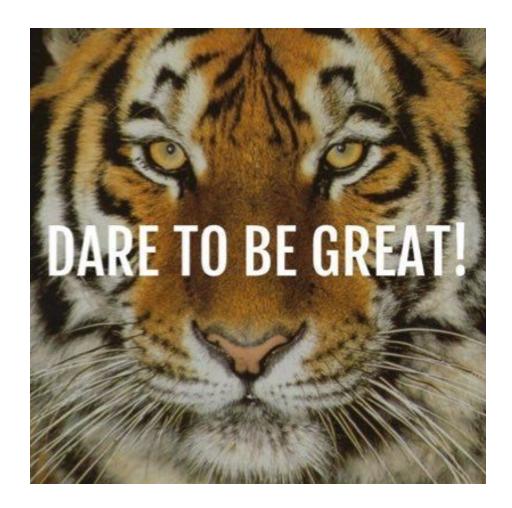
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# **Springfield Tiger Weight Training**



2021 Spring Workout Program
Phase 2

"I'm not telling you it's going to be easy, I'm telling you it's going to be worth it." -Arthur Williams

# **Benefits of Strength Training**

- 1. Boost in energy
- 2. Higher self-esteem
- 3. Exercise results in better sleep
- 4. More likely to be active all-day
- 5. Better mood
- 6. Reduces anxiety
- 7. Increased muscle mass
- 8. Stronger bones
- 9. Decreased risk of injury
- 10. It is FUN!

## **Workout/Diet Tips**

- 1. Always have water with you when working out
- 2. Follow the rest times to have an efficient/effective workout
- 3. Proper form is more important than heavy weight!
- 4. Follow the plan in order (warm-up, core lifts, optional (if time), abs)
- 5. Track weights each day to see growth over time
- 6. Eat a good breakfast!
- 7. Eat proteins (chicken, fish, turkey, steak, burger) especially after a workout
- 8. If possible, limit sugars and sweets
- 9. Never skip meals
- 10. Have FUN!

#### \*\*All exercises listed on the workout plan can be found on the football website:

- Go to Springfieldtigerfootball.com
- Select the "Strength Training" tab
- Select "Phase 2" and the "Day" you are completing for a list of the exercises
- Click on the link for a short video example of the lift

#### \*\*If you are unable to get to a weight room

- Go to Springfieldtigerfootball.com
- Click "Strength Training" Tab
- Click on "At-Home Workouts"

<sup>\*\*\*</sup>These lifts should take 45 minutes or less to complete!

## **Pre-Workout Warm-up**

- -A proper warm-up will allow you to have a better workout.
- -Warm-up reduces the risk of injury
- -Warm-up provides your mind and body time to prepare for the workout
- -Each exercise should be completed by going roughly 10 yards both ways unless stationary

## **Dynamic Warm-up #1**

- 1. Light Sprint
- 2. Skip To My Lou
- 3. Lateral Shuffle
- 4. Karaoke
- 5. Butt Kicks
- 6. Straight Leg Kicks
- 7. Lateral Groin Stretcher
- 8. Groin over the Hurdle
- 9. Knee Hugs
- 10. High Knees

## **Dynamic Warm-up #2**

- 1. Stationary leg swings side to side (20x ea leg)
- 2. Stationary leg swings forward/backward (20x ea leg)
- 3. Arm circles forward/backward (20x ea)
- 4. 20 Jumping jacks
- 5. high skips
- 6. distance skips
- 7. Knee hugs
- 8. 10 air squats
- 9. Tiptoe walks
- 10. Heel walks

\*\*Cooldown each day can be 3-5 minutes of static stretching



### **Speed and Agility Drills**

- If you have time, these are drills that can be done at the end of a workout or days you don't lift.
- Complete each drill correctly, increasing speed as able
- You should choose <u>one</u> set of drills each time you work on speed/agility after a
  workout. You can complete <u>2-3</u> if you did not lift that day.

#### **Speed Ladder Drills (Agility)**

\*\*Each exercise should finish with a short burst out of the ladder

- 1. Two feet each square running
- 2. One foot hop each square (repeat other foot)
- 3. Ickey shuffle
- 4. Two Feet-One foot-Two Feet (hop)
- 5. 5 hops and sprint (2x)
- 6. Side facing high knees
- 7. Ickey shuffle
- 8. Side straddle hop
- 9. Carioca
- 10. One foot each square

#### <u>Line Drills (Speed/Quickness)</u>

\*\*Find a line, complete the exercise and sprint hard for 5 steps (complete each exercise as quickly as possible-Quick feet!)

- 1. Feet together hop sideways 10 times
- 2. Feet together hop-forward/backward 10 times
- 3. One foot hop sideways 10 times (repeat other foot)
- 4. One foot on both sides of the line- fire feet (touch each side 20 times)
- 5. Scissor jumps (feet start apart and cross) 10 times
- 6. 5 Vertical jumps(as high as you can) horizontally over the line
- 7. 5 vertical jumps forward/backward over the line

### Speed Training (Speed/Light Conditioning)

- 1. 5x10 yds-10 second rest
- 2. 3x20 yds-15 second rest
- 3. 2x30 yds-20 second rest
- 4. 2x40 yds-30 second rest

"When your mind tells you, you are totally exhausted/tapped. You are really only about 40% done. You have 60% left in the tank"

-Jesse Itzler