C. Milton Wright Football Weight Room Training Guidelines

**Philosophy of Training**

The philosophy of training is based on a precise, year round plan. This plan is well thought out and involves various activities that will develop each individual into the best football player possible. The strength training plan is based on the progressive overload principle. Athletes will improve in strength by slowly and periodically adding resistance to the body. The body adapts to these stresses by becoming stronger.

Utilizing multi-joint, ground based exercises performed with proper techniques and progressively overloaded will help enable each athlete to gain the needed total body strength to:

1. Enhance athletic performance
2. Be more resilient to injury
3. Improve self-confidence

Strength is the foundation of all other trained components. It is very important to develop a great base of strength training prior to extensive specific training.

**Key Elements of Productive Training:**

***Intensity:*** The prime aspect of a successful training program. In order to achieve goals an athlete must have training passion rather than just getting through the workout.

***Consistency:*** Remaining consistent throughout a training program, before, during and after workouts. Preparing the body to train with good eating habits, proper rest and recovery as well as training with a high level of intensity day in and day out.

***Accountability:*** Being accountable to teammates to show up each day with a high level of intensity and mental readiness. Also being accountable to yourself for lack of intensity and poor eating and recovery habits.

***Mental Toughness:*** Training hard each and every day is not easy, neither is being a champion. In order to reach goals you must be mentally ready to compete each workout and mentally strong enough to push through.

**Frequency/ Duration**

Post season 3 x week, off season 3-4 x week, pre-season 3 x week, in season 2 x week on non-consecutive days. The second strength training workout should be at least 48 hours pre competition. Workout length during the off season should not exceed 1 hour, in-season training may only last 30 minutes. Each major body part should be trained 2-3 x week on non-consecutive days, 8-12 exercises per day, 1-3 work sets per exercise, 10-20 total work sets per workout.

**Full range exercise**

Every rep of every exercise should be performed through a full range of motion (all the way up, all the way down). This will strengthen the whole length of the muscle as well as adding functional flexibility.

**Use strict exercise form on all exercises**

Make the muscles do the work. Eliminate all bouncing, arching and throwing the weight. If you have to cheat to perform a rep then the weight is momentarily too heavy. Do not count cheated reps.

**Emphasize the lowering of the weight**

It should take you twice as long to lower a weight as it did to raise it. The same muscle that lifts a weight also lowers it. You can lower approximately 40% more than you can raise so do not waste this part of the exercise.

**Record all workouts**

In order for you to get stronger you must attempt to do more repetitions with a given weight or increase the weight. This must be done on a regular basis for you to achieve results. Recording workouts allows you to challenge yourself and keep progress of your gains, otherwise your training will be haphazard and unproductive.

**How much weight?**

As much weight as possible. The weight used should be heavy enough to make the set very hard but not too heavy where you are unable to reach the goal number without assistance or cheating on a rep.

**How much time between sets and exercises?**

Rest 1:00-2:00 minutes between sets of the same exercise. Rest between exercises should be minimal but allow enough time to mentally prepare for a maximum effort. Do not waste time chatting or socializing during a workout. This reduces intensity and negates the conditioning effect.

**Warm-up Sets**

Listed on the card as “wup”. To prepare your muscles, tendons, ligaments and mind for intense training it is sometimes necessary to do a few warmup sets. These sets need to be done before a multi joint exercise which is performed early in the workout (i.e. Bench Press, Squat, Deadlift), and should prepare you, not tire you out. Progressively add weight to each warmup set and perform between 1-8 reps as needed. The heavier your first work set, the more warmup sets you will need. Example for a squat workout where 205 lbs. x 10 is the first work set: 95 lbs. x 8, 135 lbs. x 5, 185 lbs. x 3, then 405 lbs. (work set) x 10.

**Work Sets**

Listed by total # (i.e. 20), goal # (i.e. 10) or a range # (i.e. 8-12). Use a weight which is as heavy as possible to meet your goal, while performing perfect reps. Record only full and perfect reps on your workout card. The rep does not count if it is not performed correctly. Use the particular rep scheme instruction to find your starting weight, calculate the percentage of your estimated one rep max if necessary. Once you satisfy the rule given for that particular scheme increase the resistance in the next workout.

**SET/REP SCHEMES**

The following set/rep schemes will be used during the off-season or pre-season strength training workouts. The specific set/rep scheme for each exercise is listed on the card. If no indication is given, use the heaviest weight possible to complete the given number of reps for each set. The weight may have to be decreased for each additional set in order to achieve the goal number.

**Range Sets (10-15, 8-12, 6-10)**

Perform maximum reps using a weight that the reps achieved fall into the rep range. If two or three sets are required, lower the weight by 10-15% to achieve the reps within the range. Once the top number of reps are achieved on the first set, add 5-10% for the next workout.

**Same Weight Sets**

**3 x 10, 3 x 6:** Use the same weight for all sets. Once all reps are achieved add 5-10% for next workout.

**15/10:** Use a weight that 15 is difficult and could not be repeated. Once 15 and 10 are completed add 5-10% for next workout

**CHART PROGRAMS**

The following exercises utilize a chart for progression. The charts enable these exercises to have a consistent progression. For each exercise use an estimated max or find a max with a 5-9 rep max test. Set and rep schemes for all other exercises directly follow.

**Bench Press**

**3 x 10 - 4 x 8 - 4 x 6 - 4 x 5 - 5/3/3/3**

Once an estimated max has been found, complete the workouts using that max for the duration. When shown, perform the phase for two weeks before progressing to the next.

***DB Incline / DB Shoulder Press***

**12/10/8 – 10/8/6**

Using an estimated max, begin with 12/10/8. Keep the same max to complete 10/8/6 the following week. If successfully completed progress max by 5lbs.

***Squat***

**3 x 10 - 4 x 8 - 4 x 6 - 4 x 5 - 5/3/3/3**

Once an estimated max has been found, complete the workouts using that max for the duration. When shown, perform the phase for two weeks before progressing to the next.