

2026



***SUMMER WORKOUT
MANUAL***

TOUGH PEOPLE WIN

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May 2026

SU Football Mountaineers:

Enclosed is our summer strength and conditioning program. Read through this manual completely before starting workouts on June 1. Our early season practices and training will assume that you report to camp physically prepared to play.

Take your time through each part of the training. Be intentional. Win each rep. Choose to attack each training session, or it will attack you. Train with purpose, understanding that each day you are creating reality for yourself and our team.

We want to win at everything we do, including training. Approach each day with that mindset, and we will be in the position we need to be entering the season.

“We are what we repeatedly do; therefore excellence is not an act, but a habit.”

You are always becoming. Who you become is up to you and is determined by the choices you make. You have already made the choice to be a Mountaineer; therefore, you have already eliminated many negative choices because of your commitment to this program.

We will be a Team. We will be Tough. We will have great Enthusiasm and Effort. We will be Disciplined. We will have great Focus and Finish. Continually make choices that align with who we are.

Don't be casual.

Tough People Win.

In Christ,
Coach Biggurs

Freshman Quick Start: How to Use This Manual

Before June 1

1. Read the whole manual one time before training.
2. Write down your current maxes if you know them: clean, squat, bench. If you do not know them, use the RPE guide below.
3. Find a safe training location, a spotter for bench when possible, and enough space for sprint work.
4. Save your weekly training log. If you do not write it down, you are guessing.

Every training day

5. Field work first: warm-up, sprint/agility/conditioning work, then one ab routine.
6. Lift second: barbell complex, main lift, supersets, accessories.
7. Post-lift third: pre-hab routine and short static stretch.
8. Record what you did: weight used, reps completed, how you felt, and any pain.

RPE guide if you do not know your max

| RPE | Meaning | Use This Rule |
|-----|----------------------|--|
| 6 | Easy/moderate | Could do 4+ more reps. Use this when learning technique. |
| 7 | Solid working weight | Could do 3 more reps. Good for most summer sets. |
| 8 | Hard but clean | Could do 2 more reps. Technique must still be sharp. |
| 9 | Very hard | Could do 1 more rep. Use rarely and never with bad form. |
| 10 | Max effort | Do not use for unsupervised summer work. |

Stop or modify immediately if:

- Pain is sharp, sudden, or changes your movement pattern.
- You feel dizzy, faint, overheated, or nauseated.
- Your technique breaks down and you cannot fix it by reducing weight.
- You are training alone and need a spot for a heavy bench or risky lift.

Training Objectives

With your sustained commitment, the SU football training program will maximize your abilities as a football player.

Speed and Agility: We will maximize our multi-directional speed by becoming more explosive, more agile, and more efficient runners.

Strength: We will maximize our potential to create force for the demands of football.

Explosive Power: We will combine our increased speed and increased strength to maximize our explosive power.

Endurance: We will train to sustain our highest level of performance in the following three ways:

- **Pre-habilitation:** Training to reduce the likelihood of injury.
- **Season Endurance:** Training to maintain near maximal speed, strength and power throughout the season.
- **Game Endurance:** Training to maintain near maximal speed, strength and power throughout a competition.

Philosophy:

We will use a High Central Nervous System-Low Central Nervous System Split. High CNS days are our Acceleration, Max Velocity, Hang Clean, Power Clean, and Squat Days. Low CNS days are our Conditioning, Position Specific Work, and our Upper Body training. We are using this split to be able to train to become more athletic and powerful football players by training at a very high intensity (with sprints, jumps, cleans, squats, etc.) as consistently as we can by allowing your bodies adequate rest between those training sessions to recover.

Therefore, on High CNS days, we want to perform the movements as fast as possible. Give maximal effort on sprints (you get faster by running fast), move the bar with intent on cleans, and work your depth on your squats. Follow allotted time for rest between reps so you can get the most out of each rep!

On Low CNS days, attack the conditioning and hit all your reps in the weight room. If you do any extra technique work these days, keep it light. (*Your mind doesn't know the difference between a full speed rep and a walk-through rep. If you have great intent, you are putting money in the bank.*) You don't want to over fatigue yourself, in this state injuries begin showing up along with poor training performance and an overall decrease in wanting to train. Rest and recovery are as much of a part of successful training than anything else and is crucial to your positive progress.

Remember, we are training football players, not bodybuilders. We want you to be the most physically prepared, athletic, violent football player you can be.

Schreiner Training Explanation:

1. We will start every training session with field work. Hit the warmup, the prescribed running for the day then finish with an ab routine. Do not rush any of this, please take your time and be as detailed as you can with each piece of the field work!
2. After the field work, you will start your lift with a barbell complex; a series of movements performed with the barbell only to help get the whole body ready to train. Take your time on each movement, **DO NOT RUSH!** It is meant to help get you ready to train at a high level. If you rush through it, then you are negating the purpose.

The Barbell Complex follows as such:

- Five consecutive Hang Cleans
- Five consecutive Front Squats
- Five consecutive Overhead Press
- Five consecutive Bent Over Rows
- Five consecutive Romanian Dead Lifts (RDLs)

***These five movements make one set!**

The Power Clean Complex follows as such:

This can be done on Power Clean Days (Thursdays)

- Bar from the ground to right above the knee
- Bar from above the knee to the crease of hips (FULLY EXTENDED POSITION)
- Bar back to above the knee
- Bar back to the ground
- Bar from the ground to right above the knee
- Bar from above the knee to the crease of hips
- Violent Hang Clean

***This whole progression is ONE REP!**

3. You will then follow the program from top to bottom. Perform each lift by itself for the prescribed number of sets and reps. The sets and reps will vary from week to week. **TAKE YOUR TIME BETWEEN SETS, DON'T RUSH! WE WANT TO GET THE MOST OF EACH REP!**
4. The "main lifts" (Hang Clean, Front Squat, Bench Press, Power Clean and Back Squat) will have a superset attached to it, which is posted right under the lift.

THE "SET ZERO" IS NOT PROGRAMMED, HIT AS MANY WARMUP SETS AS YOU NEED TO GET GOING!

5. After you perform the main lift, you will finish the session with the "ACCESSORIES". These can be performed one by one, two at a time, or all at once. However, you choose to do it is fine, if you get all your reps... Start cultivating the great habit of always finishing and completing every single rep! Performing Volume and Auxiliary Lifts
6. You will finish with a post stretch or some form of recovery. This is completely up to you! Listen to your body and choose one of the pre-hab routines or some recovery routine of your own! The key is to be consistent! This will help us prepare our body for the load of the season and help us stay as healthy as possible through December!
7. For weight use your best judgement. The key is to be safe and perform the movement with great technique! If your technique is compromised, then the weight is too heavy. The weight room is to help you become a better football player; we want to be on the field so always prioritize safety and technique!

-Keep track of the weight you use to build off during the duration of the program. I would suggest no more than 5-10 pounds increase on upper body lifts and 10-20 pounds on lower body lifts.

-If you have a max number, you can follow along with the prescribed percentages!

-PLEASE BE SAFE! WE WANT TO CHALLENGE OURSELVES BUT NOT TO THE POINT OF INJURY! BE SMART IF YOU ARE TRAINING WITH NO PARTNER AND DON'T HAVE A SPOT! WE NEED EVERYONE HEALTHY FOR FALL CAMP!

Warm Up:

Start the warmup with the “Thermal” portion, then move to “Joint Mobilization”, then to “Static + Flow + Groundwork”, then to “Isos”. If it is Monday or Thursday, finish with “Extended Thermal”.

Take your time through the warmup. The warmup is programmed to give you the time and space to get yourself mentally and physically ready to attack the training. This is not something to rush through; not properly warming up can lead to injury or not getting the most out of the training session.

Again, we want to win at everything we do so start fast each day by winning the warmup!

Thermal: 10 yards (Down and Back on Each Movement)

| |
|---|
| Jog down and back |
| Skips w/ Cross Swing + Forward |
| Lateral Skips |
| Backwards Run |
| A-Skip |
| B-skip |
| High Knee Carioca |
| High Knees |
| Butt Kicks |
| Over Hurdles |
| Backwards Hurdles |
| Low Carioca |
| Walking Shuffle to Shuffle -Walk - 5 yards -Shuffle - 5 yards |
| Pogos: 5 yards then stride 5 yards 1. Forward 2. Backward 3. Lateral |
| 3 Point Get Off: -10 yards |

Warm Up Continued:

Joint Mobilization:

Perform each movement for 10-20 seconds (3-5 reps). Take your time, listen to your body. Hit an extra set of whatever movement to help get you going!

| |
|--------------------------------------|
| Neck Rolls -Right -Left |
| Arm Circles -Forward -Backward |
| Trunk Roll -Right -Left |
| Hip Rotation -Right -Left |
| Good Mornings |
| Knee Tucks |
| Quad Pulls |
| Squats |
| Backward Lunge |
| Curtsy Lunge |
| Inch Worm |
| Squat to Press |

Warm Up Continued:

Static + Flow + Ground Work:

5-10 second count on each Movement.

| |
|--|
| Feet together -Right foot forward -Left foot forward |
| Spread Em: -Right -Left |
| Sit Down and Back: -Right -Left |
| Right Quad |
| Left Quad |
| Saigon Squat |
| Right Hip Flexor -Groin (Left Elbow to Left Ankle) -Rotate |
| Left Hip Flexor -Groin (Right Elbow to Right Ankle) -Rotate |
| Mountaineer Stretch: -Right -Left |
| Cat/Cow |
| Fire Hydrants |
| Hip Circles Forward |
| Down Dog -Pedal Feet -Calf (Right over Left then Left over Right) -Back to Down Dog -Walk hands back to forward fold |
| 90/90 Ankle lift + Knee lift + Rotation (3-5 Reps Each) |
| Glute Bridge (3-5 Reps Each) |
| Single Leg Glute Bridge (3-5 Reps Each) |
| Windshield Wipers (3-5 Reps Each) |
| Alternating Knee Tuck (3-5 Reps Each) |
| Alternating Leg Swings (3-5 Reps Each) |
| Scorpion (On Stomach) (3-5 Reps Each) |

Warm Up Continued:

Isos:

20 Seconds on Each Position

| |
|-------------------|
| Lunges Right/Left |
| Push Up |
| Hip Bridge |

Extended Thermal:

For Sprint Days and Position Specific Work (Monday and Thursday)

10 yards (Down and Back)

| |
|-------------------|
| Dribbles |
| -Ankle |
| -Calf |
| -Knee |
| Skip For Height |
| Skip For Distance |

Pre-Hab Routines:

These pre-hab routines are to help develop ankle, knees, and hip mobility. The sets and reps are just a minimum guideline, if you need to do more you can. These exercises can also be used individually as supersets between exercises if something is feeling tight.

| ANKLE FOCUS | KNEE FOCUS | HIP FOCUS | GLUTE FOCUS | SHOULDER FOCUS | FEET, ANKLE, KNEE, HIPS, GLUTES |
|---|--|---|---|---|-------------------------------------|
| BANDED ANKLE ROCKERS: 3 x 10-20 EA | KETTLE BELL WEIGHT SHIFT: 5 x 5 EA | SINGLE LEG DROP INS: 2 X 10 EA | BANDED GLUTE BRIDGES: 3 x 10 | SHOULDER MOBILITY CIRCUIT: 3 X 3 -HANDS ABOVE YOUR HEAD -SQUEEZE AND MAKE A FIST -ARMS OUT TO A "Y" -ARMSDOWN TO AN "ARROW" -HANDS ABOVE YOUR BACK -HANDS DOWN THEN ELBOWS DOWN -ELBOW UPS -HANDS UP -BACK TO AN "ARROW" -UP TO A "Y" -HANDS ABOVE YOUR HEAD -HANDS DOWN THEN ELBOWS DOWN | MOUNTAINEER STRETCH |
| BENCH ANKLE STRETCH: 3 x 20 SECONDS | SINGLE LEG DROP INS: 5 x 5 EA | HIP FLEXOR STRETCH + OVERHEAD REACH: 3 x 20 SECONDS | BANDED CLAM SHELLS: 3 x 10 | INTERNAL/EXTERNAL ROTATIONS: 3 X 5 EA | CHILD ROCKERS |
| PLATE GOBLET SQUAT: 3 x 20 SECONDS | TIBIA ROTATION: 5 x 5 EA | KETTLE BELL WEIGHT SHIFT: 5 x 5 EA | SINGLE LEG-LOCKED CLAM SHELLS: 3 x 10 EA | UPWARD/DOWNWARD ROTATIONS 3 X 5 EA | CHILD FLYS |
| | LATERAL OR FRONT CHU SQUAT: 5 X 5 EA | BOTTOM LEG LIFT: 2 X 10 EA | PLATE GOBLET SQUAT: 3 x 20 SECONDS SLIGHT RAISE THEN SINK BACK DOWN IN LOWEST POSITION, OPEN HIPS UP THEN HOLD FOR 3-5 SEC. | | CHILD TOE TUCKED ROCKERS |
| | | COSSACK SQUAT: 2 X 10 EA | | | ELEVATED SINGLE LEG DROP INS |
| | | COUCH STRETCH: 3 x 20 SECONDS | | | 3/4 ACCESS SQUATS |
| | | | | 3/4 ACCESS WALL SITS | |

AB Routine:

Pick one of these routines to do before you start lifting. This will help heat you up even more and get your core engaged for the lift.

| 25 lb PLATE CIRCUIT: X 1-2 SETS | KETTLEBELL CIRCUIT: X 1-2 SETS | MEDICINE BALL CIRCUIT: X 3 SETS |
|--|---|---|
| LYING LEG RAISE: X 20 REPS | KB AROUND THE WORLD: X 20 REPS (10 EACH DIRECTION) | MB OVERHEAD SLAMS: X 20 SECONDS |
| LYING SINGLE LEG RAISE: X 20 REPS | KB SIDE BENDS: X 20 REPS (10 EACH SIDE) | MB LATERAL ROTATIONS: X 20 SECONDS |
| REVERSE CRUNCHES: X 20 REPS | KB WOODCHOPPERS: X 20 REPS (10 EACH SIDE) | MB WOODCHOPPER: X 20 SECONDS |
| CHAIR SIT UPS: X 20 REPS | KB SINGLE ARM SIT UP: X 20 REPS (10 EACH ARM) | MB OVER SHOULDER DROPS: X 20 SECONDS |
| WEIGHTED SIT UPS: X 20 REPS | KB V UPS: X 20 REPS | |
| RUSSIAN TWISTS: X 20 REPS | KB SUITCASE: X 20 REPS | |
| PLANK: X 1 MINUTE | | |

Agility Drills:

On Monday and Friday, choose three of these drills and perform two sets of each. Give yourself enough rest in between sets so that you're able to perform each rep to the best of your ability.

| |
|---|
| 5-10-5 |
| L-DRILL |
| Box Drill (Sprint, Shuffle, Back Pedal, Sprint) |
| Paper Clip |
| W Drill |

Acceleration and Max Velocity:

On Monday and Thursday, perform the prescribed Acceleration and Max Velocity work. Give yourself adequate rest between sprints (at least 2 Minutes) so that you can perform each rep to the best of your ability. This is not “conditioning”, so you don’t want to be gassed, but instead we want to perform each rep with max effort.

Acceleration and Max Velocity Days One and Two:

ACCELERATION DAY ONE

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Prowler Low Drive (Or Plate Push) Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY ONE

| | |
|---|--------------|
| Pogo’s (Forward, Side, Side, Backwards) | 1x5 yards ea |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly’s (Build 15 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

ACCELERATION DAY TWO

| | |
|---|-----------------|
| Continued Broad Jumps | 3x3 |
| Prowler Low Drive (Or Plate Push) Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY TWO

| | |
|---|--------------|
| Pogo’s (Forward, Side, Side, Backwards) | 1x5 yards ea |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly’s (Build 15 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

Acceleration and Max Velocity Days Three and Four:

ACCELERATION DAY THREE

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Standing Triple Jump Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY THREE

| | |
|---|-------------|
| Dribbles (Ankle, Calf, Knee -5yds each) | 4x15 yards |
| Consecutive Tuck Jumps | 3 x 4 jumps |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 20 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

ACCELERATION DAY FOUR

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Standing Triple Jump Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY FOUR

| | |
|---|-------------|
| Dribbles (Ankle, Calf, Knee -5yds each) | 4x15 yards |
| Consecutive Tuck Jumps | 3 x 4 jumps |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 20 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

Acceleration and Max Velocity Days Five and Six:

ACCELERATION DAY FIVE

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Prowler Low Drive (Or Plate Push) Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY FIVE

| | |
|---|----------------|
| Pogo's (Forward, Side, Side, Backwards) | 1x5 yards each |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 25 yards Hold 10 yards) | 2-3 |
| # Curves 50yds | 5 |

ACCELERATION DAY SIX

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Prowler Low Drive (Or Plate Push) Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY SIX

| | |
|---|--------------|
| Pogo's (Forward, Side, Side, Backwards) | 1x5 yards ea |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 25 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

Acceleration and Max Velocity Days Seven and Eight:

ACCELERATION DAY SEVEN

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Standing Triple Jump Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY SEVEN

| | |
|---|-------------|
| Dribbles (Ankle, Calf, Knee -5yds each) | 4x15 yards |
| Consecutive Tuck Jumps (With Double Bounce) | 3 x 4 jumps |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 20 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

ACCELERATION DAY EIGHT

| | |
|---|-----------------|
| Broad Jumps | 3x3 |
| Standing Triple Jump Superset: 10 yard burst | 3x10 yards each |
| Chain Sprints (Or Partnered Banded Sprints) (Or Regular Sprint) | 5x10 yards |
| Hill Sprints (Or Stadiums, Sprint up one flight) | 5x15 yards |

MAX VELOCITY DAY EIGHT

| | |
|---|-------------|
| Dribbles (Ankle, Calf, Knee -5yds each) | 4x15 yards |
| Consecutive Tuck Jumps | 3 x 4 jumps |
| Wickets (6 Hurdles or Cones) | X4 |
| Fly's (Build 20 yards Hold 10 yards) | 2-3 |
| # Curves 50 yards | 5 |

OL & DL Position Specific Conditioning:

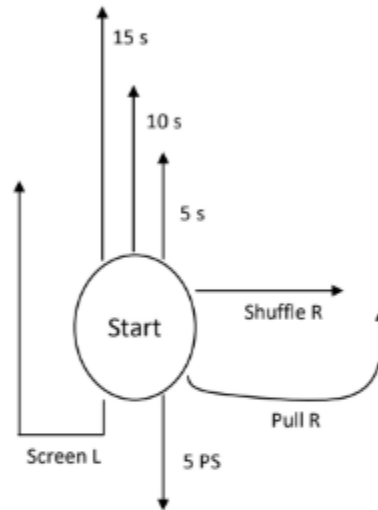
On Thursday, OL and DL perform the prescribed movement patterns for your position. Give yourself 20-25 seconds between each rep and 3 Minutes between each set.

Position Specific Conditioning:

The athlete will run a series of patterns which closely mimic actions that are required to play his specific position. Each set will consist of 10 patterns of varying lengths. The patterns will vary from set to set. After the completion of each rep the athlete will jog back to the start line before immediately running the next pattern. This type of condition will simulate a 10 play drive. All patterns are to be done at full speed from your position specific stance.

Offensive Line Pattern Run

- Sprint 5** – 5 Yard Sprint
- Sprint 10** – 10 Yard Sprint
- Sprint 20** – 20 Yard Sprint
- 5 PS** – 5 Yard Pass Set
- Shuffle R, L** – 10 Yard Shuffle right or left
- Pull R, L** – 15 Yard Pull right of left
- Screen R,L** – 3 Yard Pass Set, run 5 Yards right or left, turn and sprint 15 yards downfield



| Rep # | SET 1 | SET 2 | SET 3 | SET 4 |
|-------|------------|------------|------------|------------|
| 1 | Sprint 5 | Screen R | Sprint 10 | Shuffle L |
| 2 | Screen L | Sprint 10 | Pull L | Sprint 5 |
| 3 | Pull R | Shuffle R | Screen R | Screen R |
| 4 | Sprint 10 | Screen L | Sprint 20 | Sprint 10 |
| 5 | Screen R | Pass Set 5 | Shuffle R | Pull R |
| 6 | Shuffle L | Pull L | Screen L | Pass Set 5 |
| 7 | Pull L | Sprint 20 | Pass Set 5 | Shuffle R |
| 8 | Shuffle R | Pass Set 5 | Pull R | Pass Set 5 |
| 9 | Sprint 20 | Pull R | Shuffle L | Sprint 10 |
| 10 | Pass Set 5 | Shuffle L | Pull L | Screen L |

OL & DL Position Specific Conditioning Continued:

Position Specific Conditioning:

The athlete will run a series of patterns which closely mimic actions that are required to play his specific position. Each set will consist of 10 patterns of varying lengths. The patterns will vary from set to set. After the completion of each rep the athlete will jog back to the start line before immediately running the next pattern. This type of condition will simulate a 10 play drive. All patterns are to be done at full speed from your position specific stance.

Defensive Line Pattern Run

Sprint 5 – 5 Yard Sprint

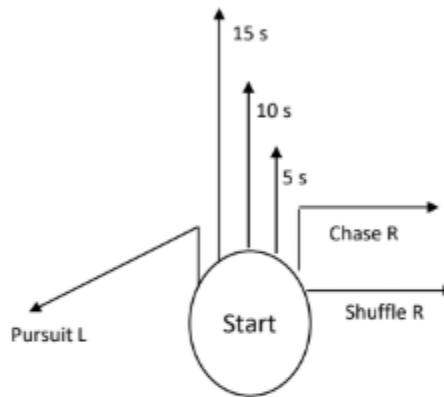
Sprint 10 – 10 Yard Sprint

Sprint 20 – 20 Yard Sprint

Shuffle R, L – 10 Yard Shuffle right or left

Pass Rush + Pursuit – 3 Step pass rush, turn left or right, and pursuit angle for 15 yards

Chase R,L – Pass rush, then turn right or left and sprint 15 yards



| Rep # | SET 1 | SET 2 | SET 3 | SET 4 |
|-------|--------------|--------------|--------------|--------------|
| 1 | Shuffle R | Chase R | Sprint 15 | Chase L |
| 2 | Sprint 5 | Sprint 15 | Sprint 5 | PR+Pursuit R |
| 3 | Chase L | Shuffle L | PR+Pursuit R | Sprint 5 |
| 4 | Sprint 15 | Shuffle R | Chase L | Chase R |
| 5 | Shuffle L | Sprint 15 | Sprint 15 | Pursuit L |
| 6 | PR+Pursuit R | Chase L | PR+Pursuit L | Sprint 5 |
| 7 | Sprint 20 | PR+Pursuit R | Sprint 20 | Sprint 20 |
| 8 | Sprint 5 | Sprint 15 | Chase R | Sprint 5 |
| 9 | PR+Pursuit L | PR+Pursuit L | Shuffle R | Chase L |
| 10 | Chase R | Sprint 20 | Sprint 15 | Chase R |

Full Training Program Excel File

Week 1 (June 1st – June 7th)

Do Not Be Casual

Casual is how talent gets wasted. Casual misses details. Casual says, “I will do it tomorrow.” Mountaineers do not train casually. Show up with a plan. Finish the work. Write it down. Tough People Win because they do what casual people avoid.

Tough People Win.

The Bamboo's Patience

The Chinese bamboo tree doesn't break the surface for five years. For five years, it looks like nothing's happening. But in the fifth year, it can grow up to 90 feet in six weeks.

Was it growing in year one? Absolutely – underground, laying roots.

Just because you don't see results right away doesn't mean you're not growing. Keep grinding. Keep showing up.

Growth is coming.

WEEK 1

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | |
|--------|--------|--------|-------------------------------------|-------------|
| MAXES: | CLAB: | PHASE: | GENERAL PHYSICAL PREPAREDNESS (GPP) | SUMMER 2026 |
| | SQUAT: | | | |
| | BENCH: | | | |

FIELD WORK/PRE-LIFT

| | | | |
|---|---------------------|-----------------------------|---|
| WARM UP | WARM UP | WARM UP | WARM UP |
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY ONE | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS |
| ACCELERATION DAY ONE | SK./MIDS: 10 X 100s | BIGS: 12 X 60s | CONDITIONING: |
| | TIME: 15-17 SECS | TIME: 10-12 SECS | 6 HALF GASSERS |
| | REST: 45 SECS | REST: 40 SECS | SK./MID TIME: 17-19 SECS |
| | | BIGS: POSITION SPECIFIC RUN | BIG TIME: 20-21 SECS |
| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |
| BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 |

| | | | | | | | |
|---|----------------|---|----------------|---|----------------|---|----------------|
| 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN |
| 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT |
| 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS |
| 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW |
| 5 | RDL | 5 | RDL | 5 | RDL | 5 | RDL |

| EXERCISE | | | | WEEK 1 | | | | EXERCISE | | | | WEEK 1 | | | | EXERCISE | | | | WEEK 1 | | | | EXERCISE | | | | WEEK 1 | | | | | |
|-------------------------------|-----|-----|----|------------------------------------|-----|-----|----|-------------------------------|-----|-----|------------|-------------|------------------------------------|-----|----|----------|---|-----|----|--------|---|-----|----|----------|---|-----|----|--------|---|-----|----|--|--|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT | Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT | | |
| JUMP SHRUG | 55% | 5 | | BENCH PRESS | 55% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 65% | 10 | | | | | | | | | | | | | | | | | | | |
| | 55% | 5 | | | 65% | 5 | | 45 LB PLATE ON THE FLOOR | 55% | 5 | | | 70% | 8 | | | | | | | | | | | | | | | | | | | |
| | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 70% | 5 | | ANKLE ROCKERS X 10 EACH | | | | | 75% | 6 | | | | | | | | | | | | | | | | | | | |
| ANKLE ROCKERS X 10 EACH | | | | UPWARD/DOWNWARD ROT. X 5 EA | 70% | 5 | | | | | | | UPWARD/DOWNWARD ROT. X 5 EA | | | | | | | | | | | | | | | | | | | | |
| | | | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | | | | | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | | | | | | | | | | | | | | | | | |
| HANG CLEAN | 55% | 3 | | DB BENCH PRESS | | 8 | | POWER CLEAN (FLOOR) | 55% | 3 | | | | | | | | | | | | | | | | | | | | | | | |
| | 55% | 3 | | | | 8 | | 45 LB PLATE ON THE FLOOR | 60% | 3 | | | | | | | | | | | | | | | | | | | | | | | |
| | 55% | 3 | | | | 8 | | | 70% | 3 | 44 5-10 LB | | | | | | | | | | | | | | | | | | | | | | |
| MOUNTAINEER STRETCH X 20 SEC. | 65% | 3 | | | | 8 | | | 75% | 3 | 44 5-10 LB | | | | | | | | | | | | | | | | | | | | | | |
| | 65% | 3 | | | | 8 | | BACK SQUAT | 60% | 8 | | | | | | | | | | | | | | | | | | | | | | | |
| | 65% | 3 | | | | 8 | | | 60% | 8 | | | | | | | | | | | | | | | | | | | | | | | |
| FRONT SQUAT | 55% | 5 | | | | 8 | | MOUNTAINEER STRETCH X 20 SEC. | 70% | 8 | | | | | | | | | | | | | | | | | | | | | | | |
| | 55% | 5 | | | | 8 | | | 70% | 8 | | | | | | | | | | | | | | | | | | | | | | | |
| KB WEIGHT SHIFT X 5 EA | 60% | 5 | | | | 8 | | LAT CHU SQUAT 2x5E | 70% | 8 | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRONT CHU SQUAT 2x5E | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 60% | 5 | | | | 10 | | | </ | | | | | | | | | | | | | | | | | | | | | | | | |

Week 2 (June 8th – June 14th)

The Standard Travels

The standard is not only for the Schreiner weight room. The standard travels with you to your local gym, driveway, field, track, or garage. Nobody may be watching, but your habits are keeping score.

Train like the team is depending on your work, because it is.

Tough People Win.

“The Bricklayer”

In ancient times, three bricklayers were asked what they were doing. The first said, “I’m laying bricks.” The second said, “I’m building a wall.” The third smiled and said, “I’m building a cathedral.”

Same job. Different mindset.

This summer, every lift, sprint, rep, and stretch matters. You're not just training.

**You're building a cathedral
— something bigger than yourself.
Build with purpose.**

WEEK 2

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | |
|--------|----------------------------|--------|----------------|-------------|
| MAXES: | CLEAN: SQUAT: BENCH: | PHASE: | BASIC STRENGTH | SUMMER 2026 |
|--------|----------------------------|--------|----------------|-------------|

FIELD WORK/PRE-LIFT

| | | | | |
|---|---------------------|----------------------|---|--------------------------|
| WARM UP | WARM UP | WARM UP | WARM UP | |
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY TWO | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | |
| ACCELERATION DAY TWO | SK./MIDS: 12 X 100s | BIGS: 14 X 60s | CONDITIONING: 8 HALF GASSERS | |
| | TIME: 15-17 SECS | TIME: 10-12 SECS | | SK./MID TIME: 17-19 SECS |
| | REST: 45 SECS | REST: 40 SECS | | BIG TIME: 20-21 SECS |
| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | |

| | | | | | | | |
|---------------------|----------------|---------------------|----------------|---------------------|----------------|---------------------|----------------|
| BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | |
| 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN |
| 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT |
| 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS |
| 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW |
| 5 | RDL | 5 | RDL | 5 | RDL | 5 | RDL |

| EXERCISE WEEK 2 | | | | EXERCISE WEEK 2 | | | | EXERCISE WEEK 2 | | | | EXERCISE WEEK 2 | | | |
|-------------------------------|-----|-----|----|------------------------------------|-----|-----|----|-------------------------------|-----|-----|-----------|------------------------------------|-----|-----|----|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT |
| JUMP SHRUG | 55% | 5 | | BENCH PRESS | 60% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 70% | 10 | |
| ANKLE ROCKERS X 10 EACH | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 70% | 5 | | 45 LB PLATE ON THE FLOOR | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 80% | 6 | |
| HANG CLEAN | 60% | 3 | | UPWARD/DOWNWARD ROT. X 5 EA | 60% | 5 | | ANKLE ROCKERS X 10 EACH | | | | UPWARD/DOWNWARD ROT. X 5 EA | | | |
| MOUNTAINEER STRETCH X 20 SEC. | 70% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | POWER CLEAN (FLOOR) | 60% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| FRONT SQUAT | 70% | 3 | | DB BENCH PRESS | 8 | | | 45 LB PLATE ON THE FLOOR | 70% | 3 | | DB INCLINE | 10 | | |
| KB WEIGHT SHFT X 5 EA | 80% | 3 | | | 8 | | | | 80% | 3 | 60 5-10 R | | 8 | | |
| FRONT CHU SQUAT 2x5E | 50% | 5 | | | 8 | | | BACK SQUAT | 60% | 5 | | | 6 | | |
| | 55% | 5 | | | 8 | | | MOUNTAINEER STRETCH X 20 SEC. | 60% | 5 | | ONE ARM DB ROW | 10 | | |
| | | | | | | | | LAT CHU SQUAT 2x5E | 70% | 5 | | | 10 | | |
| | | | | NG PULL UPS | 10 | | | | 80% | 5 | | | 10 | | |
| | | | | | 10 | | | | | | | | | | |
| | | | | | 10 | | | | | | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIASM AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | |
|--------------------------|-------|-------------|------------------------|-------|-------------------------|---------------------|-------|--|-------------------------------|-------|--|
| DB BULGARIAN SPLIT SQUAT | 10 EA | | BENT OVER ROW | 8 | | FFE DB SPLIT SQUAT | 10 EA | | WIDE GRIP PULL UPS | 10 | |
| | 10 EA | | | 8 | | 45 LB PLATE | 10 EA | | | 8 | |
| | 10 EA | | | 8 | | | | | | 6 | |
| BOX JUMPS | 5 | | SHRUGS | 15 | | DB STEP UP | 5 EA | | UPRIGHT ROW+SHOULDER PRESS | 10+10 | |
| | 5 | | | 15 | | USE BENCH | 5 EA | HOVER FOOT THEN PUNCH BLKS KEEP HIPS FORWARD, DRIVE THROUGH UPFIELD FOOT | | 8+8 | |
| | 5 | | | 15 | | | | | | 6+6 | |
| BENCH BACK EXTENSIONS | 5+5 | | FRONT + LATERAL RAISES | 10+10 | | GOOD MORNINGS | 10 | | DB CURL TO REVERSE CURL | 12-15 | |
| | 5+5 | | | 10+10 | | SLOW AND CONTROLLED | 10 | | | 12-15 | |
| 3 ISO @TOP FOR FIRST 5 | 5+5 | | | 10+10 | | | | | | 12-15 | |
| CALF RAISES | 30 | MANUAL NECK | BARBELL CURLS | 12+12 | DB OVERHEAD TRICEP EXT. | CALF RAISES | 30 | MANUAL NECK | DIPS | 20 | |
| | 30 | | | 12+12 | | | | | USE BENCH, KEEP LEGS STRAIGHT | 20 | |
| | | | | 12+12 | | | | | | 20 | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

Week 3 (June 15th – June 21st)

The Blacksmith's Rule

A blacksmith does not shape steel when it is cold. He heats it, strikes it, and repeats the process until the metal becomes useful. Training works the same way. Stress, recover, adapt. Do not run from hard work. Let it shape you into a football player we can trust when the game gets hot.

“The Coffee Bean”

A carrot softens in boiling water. An egg hardens. But a coffee bean? It changes the water.

When heat hits you — will you let it change *you*, or will you change *it*?

Leaders don't just survive the environment... they transform it.

Be the one who brings energy, toughness, and belief every time you walk in the room.

Be the coffee bean.

WEEK 3

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | | |
|--------|--------|--|--------|----------------|-------------|
| MAXES: | CLEAN: | | PHASE: | BASIC STRENGTH | SUMMER 2026 |
| | SQUAT: | | | | |
| | BENCH: | | | | |

FIELD WORK/PRE-LIFT

| WARM UP | WARM UP | WARM UP | WARM UP | |
|---|---------------------|-----------------------------|--|--|
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY THREE | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | |
| ACCELERATION DAY THREE | SK./MIDS: 14 X 100s | BIGS: 16 X 60s | CONDITIONING: 3 FULL GASSERS + 3 HALF GASSERS | |
| | TIME: 15-17 SECS | TIME: 10-12 SECS | | SK./MID TIME: 36-38 + 17-19 SECS BIG TIME: 30-41 + 20-21 SECS |
| | REST: 45 SECS | REST: 40 SECS | | REST BETWEEN FULL: 1 MINUTE AND 30 SECS |
| REST BETWEEN HALF: 45 SECS | | BIGS: POSITION SPECIFIC RUN | REST BETWEEN HALF: 45 SECS | |

| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |
|---------------------|---------------------|---------------------|---------------------|
| BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 |
| 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN |
| 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT |
| 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS |
| 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW |
| 5 RDL | 5 RDL | 5 RDL | 5 RDL |

| EXERCISE WEEK 3 | | | | EXERCISE WEEK 3 | | | | EXERCISE WEEK 3 | | | | EXERCISE WEEK 3 | | | |
|-------------------------------|-----|-----|----|------------------------------------|------|-----|----|-------------------------------|-----|-----|--------------|------------------------------------|-----|-----|----|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT |
| JUMP SHRUG | 50% | 5 | | BENCH PRESS | 60% | 5 | | POWER CLEAN PULL (FLOOR) | 50% | 5 | | BENCH PRESS | 70% | 10 | |
| | 50% | 5 | | | 100% | 5 | | | 50% | 5 | | | 75% | 8 | |
| ANKLE ROCKERS X 10 EACH | 50% | 5 | | INT.EXT. ROTATION X 5 EA | 70% | 5 | | 45 LB PLATE ON THE FLOOR | 50% | 5 | | INT.EXT. ROTATION X 5 EA | 80% | 6 | |
| | | | | | 75% | 5 | | ANKLE ROCKERS X 10 EACH | | | | | | | |
| HANG CLEAN | 60% | 3 | | UPWARD/DOWNWARD ROT. X 5 EA | 80% | 5 | | | | | | UPWARD/DOWNWARD ROT. X 5 EA | | | |
| | 60% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | POWER CLEAN (FLOOR) | 60% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| MOUNTAINEER STRETCH X 20 SEC. | 70% | 3 | | | | | | 45 LB PLATE ON THE FLOOR | 70% | 3 | | | | | |
| | 75% | 3 | | DB BENCH PRESS | | 8 | | | 75% | 3 | add 5-10 lbs | DB INCLINE | | 10 | |
| | 80% | 3 | | | | 8 | | | 80% | 3 | add 5-10 lbs | | | 8 | |
| FRONT SQUAT | 35% | 5 | | | | 8 | | BACK SQUAT | 60% | 5 | | | | 6 | |
| | 50% | 5 | | | | 8 | | | 60% | 5 | | | | | |
| KB WEIGHT SHIFT X 5 EA | 60% | 5 | | | | 8 | | MOUNTAINEER STRETCH X 20 SEC. | 70% | 5 | | ONE ARM DB ROW | | 10 | |
| FRONT CHU SQUAT 2x5E | 60% | 5 | | NG PULL UPS | | 10 | | | 75% | 5 | | | | 10 | |
| | 60% | 5 | | | | 10 | | LAT CHU SQUAT 2x5E | 80% | 5 | | | | 10 | |
| | | | | | | 10 | | | 80% | 5 | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIASM AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | | | | | |
|--------------------------|-------|--|-------------|------------------------|-------|--|-------------------------|---------------------|-------|--|-------------|--|-------------------------------|-------|--|
| DB BULGARIAN SPLIT SQUAT | 10 EA | | | BENT OVER ROW | 8 | | | FFE DB SPLIT SQUAT | 10 EA | | | WIDE GRIP PULL UPS | 10 | | |
| | 10 EA | | | | 8 | | | | 10 EA | | | | 8 | | |
| | 10 EA | | | | 8 | | | 45 LB PLATE | 10 EA | | | | 6 | | |
| | | | | | | | | | | | | | | | |
| BOX JUMPS | 5 | | | SHRUGS | 15 | | | DB STEP UP | 5 EA | | | HOVER FOOT THEN PUNCH BLKS KEEP HIPS FORWARD, DRIVE THROUGH UPFIELD FOOT | UPRIGHT ROW+SHOULDER PRESS | 10*10 | |
| | 5 | | | | 15 | | | | 5 EA | | | | | 8*8 | |
| | 5 | | | | 15 | | | USE BENCH | 5 EA | | | | | 6*6 | |
| BENCH BACK EXTENSIONS | 5+5 | | | FRONT + LATERAL RAISES | 10*10 | | | GOOD MORNINGS | 10 | | | | DB CURL TO REVERSE CURL | 12-15 | |
| | 5+5 | | | | 10*10 | | | | 10 | | | | | 12-15 | |
| 30 ISO @TOP FOR FIRST 5 | 5+5 | | | | 10*10 | | | SLOW AND CONTROLLED | 10 | | | | | 12-15 | |
| | | | | | | | | | | | | | | | |
| CALF RAISES | 30 | | MANUAL NECK | BARBELL CURLS | 12*12 | | DB OVERHEAD TRICEP EXT. | CALF RAISES | 30 | | MANUAL NECK | DIPS | 20 | | |
| | 30 | | | | 12*12 | | | | 30 | | | | 20 | | |
| | | | | | 12*12 | | | | | | | | 20 | | |
| | | | | | 12*12 | | | | | | | | USE BENCH, KEEP LEGS STRAIGHT | 20 | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

Week 4 (June 22nd- June 28th)

Finish the Month

Anybody can start with energy. Winners finish with discipline. This week closes the first month. Do not drift. Do not negotiate with your excuses. Finish every rep, every sprint, every note in your log. The player who finishes June right has a chance to own July.

Tough People Win.

“Stonecutter’s Persistence”

**A stonecutter strikes a rock 100 times
with no crack. On the 101st hit — it
splits.**

**Was it just that one hit? Or the 100
before it?**

**Strength doesn’t always show up on the
first try. Or the tenth. But every rep
counts.**

Keep swinging the hammer.

Breakthrough comes from consistency.

WEEK 4

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | |
|--------|----------------------------|--------|----------------|-------------|
| MAXES: | CLEAN: SQUAT: BENCH: | PHASE: | BASIC STRENGTH | SUMMER 2026 |
|--------|----------------------------|--------|----------------|-------------|

FIELD WORK/PRE-LIFT

| | | | |
|---|---------------------|-----------------------------|---|
| WARM UP | WARM UP | WARM UP | WARM UP |
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY FOUR | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS |
| ACCELERATION DAY FOUR | SK./MIDS: 16 X 100s | BIGS: POSITION SPECIFIC RUN | CONDITIONING: |
| | TIME: 15-17 SECS | | TIME: 10-12 SECS |
| | REST: 45 SECS | | REST: 40 SECS |
| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |

| | | | | | | | |
|---------------------|----------------|---------------------|----------------|---------------------|----------------|---------------------|----------------|
| BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | |
| 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN |
| 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT |
| 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS |
| 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW |
| 5 | RDL | 5 | RDL | 5 | RDL | 5 | RDL |

| EXERCISE | | WEEK 4 | | EXERCISE | | WEEK 4 | | EXERCISE | | WEEK 4 | | EXERCISE | | WEEK 4 | |
|----------|-----|--------|----|------------------------------------|-----|--------|--------------------------|------------------------------|-----|--------|----------------|------------------------------------|-----|--------|----|
| SET | % | REP | WT | SET | % | REP | WT | SET | % | REP | WT | SET | % | REP | WT |
| 1 | 55% | 5 | | BENCH PRESS | 65% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 75% | 10 | |
| | | 5 | | | 70% | 5 | | | 55% | 5 | | | 85% | 8 | |
| | | 5 | | | 75% | 5 | | | 55% | 5 | | | 85% | 6 | |
| 1 | 55% | 5 | | INT.EXT. ROTATION X 5 EA | 80% | 5 | | ANKLE ROCKERS X 10 EACH | | | | INT.EXT. ROTATION X 5 EA | | | |
| | | | | | 80% | 5 | | | | | | | | | |
| | | | | | 85% | 5 | | | | | | | | | |
| 2 | 60% | 3 | | UPWARD/DOWNWARD ROT. X 5 EA | 85% | 5 | | HANG CLEAN | 60% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| | | 3 | | | | | 70% | | 3 | | | | | | |
| | | 3 | | | | | 75% | | 3 | | | | | | |
| 2 | 70% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | DB INCLINE | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | DB INCLINE | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3 | | | 6 | | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | 45 LB PLATE ON THE FLOOR | MOUNTAINEER STRETCH X 20 SEC | 80% | 3 | | ONE ARM DB ROW | 10 | | |
| | | 3 | | | 8 | | | | 80% | 3 | | | 8 | | |
| | | 3 | | | 8 | | | | 85% | 3 | | | 6 | | |
| 3 | 80% | 3 | | DB BENCH PRESS | 8 | | POWER CLEAN (FLOOR) | 65% | 3 | | ONE ARM DB ROW | 10 | | | |
| | | 3 | | | 8 | | | 70% | 3 | | | 8 | | | |
| | | 3 | | | 8 | | | 75% | 3</ | | | | | | |

ACTIVE RECOVERY WEEK (June 29th – July 5th)

Recovery Is Training

Recovery is not weakness. Recovery is preparation. Use this week to restore your body, sharpen your mind, and keep your habits alive. Walk, stretch, hydrate, sleep, and come back hungry. Tough people know when to push and when to rebuild.

Tough People Win.

“Chop Wood, Carry Water”

**Before enlightenment:
chop wood, carry water.**

**After enlightenment:
chop wood, carry water.**

No matter how strong you get or how far you go — the work stays the same. It’s the daily stuff. The boring stuff. The little things.

Master the mundane.

Week 5 (July 6th – July 12th)

Raise the Weight, Keep the Standard

As the loads get heavier, technique matters more. Strong is not sloppy. Fast is not reckless. If the weight moves wrong, lower it and move it right. The goal is not to impress the room in July. The goal is to be ready to win in August.

Tough People Win.

“The Navy SEAL Rule”

Navy SEALs say when your brain says you're done, you're really only at 40%.

That's it. Forty percent.

So when you want to quit — realize, you've got more.

More gas. More heart. More fight.

Push through the wall.

You're not done yet.

WEEK 5

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | |
|--------|----------------------------|--------|--------------------|-------------|
| MAXES: | CLEAN: SQUAT: BENCH: | PHASE: | STRENGTH AND POWER | SUMMER 2026 |
|--------|----------------------------|--------|--------------------|-------------|

FIELD WORK/PRE-LIFT

| | | | | | | | |
|---|----------------|---------------------|------------------|-----------------------------|----------------|---|----------------------|
| WARM UP | | WARM UP | | WARM UP | | WARM UP | |
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | | CONDITIONING: | | MAX VELOCITY DAY FIVE | | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | |
| ACCELERATION DAY FIVE | | SK./MIDS: 18 X 100s | BIGS: 20 X 60s | BIGS: POSITION SPECIFIC RUN | | CONDITIONING: | |
| | | TIME: 15-17 SECS | TIME: 10-12 SECS | | | 6 HALF GASSERS | |
| | | REST: 45 SECS | REST: 40 SECS | | | SK./MID TIME: 17-19 SECS | BIG TIME: 20-21 SECS |
| PICK ONE AB ROUTINE | | PICK ONE AB ROUTINE | | PICK ONE AB ROUTINE | | PICK ONE AB ROUTINE | |
| BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | | BARBELL COMPLEX 2x5 | |
| 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN | 1 | HANG CLEAN |
| 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT | 2 | FRONT SQUAT |
| 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS | 3 | OVERHEAD PRESS |
| 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW | 4 | BENT OVER ROW |
| 5 | RDL | 5 | RDL | 5 | RDL | 5 | RDL |

| EXERCISE | | | | WEEK 5 | | | | EXERCISE | | | | WEEK 5 | | | | EXERCISE | | | | WEEK 5 | | | | EXERCISE | | | | WEEK 5 | | | | | | | | | | | |
|-------------------------------|--|-----|-----|--------|------------------------------------|--|-----|----------|----|-------------------------------|--|--------|-----|--------------|------------------------------------|----------|-----|-----|----|--------------------------|--|----|-----|----------|-----------------------------|--|-------|--------|---|-------|----|----|--------------------------------------|----------------------------|-------|-------|---|-----|----|
| Day 1 | | % | REP | WT | Day 2 | | % | REP | WT | Day 3 | | % | REP | WT | Day 4 | | % | REP | WT | Day 1 | | % | REP | WT | Day 2 | | % | REP | WT | Day 3 | | % | REP | WT | Day 4 | | % | REP | WT |
| JUMP SHRUG | | 55% | 5 | | BENCH PRESS | | 60% | 5 | | POWER CLEAN PULL (FLOOR) | | 55% | 5 | | BENCH PRESS | | 75% | 10 | | DB BULGARIAN SPLIT SQUAT | | 10 | EA | | BENT OVER ROW | | 8 | | FFE DB SPLIT SQUAT | | 10 | EA | | WIDE GRIP PULL UPS | | 10 | | | |
| ANKLE ROCKERS X 10 EACH | | 55% | 5 | | INT./EXT. ROTATION X 5 EA | | 70% | 5 | | 25 LB PLATE ON THE FLOOR | | 55% | 5 | | INT./EXT. ROTATION X 5 EA | | 80% | 8 | | DB STEP UP | | 5 | EA | | SHRUGS | | 15 | | 45 LB PLATE | | 10 | EA | | UPRIGHT ROW+SHOULDER PRESS | | 10+10 | | | |
| HANG CLEAN | | 65% | 3 | | UPWARD/DOWNWARD ROT. X 5 EA | | 80% | 5 | | ANKLE ROCKERS X 10 EACH | | | | | UPWARD/DOWNWARD ROT. X 5 EA | | | | | USE BENCH | | 5 | EA | | FRONT + LATERAL RAISES | | 10+10 | | HOVER FOOT THEN PUNCH BLKS KEEP HPS FORWARD, DRIVE THROUGH UPFIELD FOOT | | 5 | EA | | DB CURL TO REVERSE CURL | | 12-15 | | | |
| MOUNTAINEER STRETCH X 20 SEC. | | 75% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | | POWER CLEAN (FLOOR) | | 60% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | | RDLs | | 10 | | | BARBELL CURLS | | 12 | | SLOW AND CONTROLLED | | 10 | | MANUAL NECK | | 12 | EA | | | |
| FRONT SQUAT | | 75% | 3 | | DB BENCH PRESS | | 8 | | | 45 LB PLATE ON THE FLOOR | | 75% | 3 | | DB INCLINE | | 10 | | | CALF RAISES | | 30 | | | DB TRICEP EXT. (3 SEC ECC.) | | 12 | | MANUAL NECK | | 12 | EA | DIAMOND PUSH UPS | | 20 | | | | |
| FRONT SQUAT | | 80% | 3 | | | | 8 | | | BACK SQUAT | | 60% | 3 | add 5-10 lbs | INVERTED ROW | | 10 | | | CALF RAISES | | 30 | | | | | 12 | | | | 12 | EA | HANDS TOUCHING, FULL RANGE OF MOTION | | 20 | | | | |
| FRONT SQUAT | | 80% | 3 | | | | 8 | | | MOUNTAINEER STRETCH X 20 SEC. | | 70% | 5 | | 3 SEC. ECC. | | 6 | | | CALF RAISES | | 30 | | | | | 10 | | | | 10 | | | | | | | | |
| FRONT SQUAT | | 85% | 5 | | NG PULL UPS | | 10 | | | LAT CHU SQUAT 2x5E | | 60% | 5 | | | | | | | CALF RAISES | | 30 | | | | | 10 | | | | 10 | | | | | | | | |
| FRONT SQUAT | | 85% | 5 | | | | 10 | | | | | 60% | 5 | | | | | | | CALF RAISES | | 30 | | | | | 10 | | | | 10 | | | | | | | | |
| FRONT SQUAT | | 85% | 5 | | | | 10 | | | | | 60% | 5 | | | | | | | CALF RAISES | | 30 | | | | | 10 | | | | 10 | | | | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIASM AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | | | | | | | |
|--------------------------|--|-----|----|--|-----------------------------|--|-------|--|---------------------|--|----|----|--|--------------------------------------|--|-------|--|
| DB BULGARIAN SPLIT SQUAT | | 10 | EA | | BENT OVER ROW | | 8 | | FFE DB SPLIT SQUAT | | 10 | EA | | WIDE GRIP PULL UPS | | 10 | |
| DB BULGARIAN SPLIT SQUAT | | 10 | EA | | SHRUGS | | 15 | | 45 LB PLATE | | 10 | EA | | UPRIGHT ROW+SHOULDER PRESS | | 10+10 | |
| DB BULGARIAN SPLIT SQUAT | | 10 | EA | | FRONT + LATERAL RAISES | | 10+10 | | DB STEP UP | | 5 | EA | | DB CURL TO REVERSE CURL | | 12-15 | |
| BOX JUMPS | | 5 | | | BARBELL CURLS | | 12 | | USE BENCH | | 5 | EA | | DIAMOND PUSH UPS | | 20 | |
| BOX JUMPS | | 5 | | | DB TRICEP EXT. (3 SEC ECC.) | | 12 | | RDLs | | 10 | | | HANDS TOUCHING, FULL RANGE OF MOTION | | 20 | |
| BOX JUMPS | | 5 | | | | | 12 | | SLOW AND CONTROLLED | | 10 | | | | | 20 | |
| BENCH BACK EXTENSIONS | | 5+5 | | | | | 12 | | CALF RAISES | | 30 | | | | | 20 | |
| BENCH BACK EXTENSIONS | | 5+5 | | | | | 12 | | MANUAL NECK | | 12 | EA | | | | 20 | |
| .03 ISO @TOP FOR FIRST 5 | | 5+5 | | | | | 12 | | MANUAL NECK | | 12 | EA | | | | 20 | |
| CALF RAISES | | 30 | | | | | 12 | | | | 12 | EA | | | | 20 | |
| CALF RAISES | | 30 | | | | | 12 | | | | 12 | EA | | | | 20 | |
| CALF RAISES | | 30 | | | | | 12 | | | | 12 | EA | | | | 20 | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

Week 6 (July 13th – July 19th)

The Middle Reveals You

The middle of a summer program exposes people. The excitement of starting is gone, and camp still feels far away. This is where discipline separates itself. Keep showing up. Keep stacking good days. This week is not glamorous, but it matters.

Tough People Win.

“The Eagle and the Storm”

**When a storm comes, most birds hide.
But not the eagle. It flies *into* the wind.**

It uses the pressure to lift higher.

**Pressure can crush you... or it can carry
you.**

Your response decides.

Rise through the storm.

WEEK 6

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

| | | | | | |
|--------|--------|--|--------|--------------------|-------------|
| MAXES: | CLEAN: | | PHASE: | STRENGTH AND POWER | SUMMER 2026 |
| | SQUAT: | | | | |
| | BENCH: | | | | |

FIELD WORK/PRE-LIFT

| | | | |
|---|-----------------------------|----------------------|---|
| WARM UP | WARM UP | WARM UP | WARM UP |
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY SIX | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS |
| ACCELERATION DAY SIX | SK./MIDS: 20 X 100s | BIGS: 22 X 60s | 8 HALF GASSERS |
| | TIME: 15-17 SECS | TIME: 10-12 SECS | |
| | REST: 45 SECS | REST: 40 SECS | |
| | BIGS: POSITION SPECIFIC RUN | CONDITIONING: | BIG TIME: 20-21 SECS |
| | | REST: 45 SECS | REST: 45 SECS |

| | | | |
|---------------------|---------------------|---------------------|---------------------|
| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |
| BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 |

| | | | |
|------------------|------------------|------------------|------------------|
| 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN |
| 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT |
| 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS |
| 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW |
| 5 RDL | 5 RDL | 5 RDL | 5 RDL |

| EXERCISE WEEK 6 | | | | EXERCISE WEEK 6 | | | | EXERCISE WEEK 6 | | | | EXERCISE WEEK 6 | | | |
|-------------------------------|-----|-----|----|------------------------------------|-----|-----|----|-------------------------------|-----|-----|--------------|------------------------------------|-----|-----|----|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT |
| JUMP SHRUG | 55% | 5 | | BENCH PRESS | 85% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 75% | 10 | |
| | 55% | 5 | | | 70% | 5 | | 45 LB PLATE ON THE FLOOR | 55% | 5 | | | 85% | 8 | |
| ANKLE ROCKERS X 10 EACH | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 75% | 5 | | ANKLE ROCKERS X 10 EACH | 55% | 5 | | | 85% | 6 | |
| | | | | UPWARD/DOWNWARD ROT. X 5 EA | 80% | 5 | | | | | | INT./EXT. ROTATION X 5 EA | | | |
| HANG CLEAN | 65% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | 85% | 5 | | POWER CLEAN (FLOOR) | 65% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| | 70% | 3 | | | | | | 45 LB PLATE ON THE FLOOR | 70% | 3 | | | | | |
| MOUNTAINEER STRETCH X 20 SEC. | 75% | 3 | | DB BENCH PRESS | 8 | | | | 80% | 3 | add 5-10 lbs | DB INCLINE | 10 | | |
| | 80% | 3 | | | 8 | | | | 85% | 3 | add 5-10 lbs | | 8 | | |
| | 85% | 3 | | | 8 | | | BACK SQUAT | 65% | 5 | | | 6 | | |
| FRONT SQUAT | 55% | 5 | | | 8 | | | MOUNTAINEER STRETCH X 20 SEC. | 70% | 5 | | INVERTED ROW | 10 | | |
| | 55% | 5 | | | 8 | | | LAT CHU SQUAT 2x5E | 75% | 5 | | | 10 | | |
| KB WEIGHT SHFT X 5 EA | 60% | 5 | | NG PULL UPS | 10 | | | | 80% | 5 | | | 10 | | |
| | | | | | 10 | | | | 85% | 5 | | | | | |
| FRONT CHU SQUAT 2x5E | 65% | 5 | | | 10 | | | | | | | | | | |
| | 65% | 5 | | | 10 | | | | | | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIASM AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | | | | | |
|--------------------------|-------|--|-------------|------------------------|-------|--|-----------------------------|---------------------|-------|--|--|----------------------------|-------|--|--|
| DB BULGARIAN SPLIT SQUAT | 10 EA | | | BENT OVER ROW | 8 | | | FFE DB SPLIT SQUAT | 10 EA | | | WIDE GRIP PULL UPS | 10 | | |
| | 10 EA | | | | 8 | | | 45 LB PLATE | 10 EA | | | | 8 | | |
| | 10 EA | | | | 8 | | | | | | | | 6 | | |
| BOX JUMPS | 5 | | | SHRUGS | 15 | | | DB STEP UP | 5 EA | | HOVER FOOT THEN PUNCH BLKS KEEP HIPS FORWARD, DRIVE THROUGH UPFIELD FOOT | UPRIGHT ROW+SHOULDER PRESS | 10+10 | | |
| | 5 | | | | 15 | | | USE BENCH | 5 EA | | | | 8+8 | | |
| | 5 | | | | 15 | | | | 5 EA | | | | 6+6 | | |
| BENCH BACK EXTENSIONS | 5+5 | | | FRONT + LATERAL RAISES | 10+10 | | | RDLs | 10 | | | DB CURL TO REVERSE CURL | 12-15 | | |
| | 5+5 | | | | 10+10 | | | SLOW AND CONTROLLED | 10 | | | | 12-15 | | |
| 3 ISO @TOP FOR FIRST 5 | 5+5 | | | | 10+10 | | | | | | | | 12-15 | | |
| | | | | | | | | | | | | | | | |
| CALF RAISES | 30 | | MANUAL NECK | BARBELL CURLS | 12 | | DB TRICEP EXT. (3 SEC ECC.) | CALF RAISES | 30 | | MANUAL NECK | DIPS | 20 | | |
| | 30 | | | | 12 | | | | 30 | | | | 20 | | |
| | | | | | 12 | | | | | | | | 20 | | |
| | | | | | 12 | | | | | | | | 20 | | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

Week 7 (July 20th – July 26th)

Earn Trust

Your teammates cannot trust work they cannot see unless you make your habits obvious when you report. Earn their trust now. Train, record, recover, and communicate like a man who wants responsibility. The team needs players who can be trusted when nobody is standing over them.

Tough People Win.

““One Degree”

At 211° water is hot. At 212° it boils.

One degree is the difference between hot and *power*.

One more rep.

One more sprint.

One more push.

That one degree is what separates average from elite.

Turn up the heat.

WEEK 7

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

MAXES:

| | |
|--------|--|
| CLEAR: | |
| SQUAT: | |
| BENCH: | |

PHASE:

STRENGTH AND POWER

SUMMER 2026

FIELD WORK/PRE-LIFT

| WARM UP | WARM UP | WARM UP | WARM UP |
|---|---------------------|-----------------------------|---|
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY SEVEN | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS |
| ACCELERATION DAY SEVEN | SK./MIDS: 22 X 100s | BIGS: POSITION SPECIFIC RUN | CONDITIONING: |
| | BIGS: 24 X 60s | | 3 FULL GASSERS + 3 HALF GASSERS |
| | TIME: 15-17 SECS | | SK./MID TIME: 36-38 + 17-19 SECS |
| | TIME: 10-12 SECS | | BIG TIME: 30-41 + 20-21 SECS |
| | REST: 45 SECS | | REST BETWEEN FULL: 1 MINUTE AND 30 SECS |
| | REST: 40 SECS | | REST BETWEEN HALF: 45 SECS |

| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |
|---------------------|---------------------|---------------------|---------------------|
| BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 |
| 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN |
| 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT |
| 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS |
| 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW |
| 5 RDL | 5 RDL | 5 RDL | 5 RDL |

| EXERCISE WEEK 7 | | | | EXERCISE WEEK 7 | | | | EXERCISE WEEK 7 | | | | EXERCISE WEEK 7 | | | |
|-------------------------------|-----|-----|----|------------------------------------|-----|-----|----|-------------------------------|-----|-----|--------------|------------------------------------|--------|-----|----|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT |
| JUMP SHRUG | 55% | 5 | | BENCH PRESS | 75% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 75% | 10 | |
| | 55% | 5 | | | 75% | 5 | | 45 LB PLATE ON THE FLOOR | 55% | 5 | | | 60% | 8 | |
| ANKLE ROCKERS X 10 EACH | 55% | 5 | | INT. EXT. ROTATION X 5 EA | 60% | 5 | | ANKLE ROCKERS X 10 EACH | 55% | 5 | | INT. EXT. ROTATION X 5 EA | 55-60% | 6 | |
| | | | | UPWARD/DOWNWARD ROT. X 5 EA | 60% | 3 | | | | | | UPWARD/DOWNWARD ROT. X 5 EA | | | |
| HANG CLEAN | 70% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | | POWER CLEAN (FLOOR) | 70% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| | 70% | 3 | | | | | | 45 LB PLATE ON THE FLOOR | 70% | 3 | | | | | |
| MOUNTAINEER STRETCH X 20 SEC. | 80% | 3 | | DB BENCH PRESS | 8 | | | | 80% | 3 | | DB INCLINE | 10 | | |
| | 80% | 2 | | | 8 | | | | 85% | 2 | ADD 5-10 lbs | | 8 | | |
| | 80% | 2 | | | 8 | | | | 90% | 2 | ADD 5-10 lbs | | 6 | | |
| FRONT SQUAT | 55% | 5 | | | 8 | | | BACK SQUAT | 70% | 5 | | | 10 | | |
| | 60% | 5 | | | 8 | | | | 75% | 5 | | | 8 | | |
| AB WEIGHT SWPT X 5 EA | 65% | 5 | | | 8 | | | MOUNTAINEER STRETCH X 20 SEC. | 60% | 5 | | INVERTED ROW | 10 | | |
| | 65% | 5 | | | | | | LAT CHU SQUAT 2x5E | 85% | 3 | | | 10 | | |
| FRONT CHU SQUAT 2x5E | 70% | 3 | | NG PULL UPS | 10 | | | | 90% | 3 | | 3 SEC. ECC. | 10 | | |
| | 70% | 3 | | | 10 | | | | | | | | | | |
| | | | | | 10 | | | | | | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIAH AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | | | | | |
|--------------------------|-------|--|-------------|------------------------|-------|--|----------------------------|---------------------|-------|--|--|----------------------------|-------|--|--|
| DB BULGARIAN SPLIT SQUAT | 10 EA | | | BENT OVER ROW | 8 | | | FFE DB SPLIT SQUAT | 10 EA | | | WIDE GRIP PULL UPS | 10 | | |
| | 10 EA | | | | 8 | | | 45 LB PLATE | 10 EA | | | | 8 | | |
| | 10 EA | | | | 8 | | | | | | | | 6 | | |
| BOX JUMPS | 5 | | | SHRUGS | 15 | | | DB STEP UP | 5 EA | | | UPRIGHT ROW+SHOULDER PRESS | 10+10 | | |
| | 5 | | | | 15 | | | USE BENCH | 5 EA | | | | 8+8 | | |
| | 5 | | | | 15 | | | | 5 EA | | | | 6+6 | | |
| BENCH BACK EXTENSIONS | 5+5 | | | FRONT + LATERAL RAISES | 10+10 | | | RDLs | 10 | | | DB CURL TO REVERSE CURL | 12-15 | | |
| | 5+5 | | | | 10+10 | | | SLOW AND CONTROLLED | 10 | | | | 12-15 | | |
| .03 ISO @TOP FOR FIRST 5 | 5+5 | | | | 10+10 | | | | 10 | | | | 12-15 | | |
| | | | | BARBELL CURLS | 12 | | | CALF RAISES | 30 | | | DIPS | 20 | | |
| CALF RAISES | 30 | | MANUAL NECK | | 12 | | | | 30 | | | | 20 | | |
| | 30 | | | | 12 | | DB TRICEP EXT (3 SEC ECC.) | | | | | | 20 | | |
| | | | | | 12 | | | | | | | | 20 | | |
| | | | | | 12 | | | | | | | | 20 | | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

Week 8 (July 27th – August 2nd)

Finish Before You Arrive

Camp does not get you in shape. Camp reveals the shape you are already in. This week is your chance to finish the summer with proof. Be sharp. Be violent in your intent. Be smart with your body. Arrive ready to compete, not ready to catch up.

Tough People Win.

“The Iron Sharpens Iron Truth”

Proverbs 27:17 says: “As iron sharpens iron, so one man sharpens another.”

Growth doesn’t happen in comfort — it happens in *collision*.

Hold your teammates accountable.

**Push them. Let them push you.
Steel sharpens steel — so bring your
edge every day.**

Make each other better.

WEEK 8

SCHREINER FOOTBALL STRENGTH AND CONDITIONING

MAXES:

| | |
|--------|--|
| CLEAN: | |
| SQUAT: | |
| BENCH: | |

 PHASE: STRENGTH AND POWER SUMMER 2026

FIELD WORK/PRE-LIFT

| WARM UP | WARM UP | WARM UP | WARM UP | |
|---|---------------------|------------------------|---|----------------------------------|
| AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | CONDITIONING: | MAX VELOCITY DAY EIGHT | AGILITY DRILLS: SELECT 3 DRILLS, PERFORM 2 SETS | |
| ACCELERATION DAY EIGHT | SK./MIDS: 20 X 100s | BIGS: 22 X 60s | CONDITIONING: 4 FULL GASSERS + 3 HALF GASSERS | |
| | TIME: 15-17 SECS | TIME: 10-12 SECS | | SK./MID TIME: 36-38 + 17-19 SECS |
| | REST: 45 SECS | REST: 40 SECS | | BIG TIME: 30-41 + 20-21 SECS |
| REST BETWEEN FULL: 1 MINUTE AND 30 SECS | | | | |
| REST BETWEEN HALF: 45 SECS | | | | |

| PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE | PICK ONE AB ROUTINE |
|---------------------|---------------------|---------------------|---------------------|
| BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 | BARBELL COMPLEX 2x5 |
| 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN | 1 HANG CLEAN |
| 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT | 2 FRONT SQUAT |
| 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS | 3 OVERHEAD PRESS |
| 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW | 4 BENT OVER ROW |
| 5 RDL | 5 RDL | 5 RDL | 5 RDL |

| EXERCISE WEEK 8 | | | | EXERCISE WEEK 8 | | | | EXERCISE WEEK 8 | | | | EXERCISE WEEK 8 | | | |
|------------------------------|-----|-----|----|------------------------------------|-----|-----|-------------|------------------------------|-----|-----|--------------|------------------------------------|--------|-----|----|
| Day 1 | % | REP | WT | Day 2 | % | REP | WT | Day 3 | % | REP | WT | Day 4 | % | REP | WT |
| JUMP SHRUG | 55% | 5 | | BENCH PRESS | 70% | 5 | | POWER CLEAN PULL (FLOOR) | 55% | 5 | | BENCH PRESS | 75% | 10 | |
| ANKLE ROCKERS X 10 EACH | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 70% | 5 | | 45 LB PLATE ON THE FLOOR | 55% | 5 | | INT./EXT. ROTATION X 5 EA | 85% | 8 | |
| HANG CLEAN | 70% | 3 | | UPWARD/DOWNWARD ROT. X 5 EA | 80% | 3 | | ANKLE ROCKERS X 10 EACH | 55% | 5 | | UPWARD/DOWNWARD ROT. X 5 EA | 85-90% | 6 | |
| MOUNTAINEER STRETCH X 30 SEC | 80% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | 90% | 3 | add 5-10 lb | POWER CLEAN (FLOOR) | 70% | 3 | | SCAP PUSH UPS (FROM THE KNEE) X 10 | | | |
| FRONT SQUAT | 80% | 5 | | DB BENCH PRESS | 8 | | | 45 LB PLATE ON THE FLOOR | 80% | 3 | | DB INCLINE | 10 | | |
| KB WEIGHT SWIFT X 5 EA | 80% | 2 | | | 8 | | | ANKLE ROCKERS X 10 EACH | 85% | 2 | add 5-10 lbs | | 8 | | |
| FRONT SQUAT | 80% | 5 | | | 8 | | | BACK SQUAT | 70% | 5 | | | 6 | | |
| FRONT CHU SQUAT 2x5E | 70% | 3 | | | 8 | | | MOUNTAINEER STRETCH X 20 SEC | 70% | 5 | | INVERTED ROW | 10 | | |
| | 70% | 3 | | NG PULL UPS | 10 | | | LAT CHU SQUAT 2x5E | 80% | 5 | | 3 SEC. ECC. | 10 | | |
| | | | | | 10 | | | | 80% | 3 | add 5-10 lbs | | | | |
| | | | | | 10 | | | | | | | | | | |

CORE VALUES: TEAM, TOUGH, ENTHUSIASM AND EFFORT, DISCIPLINE, FOCUS AND FINISH

| | | | | | | | | | | | |
|--------------------------|-------|-------------|------------------------|-------|-----------------------------|---------------------|-------|---|-------------------------------|-------|--|
| DB BULGARIAN SPLIT SQUAT | 10 EA | | BENT OVER ROW | 8 | | FFE DB SPLIT SQUAT | 10 EA | | WIDE GRIP PULL UPS | 10 | |
| | 10 EA | | | 8 | | 45 LB PLATE | 10 EA | | | 8 | |
| | 10 EA | | | 8 | | | | | | 6 | |
| BOX JUMPS | 5 | | SHRUGS | 15 | | DB STEP UP | 5 EA | | UPRIGHT ROW+SHOULDER PRESS | 10+10 | |
| | 5 | | | 15 | | USE BENCH | 5 EA | HOVER FOOT THEN PUNCH BLKS KEEP HPS FORWARD, DRIVE THROUGH UPFIELD FOOT | | 8+8 | |
| | 5 | | | 15 | | | | | | 6+6 | |
| BENCH BACK EXTENSIONS | 5+5 | | FRONT + LATERAL RAISES | 10+10 | | RDLs | 10 | | DB CURL TO REVERSE CURL | 12-15 | |
| | 5+5 | | | 10+10 | | SLOW AND CONTROLLED | 10 | | | 12-15 | |
| 3 ISO @TOP FOR FIRST 5 | 5+5 | | | 10+10 | | | | | | 12-15 | |
| CALF RAISES | 30 | | BARBELL CURLS | 12 | | CALF RAISES | 30 | | DIPS | 20 | |
| | 30 | MANUAL NECK | | 12 | DB TRICEP EXT. (3 SEC ECC.) | | | MANUAL NECK | | 20 | |
| | | | | 12 | | | | | USE BENCH, KEEP LEGS STRAIGHT | 20 | |
| | | | | 12 | | | | | | 20 | |

POST LIFT: PRE-HAB

CHOOSE A PRE-HAB ROUTINE + SHORT STATIC STRETCH

ACTIVE RECOVERY (August 3rd – August 9th)

Arrive Ready

The last week is about arriving healthy, rested, and prepared. Do not try to make up for missed work with panic training. Move, stretch, hydrate, sleep, and sharpen your mind. When you walk into camp, bring confidence earned by your work.

Tough People Win.

“The Farmer's Reward”

The farmer who diligently tills the soil and patiently sows the seeds is rewarded with a bountiful harvest.

Your dedication throughout this summer has been your diligent work in the fields.

Now, as the program concludes, you stand ready to reap the rewards – increased strength, improved endurance, and a deeper understanding of your own potential.

Carry this harvest into the season.

| LBS | PERCENTAGES | | | | | | | | | | | | | | |
|-----|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|
| | 40% | 45% | 50% | 55% | 60% | 65% | 70% | 75% | 80% | 85% | 90% | 95% | 100% | 105% | 110% |
| 50 | 20 | 25 | 25 | 30 | 30 | 35 | 35 | 40 | 40 | 45 | 45 | 50 | 50 | 55 | 55 |
| 55 | 25 | 25 | 30 | 35 | 35 | 40 | 40 | 45 | 45 | 50 | 50 | 55 | 55 | 60 | 65 |
| 60 | 25 | 30 | 30 | 35 | 40 | 40 | 45 | 45 | 50 | 55 | 55 | 60 | 60 | 65 | 70 |
| 65 | 30 | 30 | 35 | 40 | 40 | 45 | 50 | 50 | 55 | 60 | 60 | 65 | 65 | 70 | 75 |
| 70 | 30 | 35 | 35 | 40 | 45 | 50 | 50 | 55 | 60 | 60 | 65 | 70 | 70 | 75 | 80 |
| 75 | 30 | 35 | 40 | 45 | 45 | 50 | 55 | 60 | 60 | 65 | 70 | 75 | 75 | 80 | 85 |
| 80 | 35 | 40 | 40 | 45 | 50 | 55 | 60 | 60 | 65 | 70 | 75 | 80 | 80 | 85 | 90 |
| 85 | 35 | 40 | 45 | 50 | 55 | 60 | 60 | 65 | 70 | 75 | 80 | 85 | 85 | 90 | 95 |
| 90 | 40 | 45 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 90 | 95 | 100 |
| 95 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 95 | 100 | 105 |
| 100 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
| 105 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 115 | 120 |
| 110 | 45 | 50 | 55 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 | 120 | 125 |
| 115 | 50 | 55 | 60 | 65 | 70 | 75 | 85 | 90 | 95 | 100 | 105 | 110 | 115 | 125 | 130 |
| 120 | 50 | 55 | 60 | 70 | 75 | 80 | 85 | 90 | 100 | 105 | 110 | 115 | 120 | 130 | 135 |
| 125 | 50 | 60 | 65 | 70 | 75 | 85 | 90 | 95 | 100 | 110 | 115 | 120 | 125 | 135 | 140 |
| 130 | 55 | 60 | 65 | 75 | 80 | 85 | 95 | 100 | 105 | 115 | 120 | 125 | 130 | 140 | 145 |
| 135 | 55 | 65 | 70 | 75 | 85 | 90 | 95 | 105 | 110 | 115 | 125 | 130 | 135 | 145 | 150 |
| 140 | 60 | 65 | 70 | 80 | 85 | 95 | 100 | 105 | 115 | 120 | 130 | 135 | 140 | 150 | 155 |
| 145 | 60 | 70 | 75 | 80 | 90 | 95 | 105 | 110 | 120 | 125 | 135 | 140 | 145 | 155 | 160 |
| 150 | 60 | 70 | 75 | 85 | 90 | 100 | 105 | 115 | 120 | 130 | 135 | 145 | 150 | 160 | 165 |
| 155 | 65 | 70 | 80 | 90 | 95 | 105 | 110 | 120 | 125 | 135 | 140 | 150 | 155 | 165 | 175 |
| 160 | 65 | 75 | 80 | 90 | 100 | 105 | 115 | 120 | 130 | 140 | 145 | 155 | 160 | 170 | 180 |
| 165 | 70 | 75 | 85 | 95 | 100 | 110 | 120 | 125 | 135 | 145 | 150 | 160 | 165 | 175 | 185 |
| 170 | 70 | 80 | 85 | 95 | 105 | 115 | 120 | 130 | 140 | 145 | 155 | 165 | 170 | 180 | 190 |
| 175 | 70 | 80 | 90 | 100 | 105 | 115 | 125 | 135 | 140 | 150 | 160 | 170 | 175 | 185 | 195 |
| 180 | 75 | 85 | 90 | 100 | 110 | 120 | 130 | 135 | 145 | 155 | 165 | 175 | 180 | 190 | 200 |
| 185 | 75 | 85 | 95 | 105 | 115 | 125 | 130 | 140 | 150 | 160 | 170 | 180 | 185 | 195 | 205 |
| 190 | 80 | 90 | 95 | 105 | 115 | 125 | 135 | 145 | 155 | 165 | 175 | 185 | 190 | 200 | 210 |
| 195 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 195 | 205 | 215 |
| 200 | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 |
| 205 | 85 | 95 | 105 | 115 | 125 | 135 | 145 | 155 | 165 | 175 | 185 | 195 | 205 | 220 | 230 |
| 210 | 85 | 95 | 105 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 225 | 235 |
| 215 | 90 | 100 | 110 | 120 | 130 | 140 | 155 | 165 | 175 | 185 | 195 | 205 | 215 | 230 | 240 |
| 220 | 90 | 100 | 110 | 125 | 135 | 145 | 155 | 165 | 180 | 190 | 200 | 210 | 220 | 235 | 245 |
| 225 | 90 | 105 | 115 | 125 | 135 | 150 | 160 | 170 | 180 | 195 | 205 | 215 | 225 | 240 | 250 |
| 230 | 95 | 105 | 115 | 130 | 140 | 150 | 165 | 175 | 185 | 200 | 210 | 220 | 230 | 245 | 255 |
| 235 | 95 | 110 | 120 | 130 | 145 | 155 | 165 | 180 | 190 | 200 | 215 | 225 | 235 | 250 | 260 |
| 240 | 100 | 110 | 120 | 135 | 145 | 160 | 170 | 180 | 195 | 205 | 220 | 230 | 240 | 255 | 265 |
| 245 | 100 | 115 | 125 | 135 | 150 | 160 | 175 | 185 | 200 | 210 | 225 | 235 | 245 | 260 | 270 |
| 250 | 100 | 115 | 125 | 140 | 150 | 165 | 175 | 190 | 200 | 215 | 225 | 240 | 250 | 265 | 275 |
| 255 | 105 | 115 | 130 | 145 | 155 | 170 | 180 | 195 | 205 | 220 | 230 | 245 | 255 | 270 | 285 |
| 260 | 105 | 120 | 130 | 145 | 160 | 170 | 185 | 195 | 210 | 225 | 235 | 250 | 260 | 275 | 290 |
| 265 | 110 | 120 | 135 | 150 | 160 | 175 | 190 | 200 | 215 | 230 | 240 | 255 | 265 | 280 | 295 |
| 270 | 110 | 125 | 135 | 150 | 165 | 180 | 190 | 205 | 220 | 230 | 245 | 260 | 270 | 285 | 300 |
| 275 | 110 | 125 | 140 | 155 | 165 | 180 | 195 | 210 | 220 | 235 | 250 | 265 | 275 | 290 | 305 |
| 280 | 115 | 130 | 140 | 155 | 170 | 185 | 200 | 210 | 225 | 240 | 255 | 270 | 280 | 295 | 310 |
| 285 | 115 | 130 | 145 | 160 | 175 | 190 | 200 | 215 | 230 | 245 | 260 | 275 | 285 | 300 | 315 |
| 290 | 120 | 135 | 145 | 160 | 175 | 190 | 205 | 220 | 235 | 250 | 265 | 280 | 290 | 305 | 320 |
| 295 | 120 | 135 | 150 | 165 | 180 | 195 | 210 | 225 | 240 | 255 | 270 | 285 | 295 | 310 | 325 |
| 300 | 120 | 135 | 150 | 165 | 180 | 195 | 210 | 225 | 240 | 255 | 270 | 285 | 300 | 315 | 330 |
| 305 | 125 | 140 | 155 | 170 | 185 | 200 | 215 | 230 | 245 | 260 | 275 | 290 | 305 | 325 | 340 |
| 310 | 125 | 140 | 155 | 175 | 190 | 205 | 220 | 235 | 250 | 265 | 280 | 295 | 310 | 330 | 345 |
| 315 | 130 | 145 | 160 | 175 | 190 | 205 | 225 | 240 | 255 | 270 | 285 | 300 | 315 | 335 | 350 |
| 320 | 130 | 145 | 160 | 180 | 195 | 210 | 225 | 240 | 260 | 275 | 290 | 305 | 320 | 340 | 355 |

| LBS | PERCENTAGES | | | | | | | | | | | | | | |
|-----|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|
| | 40% | 45% | 50% | 55% | 60% | 65% | 70% | 75% | 80% | 85% | 90% | 95% | 100% | 105% | 110% |
| 325 | 130 | 150 | 165 | 180 | 195 | 215 | 230 | 245 | 260 | 280 | 295 | 310 | 325 | 345 | 360 |
| 330 | 135 | 150 | 165 | 185 | 200 | 215 | 235 | 250 | 265 | 285 | 300 | 315 | 330 | 350 | 365 |
| 335 | 135 | 155 | 170 | 185 | 205 | 220 | 235 | 255 | 270 | 285 | 305 | 320 | 335 | 355 | 370 |
| 340 | 140 | 155 | 170 | 190 | 205 | 225 | 240 | 255 | 275 | 290 | 310 | 325 | 340 | 360 | 375 |
| 345 | 140 | 160 | 175 | 190 | 210 | 225 | 245 | 260 | 280 | 295 | 315 | 330 | 345 | 365 | 380 |
| 350 | 140 | 160 | 175 | 195 | 210 | 230 | 245 | 265 | 280 | 300 | 315 | 335 | 350 | 370 | 385 |
| 355 | 145 | 160 | 180 | 200 | 215 | 235 | 250 | 270 | 285 | 305 | 320 | 340 | 355 | 375 | 395 |
| 360 | 145 | 165 | 180 | 200 | 220 | 235 | 255 | 270 | 290 | 310 | 325 | 345 | 360 | 380 | 400 |
| 365 | 150 | 165 | 185 | 205 | 220 | 240 | 260 | 275 | 295 | 315 | 330 | 350 | 365 | 385 | 405 |
| 370 | 150 | 170 | 185 | 205 | 225 | 245 | 260 | 280 | 300 | 315 | 335 | 355 | 370 | 390 | 410 |
| 375 | 150 | 170 | 190 | 210 | 225 | 245 | 265 | 285 | 300 | 320 | 340 | 360 | 375 | 395 | 415 |
| 380 | 155 | 175 | 190 | 210 | 230 | 250 | 270 | 285 | 305 | 325 | 345 | 365 | 380 | 400 | 420 |
| 385 | 155 | 175 | 195 | 215 | 235 | 255 | 270 | 290 | 310 | 330 | 350 | 370 | 385 | 405 | 425 |
| 390 | 160 | 180 | 195 | 215 | 235 | 255 | 275 | 295 | 315 | 335 | 355 | 375 | 390 | 410 | 430 |
| 395 | 160 | 180 | 200 | 220 | 240 | 260 | 280 | 300 | 320 | 340 | 360 | 380 | 395 | 415 | 435 |
| 400 | 160 | 180 | 200 | 220 | 240 | 260 | 280 | 300 | 320 | 340 | 360 | 380 | 400 | 420 | 440 |
| 405 | 165 | 185 | 205 | 225 | 245 | 265 | 285 | 305 | 325 | 345 | 365 | 385 | 405 | 430 | 450 |
| 410 | 165 | 185 | 205 | 230 | 250 | 270 | 290 | 310 | 330 | 350 | 370 | 390 | 410 | 435 | 455 |
| 415 | 170 | 190 | 210 | 230 | 250 | 270 | 295 | 315 | 335 | 355 | 375 | 395 | 415 | 440 | 460 |
| 420 | 170 | 190 | 210 | 235 | 255 | 275 | 295 | 315 | 340 | 360 | 380 | 400 | 420 | 445 | 465 |
| 425 | 170 | 195 | 215 | 235 | 255 | 280 | 300 | 320 | 340 | 365 | 385 | 405 | 425 | 450 | 470 |
| 430 | 175 | 195 | 215 | 240 | 260 | 280 | 305 | 325 | 345 | 370 | 390 | 410 | 430 | 455 | 475 |
| 435 | 175 | 200 | 220 | 240 | 265 | 285 | 305 | 330 | 350 | 370 | 395 | 415 | 435 | 460 | 480 |
| 440 | 180 | 200 | 220 | 245 | 265 | 290 | 310 | 330 | 355 | 375 | 400 | 420 | 440 | 465 | 485 |
| 445 | 180 | 205 | 225 | 245 | 270 | 290 | 315 | 335 | 360 | 380 | 405 | 425 | 445 | 470 | 490 |
| 450 | 180 | 205 | 225 | 250 | 270 | 295 | 315 | 340 | 360 | 385 | 405 | 430 | 450 | 475 | 495 |
| 455 | 185 | 205 | 230 | 255 | 275 | 300 | 320 | 345 | 365 | 390 | 410 | 435 | 455 | 480 | 505 |
| 460 | 185 | 210 | 230 | 255 | 280 | 300 | 325 | 345 | 370 | 395 | 415 | 440 | 460 | 485 | 510 |
| 465 | 190 | 210 | 235 | 260 | 280 | 305 | 330 | 350 | 375 | 400 | 420 | 445 | 465 | 490 | 515 |
| 470 | 190 | 215 | 235 | 260 | 285 | 310 | 330 | 355 | 380 | 400 | 425 | 450 | 470 | 495 | 520 |
| 475 | 190 | 215 | 240 | 265 | 285 | 310 | 335 | 360 | 380 | 405 | 430 | 455 | 475 | 500 | 525 |
| 480 | 195 | 220 | 240 | 265 | 290 | 315 | 340 | 360 | 385 | 410 | 435 | 460 | 480 | 505 | 530 |
| 485 | 195 | 220 | 245 | 270 | 295 | 320 | 340 | 365 | 390 | 415 | 440 | 465 | 485 | 510 | 535 |
| 490 | 200 | 225 | 245 | 270 | 295 | 320 | 345 | 370 | 395 | 420 | 445 | 470 | 490 | 515 | 540 |
| 495 | 200 | 225 | 250 | 275 | 300 | 325 | 350 | 375 | 400 | 425 | 450 | 475 | 495 | 520 | 545 |
| 500 | 200 | 225 | 250 | 275 | 300 | 325 | 350 | 375 | 400 | 425 | 450 | 475 | 500 | 525 | 550 |
| 505 | 205 | 230 | 255 | 280 | 305 | 330 | 355 | 380 | 405 | 430 | 455 | 480 | 505 | 535 | 560 |
| 510 | 205 | 230 | 255 | 285 | 310 | 335 | 360 | 385 | 410 | 435 | 460 | 485 | 510 | 540 | 565 |
| 515 | 210 | 235 | 260 | 285 | 310 | 335 | 365 | 390 | 415 | 440 | 465 | 490 | 515 | 545 | 570 |
| 520 | 210 | 235 | 260 | 290 | 315 | 340 | 365 | 390 | 420 | 445 | 470 | 495 | 520 | 550 | 575 |
| 525 | 210 | 240 | 265 | 290 | 315 | 345 | 370 | 395 | 420 | 450 | 475 | 500 | 525 | 555 | 580 |
| 530 | 215 | 240 | 265 | 295 | 320 | 345 | 375 | 400 | 425 | 455 | 480 | 505 | 530 | 560 | 585 |
| 535 | 215 | 245 | 270 | 295 | 325 | 350 | 375 | 405 | 430 | 455 | 485 | 510 | 535 | 565 | 590 |
| 540 | 220 | 245 | 270 | 300 | 325 | 355 | 380 | 405 | 435 | 460 | 490 | 515 | 540 | 570 | 595 |
| 545 | 220 | 250 | 275 | 300 | 330 | 355 | 385 | 410 | 440 | 465 | 495 | 520 | 545 | 575 | 600 |
| 550 | 220 | 250 | 275 | 305 | 330 | 360 | 385 | 415 | 440 | 470 | 495 | 525 | 550 | 580 | 605 |
| 555 | 225 | 250 | 280 | 310 | 335 | 365 | 390 | 420 | 445 | 475 | 500 | 530 | 555 | 585 | 615 |
| 560 | 225 | 255 | 280 | 310 | 340 | 365 | 395 | 420 | 450 | 480 | 505 | 535 | 560 | 590 | 620 |
| 565 | 230 | 255 | 285 | 315 | 340 | 370 | 400 | 425 | 455 | 485 | 510 | 540 | 565 | 595 | 625 |
| 570 | 230 | 260 | 285 | 315 | 345 | 375 | 400 | 430 | 460 | 485 | 515 | 545 | 570 | 600 | 630 |
| 575 | 230 | 260 | 290 | 320 | 345 | 375 | 405 | 435 | 460 | 490 | 520 | 550 | 575 | 605 | 635 |
| 580 | 235 | 265 | 290 | 320 | 350 | 380 | 410 | 435 | 465 | 495 | 525 | 555 | 580 | 610 | 640 |
| 585 | 235 | 265 | 295 | 325 | 355 | 385 | 410 | 440 | 470 | 500 | 530 | 560 | 585 | 615 | 645 |
| 590 | 240 | 270 | 295 | 325 | 355 | 385 | 415 | 445 | 475 | 505 | 535 | 565 | 590 | 620 | 650 |
| 595 | 240 | 270 | 300 | 330 | 360 | 390 | 420 | 450 | 480 | 510 | 540 | 570 | 595 | 625 | 655 |
| 600 | 240 | 270 | 300 | 330 | 360 | 390 | 420 | 450 | 480 | 510 | 540 | 570 | 600 | 630 | 660 |

Position Specific Training

Quarterbacks:

| Movement | Description |
|-----------------------------------|--|
| 3 Reps 3 Step Throw Left | From QB stance take 3 consecutive 3 step drops for throws to the left. Last step of drop in direction of throw. |
| 3 Reps 3 Step Throw Right | From QB stance take 3 consecutive 3 step drops for throws to the right. Last step of drop in direction of throw. |
| 3 Step Drop Scramble Right | From QB stance take a 3 step drop, foot fire, then open hips and scramble right. |
| 3 Step Drop Scramble Left | From QB stance take a 3 step drop, foot fire, then open hips and scramble left. |
| 2 Reps Inside Zone Left | From QB stance run inside zone left, long ride, give ball, stab and get N/S for 15 yards. |
| 2 Reps Inside Zone Right | From QB stance run inside zone right, long ride, give ball, stab and get N/S for 15 yards. |
| 2 Reps Sprint Out Right | Sprint out to the right getting 2 yards depth and down hill towards throw. (Rodeo) |
| 2 Reps Sprint Out Left | Sprint out to the right getting 2 yards depth and down hill towards throw. (Lasso) |

Wide Receiver / Tight End:

| Movement | Description |
|--------------------------------|---|
| 5 Yard Hitch | Start in WR stance sprint 5 yards and stick hitch route to the left. |
| 3 Step Slant Left | Start with inside foot up and drive for 3 steps then break-off to a slant at 45 degrees sprinting for 10 yards. |
| 10 Yard Post Left | From a WR stance (inside foot up) sprint 10 yards and break 45 degrees to a left post cut and sprint for 10 yards. |
| 15 Yard Comeback Right | Starting from WR stance do a release move (chop, swim, club, etc.) sprint 15 yards and comeback to the right to 12 yards. Have hands up ready to catch on break. |
| 5 Yard Mesh Left | From stance do a release move and sprint across field to a 5 yard depth. After running 10 yards cut downfield for 10 more yards. |
| 10 Yard Speed Out Right | From stance sprint 8 yards and speed cut right to 10 and out to the right. Throw elbow and get your head around. |
| 5 Yard Speed Out Right | From stance sprint 3 yards and speed cut right to 5 and out to the right. Throw elbow and get your head around. |
| 10 Yard Dig Left | From stance sprint 10 yards then cut dig flat at 10 yards. |
| 10 Yard Corner Right | From stance sprint 10 yards then cut at 45 degree angle right. Aiming point: Outside the 25 yard line, head toward front pylon. Inside the 25 yardline, aim back pylon. |
| 14 Yard Hook Left | Start in WR stance sprint 14 yards and stick hook route to the left, coming back to the QB until you catch the football. |

Running Backs:

| Movement | Description |
|---|--|
| Inside Zone Footwork (From Gun and Pistol) | From Gun- Side, shuffle, and gather feet with inside arm up receiving the handoff from the QB working downhill to the crack of the imaginary playside Guard. From Pistol- Side step opposite, downhill mesh with QB aiming at crack of the imaginary playside Guard. Accelerate past the line of scrimmage at full speed for a 10 yard burst. |
| Dart Footwork (From Gun and Pistol) | From Gun- Align behind imaginary tackle, open, crossover, and come downhill aiming at the playside A gap. From Pistol- Side step opposite, downhill mesh with QB aiming at A gap. Accelerate past the line of scrimmage at full speed for a 10 yard burst. |
| Outside Zone and Pull Footwork (From Gun and Pistol) | Outside zone- Align with outside foot splitting the crack of the tackle with our heels on the QBs toes. Open, turn, and come flat getting north after 2nd step aiming at the crack of the playside tackle. Pull- Align with outside foot splitting the crack of the tackle with our heels on the QBs toes. Open, turn, and come flat getting north after the 3rd step aiming at the crack of the playside TE. Accelerate past the line of scrimmage at full speed for a 10 yard burst. |
| Belly Footwork | Align with outside foot splitting the crack of the tackle with our heels on QB toes. Open, turn, and come flat across the QB face with our aiming point to the sideline. GET WIDE and accelerate past the line of scrimmage at full speed for a 10 yard burst. |
| 30 Yard Angle Cut | Perform angle cut drill making a z cut every 5 yards for 30 yards. Imagine carrying a ball and changing hands on each cut keeping ball away from defender. |
| 3 Yard Shoot Right | Start in RB stance (4 yards behind line of scrimmage) and run a right shoot route all the way to the numbers. Once you reach the numbers turn upfield for a 10 yard burst. |
| 3 Yard Shoot Left | Start in RB stance (4 yards behind line of scrimmage) and run a left shoot route all the way to the numbers. Once you reach the numbers turn upfield for a 10 yard burst. |
| 25 Yard Wheel Right | From RB stance, run a right shoot route then break it down field into a wheel route for 25 yards. |
| 25 Yard Wheel Left | From RB stance, run a left shoot route then break it down field into a wheel route for 25 yards. |
| 40 Yard Sprint | 40-yard sprint from RB stance. |

Linebackers:

| Movement | Description |
|----------------------------------|---|
| 5 Yard Sprint | From LB stance sprint 5 yards. |
| 5 Yard Back Pedal Sprint | From LB stance back pedal 5 yards and sprint forward 5 yards. |
| 10 Yd Bk Ped Angle Left | From LB stance back pedal 10 yards and sprint left 5 yards. |
| 10 Yd Bk Ped Angle Right | From LB stance back pedal 10 yards and sprint right 5 yards. |
| 21 Yard Angle Drops Left | From LB stance open at 45-degree angle and drop 7 yards to the left, then right, then left. Switch to right-left-right every other rep. |
| 21 Yard Angle Drops Right | From LB stance open at 45-degree angle and drop 7 yards to the right, then left, then right. Switch to left-right-left every other rep. |
| Shuffle, Shuffle, Sprint | From LB stance shuffle 5 yards to the right, 5 yards to the left, then sprint forward 10 yards. |
| Shuffle, Shuffle, Sprint | From LB stance shuffle 5 yards to the left, 5 yards to the right, then sprint forward 10 yards. |
| 20 Yard Sprint | 20-yard sprint from LB stance. |
| 40 Yard Sprint | 40-yard sprint from LB stance. |

Defensive Backs:

| Movement | Description |
|-----------------------------------|---|
| 5 Yard Sprint | From DB stance sprint 5 yards. |
| 5 Yard Back Pedal Sprint | From DB stance back pedal 5 yards and sprint forward 5 yards. |
| 10 Yd Bk. Pedal-Angle Left | From DB stance back pedal 10 yards and sprint left 5 yards. |
| 10 Yd Bk. Pedal-Angle Right | From DB stance back pedal 10 yards and sprint right 5 yards. |
| 15 Yard Bk. Pedal-Angle Sprint Rt | From DB stance back pedal 15 yards, open at 45-degree angle to right and sprint 20 yards. |
| 15 Yard Bk. Pedal-Angle Sprint Lt | From DB stance back pedal 15 yards, open at 45-degree angle to left and sprint 20 yards. |
| 30 Yds. Bk. Pedal 10-Sprint 20 | From DB stance back pedal 10 yards, sprint back 20 yards. |
| 40 Yds Bk. Ped-Ang Drive | From DB stance back pedal 10 yards, angle drive to the right to start line, back pedal 10 yards then angle drive to the left to start line. |
| 20 Yard Sprint | 20-yard sprint from DB stance. |
| 40 Yard Sprint | 40-yard sprint from DB stance. |

Kickers / Punters:

| Movement | Description |
|----------------|---|
| K/P R 20/20 | Kickoff/punt, sprint right 20 yards then retreat to starting point 20 yards. |
| K/P R 20/20 | Kickoff/punt, sprint left 20 yards then retreat to starting point 20 yards. |
| 10 PU-K/P | Perform 10 push-ups then immediately perform a kickoff or a punt. |
| 20 S – PAT/RZP | Sprint 20 yards then immediately perform a PAT or a red zone punt. Must redo a missed PAT. |
| 40 S – PAT/RZP | Sprint 40 yards then immediately perform a PAT or a red zone punt. Must redo a missed PAT. |
| 20 S – FG/P | Sprint 20 yards then immediately perform a PAT or a punt. Must redo a missed FG. |
| 40 S – FG/P | Sprint 40 yards then immediately perform a PAT or a punt. Must redo a missed FG. |
| 15 - GP- 8x | Do a gomer pyle kickoff, recover the kick between 11-15 yards, reset nearest yardline, do 8 successful recoveries |



May 2026



Mountaineer Football Summer Workout Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------|-------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| | | | | 1 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 Training | 19 Weight Training | 20 Active Recovery | 21 Weight Training | 22 Weight Training | 23 Active Recovery |
| 24/31 | 25 - Training | 26 Weight Training | 27 Active Recovery | 28 Weight Training | 29 Weight Training | 30 Active Recovery |



June 2026



Mountaineer Football Summer Workout Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------|-----------------------|------------------------------|-----------------------|-----------------------|------------------------------|
| | 1 - Week 1 Training | 2 Training | 3 Active Recovery | 4 Training | 5 Training | 6 Active Recovery |
| 7 | 8 - Week 2 Training | 9 Training | 10 Active Recovery | 11 Training | 12 Training | 13 Active Recovery |
| 14 | 15 - Week 3 Training | 16 Training | 17 Active Recovery | 18 Training | 19 Training | 20 Active Recovery |
| 21 | 22 - Week 4 Training | 23 Training | 24 Active Recovery | 25 Training | 26 Training | 27 Active Recovery |
| 28 | 29 - Week 5 Training | 30 Training | | | | |



July 2026



Mountaineer Football Summer Workout Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------|-----------------------|------------------------------|-----------------------|-----------------------|------------------------------|
| | | | 1 | 2 | 3 OFF | 4 OFF |
| 5 | 6 - Week 5 Training | 7 Training | 8 Active Recovery | 9 Training | 10 Training | 11 Active Recovery |
| 12 | 13 - Week 6 Training | 14 Training | 15 Active Recovery | 16 Training | 17 Training | 18 Active Recovery |
| 19 | 20 - Week 7 Training | 21 Training | 22 Active Recovery | 23 Training | 24 Training | 25 Active Recovery |
| 26 | 27 - Week 8 Training | 28 Training | 29 Active Recovery | 30 Training | 31 Training | 1 |



August 2026



Mountaineer Football Summer Workout Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------|---|-----------------------------|--|-----------------------------|-----------------------------|-----------------------------|
| | | | | | | 1 Active Recovery |
| 2 | 3 - <i>Week 9</i> Active Recovery | 4 Active Recovery | 5 Active Recovery | 6 Active Recovery | 7 Active Recovery | 8 Active Recovery |
| 9 | 10 | 11 REPORT DATE | 12 Physicals NCAA Paperwork Meetings | 13 Practice #1 | 14 Practice #2 | 15 Practice #3 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 / 30 | 24 / 31 | 25 | 26 | 27 | 28 | 29 |

Nutrition

The Link between Nutrition and Improving Athletic Performance

Because of the connection between training and the energy your body needs to train/recover, proper nutrition is critical to your development as an athlete.

- **Food is the Fuel – Your Body is the Engine:** A well fueled body is an efficiently working engine.
- **Proper Nutrition = More Effective Workouts:** A well fueled athlete will be more energized for workouts, allowing you to train more effectively.
- **Strength is Developed Between Workouts:** Remember you become stronger while your body recovers from a workout; optimizing this recovery time is critical to enhancing performance.

Keys to Championship Eating

- **Eat Often:** Eat 6 times/day: Breakfast, A.M. Snack, Lunch, P.M. Snack, Dinner, and Evening Snack.
- **Eat Breakfast:** the most important meal of the day. Your body's engine needs to get cranked up to work effectively throughout the day. Limit simple carbohydrates; avoid juices or sweetened drinks and non-whole grain breads and cereals.
- **Evening Snack:** Your most effective recovery time is while you sleep. Help it recover by eating quality carbohydrates like whole grain wheat bread and quality protein like tuna fish, nuts, milk, or peanut butter.
- **Eat Well:** As athletes in training eating a balanced diet is especially important. Be sure your carbohydrates are primarily from fruit, vegetables, whole-wheat breads and whole-wheat pastas. While training increase your protein intake from meats, beans, nuts and milk. Do not cut out fat. Fat is an important part of your diet and should account for ~30% of our calories. Consume dairy products to provide the calcium necessary for bone, ligament, and tendon strength.
- **Post Training:** Get some good carbohydrates & protein in your body within 30 minutes after training. A piece of fruit or a sport drink with 6% - 9% RDA of carbohydrate (more carbohydrate than this is actually counter-productive) & a some lean protein is ideal.

Supplements

- The only supplement you should be taking now is creatine.

Brands: Momentous, Klean, Optimum Nutrition, Nutricost.

Gaining Weight or Losing Weight

- **Increase Lean Body Mass:** Focus on health rather than weight loss because a proper training program and diet may result in increased weight but improved health (remember muscle weighs more than fat). Eat a balanced diet with fewer calories consumed than burned off. Avoid foods with a high caloric density such as desserts, soft drinks, and chips, etc. Consume more low caloric density foods like vegetables. Monitor progress by how your clothes fit.
- **Gain Weight Slowly:** To increase weight put in more calories than you burn off. Increase your weight gradually ($\frac{1}{4}$ to $\frac{1}{2}$ lb per week). Gaining faster than this will decrease lean body mass and performance. Eat a healthy balanced diet but include some healthy high-density caloric foods such as cranberry juice, bananas, raisins, pretzels and yogurt. Never eat naked bread; put something on it (butter or peanut butter). Also, increase protein intake naturally for the added muscle your developing. Monitor your weight weekly; if you are losing than increase intake; if gaining more than a $\frac{1}{2}$ pound per week decrease the intake.

3 Energy Sources

Carbohydrates

- Primary Energy Source.
- 1 Gram of Carbohydrate = 4 calories. Athletes need 5-6 grams/KG of body weight.
- Some sources – breads, grains, pasta, fruits & vegetables, processed sweets and grains.

Fat

- Secondary Energy Source.
- 1 Gram of Fat = 9 calories
- Some sources – oils, nuts, meat, dairy products . . .
 - Not all fat is bad – minimize intake of fat ~30% of total daily intake
 - Reach for foods low in saturated fat.

Protein

- Secondary Energy Source.
- Used for Building Muscle Tissue
- 1 Gram of Protein = 4 calories; Athletes need 1.5 – 2.0 grams/KG of body weight.
- Some sources – beef, poultry, fish, eggs, nuts

The Nutritional Balancing Act

- **Balance in Calories** = 50-55% Carbohydrates; ~30% fat; 15-20% protein
- **Balance Eating Compared to Training**
 - Work-Out/Practice Days: Eat more because expending more.
 - Off Days: Cut back on intake; avoid processed carbohydrates (sweets, chips, soft drinks, etc.).

Weight Control

Maintain Weight

Calorie Input = Calorie Output

- Male: 40-44 calories per kg of body mass (1kg = 2.2 lbs)
- Female: 38-40 calories per kg of body mass

Example: Male athlete = 180 lbs

- $180 \text{ lbs} / 2.2 \text{ lbs/kg} = 81.8 \text{ kg}$
- $81.8 \text{ kg} \times 40\text{-}44 \text{ cals/kg} = 3,270\text{-}3,599 \text{ cal/day}^6$

Lose Weight

- Losing 1-1½ lbs a week is safe.
- 1 lb = 3,500 Kcal. Therefore, reduce 500 Kcal per day to lose 1 lb a week.

Gain Weight

- Gain of ¼ - ½ lb per week is ideal.
- 1 lb = 3,500 Kcal. Therefore, add 125 Kcal per day to gain ¼ lb a week.

Hydration

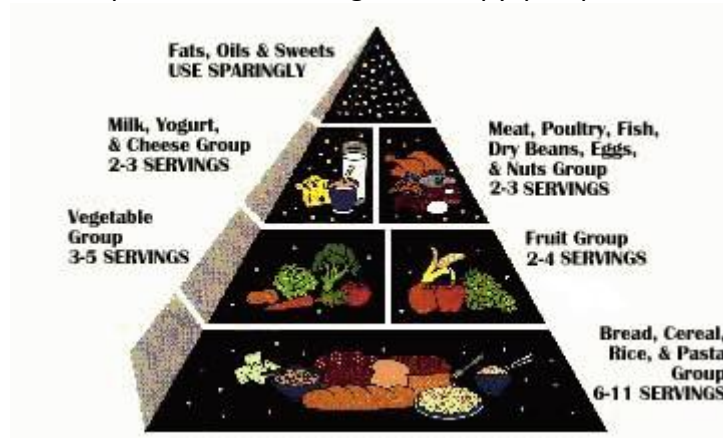
- After exercise 16 oz. H₂O per pound of body weight lost.
- Drink 16 – 20 oz. water 2 hrs. before exercise
- Use moderate amounts of salt to avoid over hydration. When doing strenuous work add salt to food to maintain balance between sodium and water

Alcohol Consumption

- Metabolically alcohol is like fat. 1 ounce of alcohol = ½ ounce fat.⁴
- Excessive alcohol use depresses appetite and increases likelihood of poor nutrient metabolism.
- Excessive alcohol consumption *hinders* athletic performance.

Sources

1. Taken from "Nutrition and the Athlete" by Lori Shofran of SST Orlando.
2. Dunford, Marie. Exercise Nutrition. Champaign, IL: Human Kinetics. 2001.
3. Food pyramid & servings taken from www.nal.usda.gov:8001/py/pmap.htm.
4. Understanding Nutrition. Eleanor Whitney and Sharon Rolfes. St. Paul, MN: West Publishing Co. p. 271; 1996.



What Counts as One Serving?

The amount of food that counts as one serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Be sure to eat at least the lowest number of servings from the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the food groups. no specific serving size is given for the fats, oils, and sweets group because the message is USE SPARINGLY.

| Milk, Yogurt, and Cheese | | |
|---|---|--|
| 1 cup of milk or yogurt | 1 1/2 ounces of natural cheese | 2 ounces of process cheese |
| Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts | | |
| 2-3 ounces of cooked lean meat, poultry, or fish | 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter count as 1 ounce of lean meat | |
| Vegetable | | |
| 1 cup of raw leafy vegetables | 1/2 cup of other vegetables, cooked or chopped raw | 3/4 cup of vegetable juice |
| Fruit | | |
| 1 medium apple, banana, orange | 1/2 cup of chopped, cooked, or canned fruit | 3/4 cup of fruit juice |
| Bread, Cereal, rice, and Pasta | | |
| 1 slice of bread | 1 ounce of ready-to-eat cereal | 1/2 cup of cooked cereal, rice, or pasta |