

8-Week Summer Strength & Conditioning Chart
 May 2011
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THE BLUEPRINT

Warm-up:

Week	Monday	Tuesday	Thursday	Friday
1-8	Speed Ladder (Pick 6), Dot Drills (Pick 3),	Dynamic Warm-up x20 yd (Pick 10)	Speed Ladder (Pick 6), Dot Drills (Pick 3)	Dynamic Warm-up x20 yd (Pick 10)

Speed Ladder	Dot Drill	Dynamic Warm-Up	
One in Each	Side-to-side	High Knees	Dead Leg Cycle
Two in Each	V	Side Shuffle	Run Form
Jumping Jacks	Down	Butt Kicks	Quick Feet
Backward Jacks	Down and Back	Straight Leg	Turn-and-Go
Ali Shuffle	Slalom	Back Pedal	Get-up and Go
Icky Shuffle (Fw/Bkw)	Down-Reverse-Back	Cairoca	Jumping Jacks
Hops (Single & Double)	Touch All	Backwards Run	Crab Walk
Side Shuffle (R/L)		A-Skip	Bear Crawl
		B-Skip	Ankle Run

Team Breakdown for any type of station or circuit work: OL, DL, DB, LB/RB, TE/SPEC & WR/QB.

Strongman Circuit (examples)		Agility Stations (examples)
Tire Flip	Prowlers	Bags
Keg Carry	Log Press	Ropes
Plate Push	Plate Carry	Cones
Sled Drag	Car/Truck Push	4 Cones
Sled Pull	Weight Load	Field Drills
*Any task that you can think of that will physically and/or mentally challenge the group at each station can be used on this day.		*Use your imagination. Pick drills that will make you better and players can strive for the perfect rep.

The difference between Competition Carnival and Agility Stations is that two players compete against each other at each station. (Example: 2 L Drills going at the same time) It should be fun with emphasis on perfect technique and competition.

Weeks 1-4 Lifting

Week	Monday	Tuesday	Thursday	Friday
1	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 4x6 Walking Lunge 3x24 steps DB Row 4x8 Wide-Grip Lat Pull 4x10 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 5x3 Bench Press 4x6 Retractions 3x10 Incline DB 4x6 Side Lateral, Front Raise 2x10 Triceps Pushdowns 4x12 Abs x125	Warm-up (see above) Power Shrug 4x5 Front Squat 4x6 RDL 3x8 Reverse Hyper 3x10 Bent Row 4x8 DB Curls 3x12 Abs x125	Warm-up (see above) Standing Military 3x4 Incline Bench 3x8 Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Abs x125
2	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 4x6 Walking Lunge 3x24 steps DB Row 4x8 Wide-Grip Lat Pull 4x10 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 5x3 Bench Press 4x6 Retractions 3x10 Incline DB 4x6 Side Lateral, Front Raise 2x10 Triceps Pushdowns 4x12 Abs x125	Warm-up (see above) Power Shrug 4x5 Front Squat 4x6 RDL 3x8 Reverse Hyper 3x10 Bent Row 4x8 DB Curls 3x12 Abs x125	Warm-up (see above) Standing Military 3x4 Incline Bench 3x8 Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Abs x125
3	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 4x4 Walking-Weighted Lunge 3x24 steps DB Row 4x8 Wide-Grip Lat Pull 4x10 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 4x4 Bench Press 4x4 Retractions 3x10 Incline DB 4x6 Side Lateral, Front Raise 2x10 Triceps Pushdowns 4x12 Abs x125	Warm-up (see above) Power Shrug 3x5 Front Squat 4x4 RDL 3x8 Reverse Hyper 3x10 Bent Row 4x8 DB Curls 3x12 Abs x125	Warm-up (see above) Standing Military 3x4 Incline Bench 3x6 Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Shrugs 3x15 Plate Carries 4x20 yd Abs x125
4	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive)	Warm-up (see above) Push Press 4x4 Bench Press 4x4 Retractions 3x10	Warm-up (see above) Power Shrug 3x5 Front Squat 4x4 RDL 3x8	Warm-up (see above) Standing Military 3x4

	Squat 4x4 Walking-Weighted Lunge 3x24 steps DB Row 4x8 Wide-Grip Lat Pull 4x10 Bar Curls 3x12 Abs x125	Incline DB 4x6 Side Lateral, Front Raise 2x10 Triceps Pushdowns 4x12 Abs x125	Reverse Hyper 3x10 Bent Row 4x8 DB Curls 3x12 Abs x125	Incline Bench 3x6 Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Shrugs 3x15 Plate Carries 4x20 yd Abs x125
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Weeks 5-6 Lifting

Week	Monday	Tuesday	Thursday	Friday
5	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 8x3 GHR 3x10 DB Row 4x8 Medium-Grip Lat Pull 4x8 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 4x4 Bench Press 8x3 Retractions 3x10 Incline DB 4x6 Side Lateral, Front Raise 2x10 Dips x30 Abs x125	Warm-up (see above) Power Shrug 3x5 Front Squat 3x7 Overhead Step-Ups 3x8 Reverse Hyper 3x10 Bent Row 4x8 DB Curls 3x12 Abs x125	Warm-up (see above) Seated DB Military 3x4 Speed Bench 4x4 (-100 lbs from Tues.) Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Shrugs 3x15 Plate Carries 4x20 yd Abs x125
6	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 6x3 GHR 3x10 DB Row 4x8 Medium-Grip Lat Pull 4x8 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 4x4 Bench Press 6x3 Retractions 3x10 Incline DB 4x4 Side Lateral, Front Raise 2x10 Dips x30 Abs x125	Warm-up (see above) Power Shrug 3x5 Front Squat 3x6 Overhead Step-Ups 3x8 Reverse Hyper 3x10 Bent Row 4x6 DB Curls 3x12 Abs x125	Warm-up (see above) Seated DB Military 3x4 Speed Bench 4x4 (-100 lbs from Tues.) Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Shrugs 3x15 Plate Carries 4x20 yd Abs x125
7	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive)	Warm-up (see above) Push Press 4x4 Bench Press 4x3 Retractions 3x10	Warm-up (see above) Power Shrug 3x5 Front Squat 3x5 Overhead Step-Ups	Warm-up (see above) Seated DB Military 3x4

	Squat 4x3 GHR 3x10 DB Row 4x8 Medium-Grip Lat Pull 4x8 Bar Curls 3x12 Abs x125	Incline DB 4x4 Side Lateral, Front Raise 2x10 Dips x30 Abs x125	3x8 Reverse Hyper 3x10 Bent Row 4x6 DB Curls 3x12 Abs x125	Speed Bench 4x4 (-100 lbs from Tues.) Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Abs x125
8	Warm-up (see above) Overhead Squat 3x5 Jump Shrug 4x3 (explosive) Squat 3x3 GHR 3x10 DB Row 4x8 Medium-Grip Lat Pull 4x8 Bar Curls 3x12 Abs x125	Warm-up (see above) Push Press 4x4 Bench Press 3x3 Retractions 3x10 Incline DB 4x4 Side Lateral, Front Raise 2x10 Dips x30 Abs x125	Warm-up (see above) Power Shrug 3x5 Front Squat 3x4 Overhead Step-Ups 3x8 Reverse Hyper 3x10 Bent Row 4x6 DB Curls 3x12 Abs x125	Warm-up (see above) Seated DB Military 3x4 Speed Bench 4x4 (-100 lbs from Tues.) Face Pulls 3x15 Upright Row 3x10 Nose Breakers 4x7 Abs x125

Weeks 1-4 Running

Week	Monday	Tuesday	Thursday	Friday
1	Warm-Up 4x200 yd (1:45 rest) :37 Line :35 Mid :32 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station Cool-Down (Stretch)	Warm-Up 4x200 yd (1:45 rest) :45 Line :40 Mid :35 Skill Cool-Down (Stretch)	Warm-Up Strongman Circuit 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)
2	Warm-Up 5x200 yd (1:45 rest) :37 Line 6x200 yd (1:45 rest) :35 Mid :32 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station Cool-Down (Stretch)	Warm-Up 4x200 yd (1:45 rest) :42 Line :47 Mid :32 Skill Cool-Down (Stretch)	Warm-Up Strongman Circuit 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)
3	Warm-Up 5x200 yd (1:45 rest) :37 Line 6x200 yd (1:45 rest) :35 Mid :32 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 4 ½ Gassers :19 Line :17 Mid	Warm-Up 2x200 yd (1:45 rest) :42 Line :47 Mid :32 Skill 4x100 yd (:35 rest) :18 Line :16 Mid	Warm-Up Strongman Circuit 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)

		:15 Skill Cool-Down (Stretch)	:14 Skill Cool-Down (Stretch)	
4	Warm-Up 10x100 yd (:35 rest) :18 Line :16 Mid :14 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 6 ½ Gassers :19 Line :17 Mid :15 Skill Cool-Down (Stretch)	Warm-Up 6x100 yd (:35 rest) :18 Line :16 Mid :14 Skill 4x60 yd (Effort) Cool-Down (Stretch)	Warm-Up Strongman Circuit 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)

Weeks 5-8 Running

Week	Monday	Tuesday	Thursday	Friday
5	Warm-Up 8x100 yd :17 Line :15 Mid :13 Skill 6x60 yd :09 Line :08 Mid :07 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 6 ½ Gassers :19 Line :17 Mid :15 Skill 4 ¼ Gassers :09 Line :08 Mid :07 Skill Cool-Down (Stretch)	Warm-Up 4x100 yd :17 Line :15 Mid :13 Skill 10x60 yd :09 Line :08 Mid :07 Skill Cool-Down (Stretch)	Warm-Up Competition Carnival 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)
6	Warm-Up 6x100 yd :17 Line :15 Mid :13 Skill 10x60 yd :09 Line :08 Mid :07 Skill Cool-Down (Stretch)	Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 4 ½ Gassers :19 Line :17 Mid :15 Skill 6 ¼ Gassers :09 Line :08 Mid :07 Skill Cool-Down (Stretch)	Warm-Up 2x100 yd :17 Line :15 Mid :13 Skill 10x60 yd :09 Line :08 Mid :07 Skill 4x40 yd (Effort) Cool-Down (Stretch)	Warm-Up Competition Carnival 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)

7	<p>Warm-Up 14x60 yd :09 Line :08 Mid :07 Skill Cool-Down (Stretch)</p>	<p>Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 2 ½ Gassers :19 Line :17 Mid :15 Skill 8 ¼ Gassers :09 Line :08 Mid :07 Skill Cool-Down (Stretch)</p>	<p>Warm-Up 8x60yd :09 Line :08 Mid :07 Skill 8x40yd (Effort) Cool-Down (Stretch)</p>	<p>Warm-Up Competition Carnival 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)</p>
8	<p>Warm-Up 10x100 yd :17 Line :15 Mid :13 Skill Cool-Down (Stretch)</p>	<p>Warm-Up Agility Stations (Pick 6) Work :90, Rest :60 station 8 ¼ Gassers :09 Line :08 Mid :07 Skill Cool-Down (Stretch)</p>	<p>Warm-Up 4x60 yd :09 Line :08 Mid :07 Skill 4x40 yd (Effort) Cool-Down (Stretch)</p>	<p>Warm-Up Competition Carnival 5 min/station :60 rest (Choose 6) Cool-Down (Stretch)</p>