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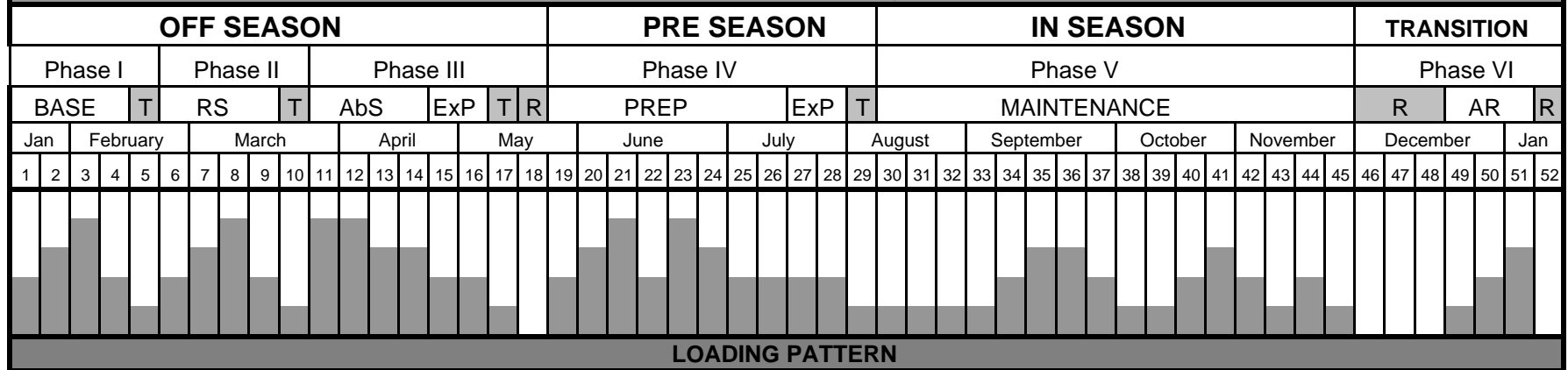
FOOTBALL: PRE-SEASON

**The following is only a
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Periodized Training Plan



Terms

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

Phase IV

PREP

Phase IV - Week 21

		Conditioning	Resistance																																				
DAY 1	Conditioning	<p>Warm-Up</p> <p>Flexibility</p> <p>Sprints</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Sets</th> <th style="text-align: left;">Distance</th> <th style="text-align: left;">Rest</th> <th colspan="3" style="text-align: left;">Goals</th> </tr> </thead> <tbody> <tr> <td>14 x</td> <td>60 yds</td> <td>2 min</td> <td>:07</td> <td>:08</td> <td>:09</td> </tr> </tbody> </table> <p>Range of Motion (5 hurdles)</p> <ul style="list-style-type: none"> 2 x Forward Step 2 x Lateral Step 2 x Lateral Under <p>Cool-Down</p>	Sets	Distance	Rest	Goals			14 x	60 yds	2 min	:07	:08	:09	<p>Complex Warm-Up</p> <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>4 x</td> <td>5/4/3/3</td> <td>2 min</td> </tr> <tr> <td>2 Cable Row</td> <td>3 x</td> <td>12</td> <td>2 min</td> </tr> <tr> <td>3 Push Press</td> <td>4 x</td> <td>5/4/3/3</td> <td>2 min</td> </tr> <tr> <td>4 Barbell Curl</td> <td>3 x</td> <td>12</td> <td>2 min</td> </tr> <tr> <td>5 Triceps Extension</td> <td>3 x</td> <td>12</td> <td>2 min</td> </tr> </tbody> </table> <p style="text-align: center; margin-top: 20px;">Station Intervals - 11 minutes</p>	Exercise	Sets	Reps	RI	1 Bench Press	4 x	5/4/3/3	2 min	2 Cable Row	3 x	12	2 min	3 Push Press	4 x	5/4/3/3	2 min	4 Barbell Curl	3 x	12	2 min	5 Triceps Extension	3 x	12	2 min
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	Estimated Workout Time	60 min	Estimated Workout Time 55 minutes																																				
DAY 2	Conditioning	<p>Warm-Up</p> <p>Flexibility</p> <p>Ladder</p> <ul style="list-style-type: none"> 2 x Every Hole 2 x Lateral Step 2 x Weave <p>Cones</p> <ul style="list-style-type: none"> 2 x 5/10/5 Forward/Back 2 x L-Drill 2 x Pro Agility <p>Bags</p> <ul style="list-style-type: none"> 2 x Forward/Back 2 x Change of Direction 2 x Shuffle <p>Reaction</p> <ul style="list-style-type: none"> 2 x Shuffle Direct 2 x Sprint/Back Direct 2 x S/S/B/S/S <p>Cool-Down</p>	<p>Complex Warm-Up</p> <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 Power Clean</td> <td>4 x</td> <td>5/4/3/3</td> <td>2 min</td> </tr> <tr> <td>2 Squat</td> <td>4 x</td> <td>5/4/3/3</td> <td>2 min</td> </tr> <tr> <td>3 Box Jumps</td> <td>3 x</td> <td>12</td> <td>2 min</td> </tr> <tr> <td>4 Hyperextensions</td> <td>3 x</td> <td>12</td> <td>2 min</td> </tr> <tr> <td>5 Trunk Circuit</td> <td>2 x 30</td> <td>MB Sit-Up Passes</td> <td></td> </tr> <tr> <td></td> <td>2 x 30</td> <td>Throwdown</td> <td></td> </tr> <tr> <td></td> <td>2 x 30</td> <td>MB Twist</td> <td></td> </tr> <tr> <td></td> <td>2 x 60sec</td> <td>3-way Stabilization</td> <td></td> </tr> </tbody> </table> <p style="text-align: center; margin-top: 20px;">Station Intervals - 11 minutes</p>	Exercise	Sets	Reps	RI	1 Power Clean	4 x	5/4/3/3	2 min	2 Squat	4 x	5/4/3/3	2 min	3 Box Jumps	3 x	12	2 min	4 Hyperextensions	3 x	12	2 min	5 Trunk Circuit	2 x 30	MB Sit-Up Passes			2 x 30	Throwdown			2 x 30	MB Twist			2 x 60sec	3-way Stabilization	
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