 30 bent-leg sit-ups
* 30 step-up on each leg (60 total) on a step one foot high
* 4 pull-ups
* 4 chin-ups

**Running**

Run four times per week.

***First and second days***

* Perform form running drills: half speed, three quarter speed, high knees, crossovers, and backward runs
* Run 1½ miles in 12 minutes
* Run 40 yards up a 25 to 30 degree slope for one set of five reps, resting between each rep by walking for 30 seconds

***Third day***

Same as the first and second days, but run 1½ miles in 11 minutes.

***Fourth day***

Same as the first and second days, but run 1½ miles in 10 minutes.

**WEEK TWO**

**Weight Lifting**

Do three times per week, working both the upper and lower body.

**Stretching and Conditioning**

Do four times per week

* Stretching exercises
* 30 push-ups
* 30 bent-leg sit-ups
* 30 step-up on each leg (60 total) on a step one foot high
* 4 pull-ups
* 4 chin-ups

**Running**

Run four times per week.

***First, second, and third days***

* Perform form running drills: carioca, tapioca, vertical bounce, leaping, bounding, horizontal stride, and 45 degree cut each way.
* Run 2 miles in 13 ½ minutes
* Run 40 yards down a 25 to 30 degree slope for one set of five reps, resting between each rep by walking for 30 seconds.

***Fourth day***

Same as the first, second, and third days, but run 2 miles in 13 minutes.

**WEEK THREE**

**Weight Lifting**

Do three times per week, working both the upper and lower body.

**Stretching and Conditioning**

Do four times per week

* Stretching exercises
* 50 push-ups
* 50 bent-leg sit-ups
* 50 step-up on each leg (60 total) on a step one foot high
* 8 pull-ups
* 8 chin-ups

**Running**

Run four times per week.

***First day***

* Run 200 meters for two sets of three reps, resting between each by walking for 60 seconds. Backs, linebackers, and receivers should complete each rep within 30 seconds, lineman within 32.5 seconds.
* Run 100 meters for one set of four reps, resting between each by walking for 30 seconds. Backs, linebacker, and receivers should complete each rep within 12 seconds, lineman within 12.7 seconds.

***Second day***

* Run 2 miles. Backs, linebackers, and receivers should complete the 2 miles within 13 minutes, lineman within 14 minutes.

***Third day***

* Run 400 meters for one set of three reps, resting between each by walking for 90 seconds. Backs, linebackers, and receivers should complete each rep within 85 seconds, lineman within 90 seconds.
* Run 100 meters for one set of four reps, resting between each by walking for 30 seconds. Backs, linebackers, and receivers should complete each rep within 14 seconds, lineman within 15.5 seconds.

***Fourth day***

* Run 200 meters for two sets of three reps, resting between each rep by walking for 30 seconds. Backs, linebackers, and receivers should complete each rep within 32 seconds, lineman with 34 seconds.
* Run 100 meters for one set of four repetitions, resting between each set by walking for 30 seconds. Backs, linebackers, and receivers should complete each rep within 14 seconds, lineman within 15.5 seconds.

**WEEK FOUR**

**Weight Lifting**

Do three times per week, working both the upper and lower body.

**Stretching and Conditioning**

Do four times per week

* Stretching exercises
* 50 push-ups
* 50 bent-leg sit-ups
* 50 step-up on each leg (100 total) on a step one foot high
* 8 pull-ups
* 8 chin-ups

**Running**

Run four times per week.

***First day***

* Run 100 meters for one set of five reps, resting between each by walking for 30 seconds. Backs, linebacker, and receivers should complete each rep within 14 seconds, lineman within 15.5 seconds.
* Sprint 55 yards for one set of 10 reps, resting between each by walking for 30 seconds. Backs, linebackers, and receivers should complete each rep within 7.5 seconds, lineman within 8.5 seconds

***Second day***

* Run a 2 mile Fartlek run, alternating among sprinting, jogging, and walking each 200 yards. Backs, linebackers, and receivers should complete the run within 16 minutes, lineman within 18 minutes

***Third day***

* Run 200 meters for two sets of four reps, resting between each rep by walking for 60 seconds. Backs, linebackers, and receivers should complete each rep within 32 seconds, lineman within 35.
* Do hill springs. If no hill is available, sprint for 55 yards for one set of 10 reps, resting between each by walking for 30 seconds. Backs, linebackers, and receivers should complete each rep within 7.5 seconds, lineman with 8.5 seconds.

***Fourth day***

* Run 1 mile, then rest by walking for 15 minutes. Backs, linebackers, and receivers should complete the run within 7 minutes, lineman with 8 minutes.
* Jump rope for 10 minutes.