

www.PERFORMANCEWORKOUTS.com

GK Sports

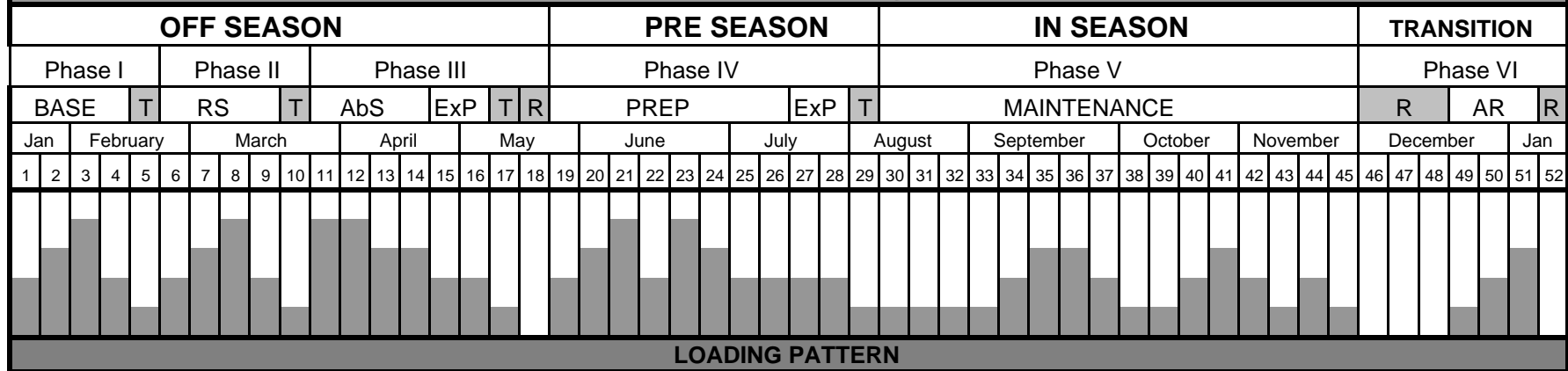
FOOTBALL: OFF-SEASON

**The following is only a  
preview of ONE workout.  
Purchase to view full workout.**

Copyright 2005

All rights reserved. No part of this workout may be reproduced or transmitted in any form or by any means without express written permission of PerformanceWorkouts.com.

# Periodized Training Plan



## Terms

AbS	Absolute Speed
AR	Active Rest
BASE	Basic Anaerobic Speed Endurance
ExP	Explosiveness
PREP	Season Preparation (Speed Maintenance, Anaerobic Endurance, Reaction Speed, Change of Direction, Power)
R	Rest
RS	Resistance Speed
T	Testing

# Phase I

**B. A. S. E.**

# Phase I - Week 4

Conditioning		Resistance																										
DAY 1	<b>TIME</b> 10 <b>Warm-Up</b> 10 <b>Flexibility</b> 25 <b>Interval Run</b> <b>Sets Distance Rest Goals</b> 4 x 200m 2 min :31 :33 :40 <i>rest 4 minutes</i> 4 x 200m 2 min :31 :33 :40 5 <b>Cool-Down</b>	<b>Complex Warm-Up</b> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Exercise</th> <th style="text-align: left;">Sets</th> <th style="text-align: left;">Reps</th> <th style="text-align: left;">RI</th> </tr> </thead> <tbody> <tr> <td>1 Bench Press</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>2 Cable Row</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>3 Dumbbell Shoulder Press</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>4 Barbell Curl</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>5 Triceps Pressdown</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> </tbody> </table> <p style="text-align: center;"><b>Station Intervals - 10 minutes</b></p>		Exercise	Sets	Reps	RI	1 Bench Press	3 x	8	2 min	2 Cable Row	3 x	8	2 min	3 Dumbbell Shoulder Press	3 x	8	2 min	4 Barbell Curl	3 x	8	2 min	5 Triceps Pressdown	3 x	8	2 min	
	Exercise	Sets	Reps	RI																								
	1 Bench Press	3 x	8	2 min																								
	2 Cable Row	3 x	8	2 min																								
	3 Dumbbell Shoulder Press	3 x	8	2 min																								
	4 Barbell Curl	3 x	8	2 min																								
	5 Triceps Pressdown	3 x	8	2 min																								
	Estimated Workout Time	50 min	Estimated Workout Time	50 minutes																								

Conditioning		Resistance																										
DAY 2	<b>TIME</b> 10 <b>Warm-Up</b> 10 <b>Flexibility</b> 5 <b>Core</b> 3 x 15 Pelvic Rollups 3 x 15 Cross Crunches 3 x 15 Crunches 10 <b>Form</b> 2 x 30 sec Arm Swing 2 x 20 yds Form Balance (10sec) 2 x 20 yds "A" March 2 x 20 yds "B" March 4 x 10 yds Three Point Starts 8 <b>Range of Motion (5 hurdles)</b> 2 x Forward Step 2 x Lateral Step 5 <b>Strides</b> <b>Sets Distance Rest</b> 4 x 100 yds 1 min 5 <b>Cool-Down</b>	<b>Complex Warm-Up</b> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Exercise</th> <th style="text-align: left;">Sets</th> <th style="text-align: left;">Reps</th> <th style="text-align: left;">RI</th> </tr> </thead> <tbody> <tr> <td>1 High Pull</td> <td>3 x</td> <td>5</td> <td>2 min</td> </tr> <tr> <td>2 Squat</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>3 RDL</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>4 Lunges</td> <td>3 x</td> <td>8</td> <td>2 min</td> </tr> <tr> <td>5 4-way Hip</td> <td>2 x</td> <td>8</td> <td>2 min</td> </tr> </tbody> </table> <p style="text-align: center;"><b>Station Intervals - 8 minutes</b></p>		Exercise	Sets	Reps	RI	1 High Pull	3 x	5	2 min	2 Squat	3 x	8	2 min	3 RDL	3 x	8	2 min	4 Lunges	3 x	8	2 min	5 4-way Hip	2 x	8	2 min	
	Exercise	Sets	Reps	RI																								
	1 High Pull	3 x	5	2 min																								
	2 Squat	3 x	8	2 min																								
	3 RDL	3 x	8	2 min																								
	4 Lunges	3 x	8	2 min																								
	5 4-way Hip	2 x	8	2 min																								
	Estimated Workout Time	53 minutes	Estimated Workout Time	40 minutes																								

# Phase II

**STRENGTH**

# Phase II - Week 9

		Conditioning	Resistance																																																																	
DAY 1	<p><b>Warm-Up</b></p> <p><b>Flexibility</b></p> <p><b>Resistance Sprints</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Distance</th> <th>Rest</th> <th colspan="3">Goals</th> </tr> </thead> <tbody> <tr> <td>5 x</td> <td>20 yds</td> <td>1 min</td> <td>:03</td> <td>:03.5</td> <td>:04</td> </tr> </tbody> </table> <p><b>Sprints</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Distance</th> <th>Rest</th> <th colspan="3">Goals</th> </tr> </thead> <tbody> <tr> <td>2 x</td> <td>100 yds</td> <td>2 min</td> <td>:12</td> <td>:13</td> <td>:15</td> </tr> <tr> <td>2 x</td> <td>80 yds</td> <td>2 min</td> <td>:09</td> <td>:10</td> <td>:12</td> </tr> <tr> <td>2 x</td> <td>60 yds</td> <td>2 min</td> <td>:07</td> <td>:08</td> <td>:10</td> </tr> <tr> <td>2 x</td> <td>40 yds</td> <td>2 min</td> <td>:05</td> <td>:05.5</td> <td>:06</td> </tr> </tbody> </table> <p><b>Cool-Down</b></p>	Sets	Distance	Rest	Goals			5 x	20 yds	1 min	:03	:03.5	:04	Sets	Distance	Rest	Goals			2 x	100 yds	2 min	:12	:13	:15	2 x	80 yds	2 min	:09	:10	:12	2 x	60 yds	2 min	:07	:08	:10	2 x	40 yds	2 min	:05	:05.5	:06	<p><b>Complex Warm-Up</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Exercise</th> <th>Sets</th> <th>Reps</th> <th>RI</th> </tr> </thead> <tbody> <tr> <td>1 Bench Press</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>2 Cable Row</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>3 Dumbbell Shoulder Press</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>4 Barbell Curl</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>5 Triceps Pressdown</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> </tbody> </table> <p><b>Station Intervals - 11 minutes</b></p>	Exercise	Sets	Reps	RI	1 Bench Press	3 x	8	3 min	2 Cable Row	3 x	8	3 min	3 Dumbbell Shoulder Press	3 x	8	3 min	4 Barbell Curl	3 x	8	3 min	5 Triceps Pressdown	3 x	8	3 min
	Sets	Distance	Rest	Goals																																																																
5 x	20 yds	1 min	:03	:03.5	:04																																																															
Sets	Distance	Rest	Goals																																																																	
2 x	100 yds	2 min	:12	:13	:15																																																															
2 x	80 yds	2 min	:09	:10	:12																																																															
2 x	60 yds	2 min	:07	:08	:10																																																															
2 x	40 yds	2 min	:05	:05.5	:06																																																															
Exercise	Sets	Reps	RI																																																																	
1 Bench Press	3 x	8	3 min																																																																	
2 Cable Row	3 x	8	3 min																																																																	
3 Dumbbell Shoulder Press	3 x	8	3 min																																																																	
4 Barbell Curl	3 x	8	3 min																																																																	
5 Triceps Pressdown	3 x	8	3 min																																																																	
Estimated Workout Time		48 min	Estimated Workout Time 60 minutes																																																																	
		Conditioning	Resistance																																																																	
DAY 2	<p><b>Warm-Up</b></p> <p><b>Flexibility</b></p> <p><b>Ladder</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>2 x</td><td>Every Hole</td></tr> <tr><td>2 x</td><td>Lateral Step</td></tr> <tr><td>2 x</td><td>Lateral In/Out</td></tr> <tr><td>2 x</td><td>Weave</td></tr> </tbody> </table> <p><b>Cones</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>2 x</td><td>Figure 8</td></tr> <tr><td>2 x</td><td>5/10/5 Forward/Back</td></tr> <tr><td>2 x</td><td>5/10/5 Sprint</td></tr> <tr><td>2 x</td><td>Pro Agility</td></tr> </tbody> </table> <p><b>Core</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>3 x</td><td>15</td><td>MB Sit-Up Passes</td></tr> <tr><td>3 x</td><td>15</td><td>Throwdown</td></tr> <tr><td>3 x</td><td>15</td><td>MB Twist</td></tr> <tr><td>3 x</td><td>30sec</td><td>3-way Stabilization</td></tr> </tbody> </table> <p><b>Cool-Down</b></p>	2 x	Every Hole	2 x	Lateral Step	2 x	Lateral In/Out	2 x	Weave	2 x	Figure 8	2 x	5/10/5 Forward/Back	2 x	5/10/5 Sprint	2 x	Pro Agility	3 x	15	MB Sit-Up Passes	3 x	15	Throwdown	3 x	15	MB Twist	3 x	30sec	3-way Stabilization	<p><b>Complex Warm-Up</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Exercise</th> <th>Sets</th> <th>Reps</th> <th>RI</th> </tr> </thead> <tbody> <tr> <td>1 Hang Clean</td> <td>3 x</td> <td>3</td> <td>3 min</td> </tr> <tr> <td>2 Squat</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>3 RDL</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>4 Lunges</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>5 4-way Hip</td> <td>2 x</td> <td>8</td> <td>3 min</td> </tr> </tbody> </table> <p><b>Station Intervals - 11 minutes</b></p>	Exercise	Sets	Reps	RI	1 Hang Clean	3 x	3	3 min	2 Squat	3 x	8	3 min	3 RDL	3 x	8	3 min	4 Lunges	3 x	8	3 min	5 4-way Hip	2 x	8	3 min														
	2 x	Every Hole																																																																		
2 x	Lateral Step																																																																			
2 x	Lateral In/Out																																																																			
2 x	Weave																																																																			
2 x	Figure 8																																																																			
2 x	5/10/5 Forward/Back																																																																			
2 x	5/10/5 Sprint																																																																			
2 x	Pro Agility																																																																			
3 x	15	MB Sit-Up Passes																																																																		
3 x	15	Throwdown																																																																		
3 x	15	MB Twist																																																																		
3 x	30sec	3-way Stabilization																																																																		
Exercise	Sets	Reps	RI																																																																	
1 Hang Clean	3 x	3	3 min																																																																	
2 Squat	3 x	8	3 min																																																																	
3 RDL	3 x	8	3 min																																																																	
4 Lunges	3 x	8	3 min																																																																	
5 4-way Hip	2 x	8	3 min																																																																	
Estimated Workout Time		52 minutes	Estimated Workout Time 60 minutes																																																																	

# Phase III

**SPEED**

# Phase III - Week 12

		Conditioning	Resistance																																																																			
DAY 3	<p><b>Warm-Up</b></p> <p><b>Flexibility</b></p> <p><b>Resistance Sprints</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Distance</th> <th>Rest</th> <th>Goals</th> </tr> </thead> <tbody> <tr> <td>2 x</td> <td>60 yds</td> <td>2 min</td> <td>:09 :10 :12</td> </tr> <tr> <td>2 x</td> <td>40 yds</td> <td>2 min</td> <td>:07 :08 :10</td> </tr> <tr> <td>2 x</td> <td>20 yds</td> <td>2 min</td> <td>:03 :03.5 :04</td> </tr> </tbody> </table> <p><b>Sprints</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Distance</th> <th>Rest</th> <th>Goals</th> </tr> </thead> <tbody> <tr> <td>6 x</td> <td>40 yds</td> <td>2 min</td> <td>:05 :05.5 :06</td> </tr> </tbody> </table> <p><b>Strides</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Distance</th> <th>Rest</th> </tr> </thead> <tbody> <tr> <td>4 x</td> <td>100 yds</td> <td>1 min</td> </tr> </tbody> </table> <p><b>Range of Motion</b> (6 hurdles)</p> <p>2 x Forward Step</p> <p>2 x Lateral Step</p> <p><b>Cool-Down</b></p> <p style="margin-top: 20px;">Estimated Workout Time <span style="float: right;">60 min</span></p> <p><b>Notes:</b> add 5-10 lbs to sled from week 11</p>	Sets	Distance	Rest	Goals	2 x	60 yds	2 min	:09 :10 :12	2 x	40 yds	2 min	:07 :08 :10	2 x	20 yds	2 min	:03 :03.5 :04	Sets	Distance	Rest	Goals	6 x	40 yds	2 min	:05 :05.5 :06	Sets	Distance	Rest	4 x	100 yds	1 min	<p><b>Complex Warm-Up</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Exercise</th> <th>Sets</th> <th>Reps</th> <th>RI</th> </tr> </thead> <tbody> <tr> <td>1 Bench Press</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>2 Dumbbell Shoulder Press</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>3 Cable Row</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>4 Triceps Extension</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>5 Barbell Curl</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> </tbody> </table> <p style="margin-top: 20px;"><b>Station Intervals</b> - 12 minutes</p> <p style="margin-top: 20px;">Estimated Workout Time <span style="float: right;">60 minutes</span></p>	Exercise	Sets	Reps	RI	1 Bench Press	3 x	8	3 min	2 Dumbbell Shoulder Press	3 x	8	3 min	3 Cable Row	3 x	8	3 min	4 Triceps Extension	3 x	8	3 min	5 Barbell Curl	3 x	8	3 min														
	Sets	Distance	Rest	Goals																																																																		
2 x	60 yds	2 min	:09 :10 :12																																																																			
2 x	40 yds	2 min	:07 :08 :10																																																																			
2 x	20 yds	2 min	:03 :03.5 :04																																																																			
Sets	Distance	Rest	Goals																																																																			
6 x	40 yds	2 min	:05 :05.5 :06																																																																			
Sets	Distance	Rest																																																																				
4 x	100 yds	1 min																																																																				
Exercise	Sets	Reps	RI																																																																			
1 Bench Press	3 x	8	3 min																																																																			
2 Dumbbell Shoulder Press	3 x	8	3 min																																																																			
3 Cable Row	3 x	8	3 min																																																																			
4 Triceps Extension	3 x	8	3 min																																																																			
5 Barbell Curl	3 x	8	3 min																																																																			
DAY 4	<p><b>Warm-Up</b></p> <p><b>Flexibility</b></p> <p><b>Ladder</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>2 x</td><td>Forward Out/In</td></tr> <tr><td>2 x</td><td>Lateral Switch</td></tr> <tr><td>2 x</td><td>Right/Left In</td></tr> <tr><td>2 x</td><td>Slalom Jump</td></tr> <tr><td>2 x</td><td>180 Pivot</td></tr> </tbody> </table> <p><b>Cones</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>2 x</td><td>4 cone - Carioca</td></tr> <tr><td>2 x</td><td>4 cone - Shuffle</td></tr> <tr><td>2 x</td><td>Comeback</td></tr> <tr><td>2 x</td><td>L-Drill</td></tr> <tr><td>2 x</td><td>T-Drill</td></tr> </tbody> </table> <p><b>Plyometrics</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>2 x</td><td>40 yds</td><td>Bounding</td></tr> <tr><td>2 x</td><td>40 yds</td><td>10/10/10/10</td></tr> <tr><td>2 x</td><td>20 yds</td><td>Squat Jumps</td></tr> <tr><td>2 x</td><td>20 yds</td><td>Power Skips</td></tr> </tbody> </table> <p><b>Cool-Down</b></p> <p style="margin-top: 20px;">Estimated Workout Time <span style="float: right;">55 minutes</span></p>	2 x	Forward Out/In	2 x	Lateral Switch	2 x	Right/Left In	2 x	Slalom Jump	2 x	180 Pivot	2 x	4 cone - Carioca	2 x	4 cone - Shuffle	2 x	Comeback	2 x	L-Drill	2 x	T-Drill	2 x	40 yds	Bounding	2 x	40 yds	10/10/10/10	2 x	20 yds	Squat Jumps	2 x	20 yds	Power Skips	<p><b>Complex Warm-Up</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Exercise</th> <th>Sets</th> <th>Reps</th> <th>RI</th> </tr> </thead> <tbody> <tr> <td>1 Clean Pulls</td> <td>4 x</td> <td>4</td> <td>3 min</td> </tr> <tr> <td>2 Squat</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>3 Hyperextensions</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>4 Forward Lunges</td> <td>3 x</td> <td>8</td> <td>3 min</td> </tr> <tr> <td>5 Trunk Circuit</td> <td>2 x 15</td> <td>MB Sit-Up Passes</td> <td></td> </tr> <tr> <td></td> <td>2 x 15</td> <td>Throwdown</td> <td></td> </tr> <tr> <td></td> <td>2 x 15</td> <td>MB Twist</td> <td></td> </tr> <tr> <td></td> <td>2 x 30sec</td> <td>3-way Stabilization</td> <td></td> </tr> </tbody> </table> <p style="margin-top: 20px;"><b>Station Intervals</b> - 12 minutes</p> <p style="margin-top: 20px;">Estimated Workout Time <span style="float: right;">60 minutes</span></p>	Exercise	Sets	Reps	RI	1 Clean Pulls	4 x	4	3 min	2 Squat	3 x	8	3 min	3 Hyperextensions	3 x	8	3 min	4 Forward Lunges	3 x	8	3 min	5 Trunk Circuit	2 x 15	MB Sit-Up Passes			2 x 15	Throwdown			2 x 15	MB Twist			2 x 30sec	3-way Stabilization	
	2 x	Forward Out/In																																																																				
2 x	Lateral Switch																																																																					
2 x	Right/Left In																																																																					
2 x	Slalom Jump																																																																					
2 x	180 Pivot																																																																					
2 x	4 cone - Carioca																																																																					
2 x	4 cone - Shuffle																																																																					
2 x	Comeback																																																																					
2 x	L-Drill																																																																					
2 x	T-Drill																																																																					
2 x	40 yds	Bounding																																																																				
2 x	40 yds	10/10/10/10																																																																				
2 x	20 yds	Squat Jumps																																																																				
2 x	20 yds	Power Skips																																																																				
Exercise	Sets	Reps	RI																																																																			
1 Clean Pulls	4 x	4	3 min																																																																			
2 Squat	3 x	8	3 min																																																																			
3 Hyperextensions	3 x	8	3 min																																																																			
4 Forward Lunges	3 x	8	3 min																																																																			
5 Trunk Circuit	2 x 15	MB Sit-Up Passes																																																																				
	2 x 15	Throwdown																																																																				
	2 x 15	MB Twist																																																																				
	2 x 30sec	3-way Stabilization																																																																				

# TESTING - Week 17

DAY 1

**Warm-Up**

**Flexibility**

**Tests**

**Flexibility:**

Sit and Reach

**Explosiveness:**

Broad Jump or Verticle Jump

**Change of Direction:**

Pro Shuttle

**Speed:**

40 yard Dash

DAY 2

**Warm-Up**

**Flexibility**

**Tests**

**Lower Body Strength:**

Squat (3xMax)

**Upper Body Strength:**

Bench Press

**Core Strength:**

Sit-Ups (1 minute)

**Muscular Endurance:**

Dips

DAY 3

**Warm-Up**

**Flexibility**

**Tests**

**Body Weight:**

Scale

**Body Fat:**

Calipers

**Anearobic Endurance:**

300 yard Shuttle (12x25 yds)

**Aerobic Endurance:**

1 mile Shuttle (100m) \*optional