



## Explanation: Strength Program

- Order** of exercises should be performed as noted by the number and letter shown before the name of the exercise.
  - i.e. if an exercise is allocated a '1a' without the next exercise being allocated as '1b' then perform that exercise's sets to completion before moving on to the exercise
  - if an exercise is allocated as a '1a' with the next exercise being '1b' then alternate between the exercises till the completion of the sets
- Tempo** of exercise should be done on a 3:1 ratio i.e. generally you should be lowering the weight against gravity, controlled on a 3 second tempo and lift or push it up explosively or within 1 second
- Rest** between exercise should be:
 

reps of 12 – 15	60-90 seconds
reps of 8 – 12	2 – 3 min
reps of 5 – 8	3 – 4 min
reps of 4 or less	4 – 5 min
- Technique** should include going through THE FULL RANGE OF MOTION without lower back pain i.e. Squats should have your quadriceps at least parallel to the ground during the bottom portion of the exercise
- Ensure to record your weights used during the exercises

### CORE CIRCUIT

1a.	Prone Fit Ball Roll-ins	x 20 reps	In a Push Up position, put the Fit Ball under feet and pull knees into chest
1b.	Weighted Russian Twists	x 30 reps	On your bum, lift legs and back off floor to place yourself in a V shape, rotate chest side to side
1c.	Bridge	x 60 sec	Hold a bridge position tucking your lower abs in and ensuring no arc in your lower back

REPEAT 6 TIMES with 30 seconds rest between exercises



## PHASE I: RUNNING

### Warm Up

5 min bike ride progressively increasing intensity  
or 800 m jog

A Skips	20yd
B Skips	20yd
Straight Leg Scissors	20yd
Long Stride Carioca	20yd both ways
High Step Walking Lunges	15yd
Single Leg Swings Frnt-Bck	10ea leg
Single Leg Swings Sde-Sde	10ea
Prone Spine Twists	10ea way on stomach kick opposite leg to opposite hand
Accelerations	4 x 40yd

### Running 1: Acceleration (all sprints performed at 95-100% effort)

<b>Week 1 &amp; 2</b>	4 x 10 yd	rest 2 min, 5 min break
	4 x 20 yd	rest 2 min, 7 min break
	4 x 30 yd	rest 3 min
<b>Week 3 &amp; 4</b>	4 x 20 yd	rest 2 min, 5 min break
	4 x 30 yd	rest 3-5 min, 7 min break
	4 x 40 yd	rest 4-5 min
<b>Week 5 &amp; 6</b>	4 x 10 yd	rest 2 min, 5 min break
	4 x 20 yd	rest 2 min, 7 min break
	3 x 30 yd	rest 3-5 min, 7 min break
	3 x 30 yd	rest 3-5 min

### Running 2: Anaerobic Capacity (OL & DL TAKE 20 YD OFF EACH REP)

<b>Week 1</b>	2 x 8 100 yd @ 50% effort	3 min rest btw sets
<b>Week 2</b>	2 x 9 100 yd @ 55% effort	3 min rest btw sets
<b>Week 3</b>	2 x 8 100 yd @ 60% effort	3 min rest btw sets
<b>Week 4</b>	2 x 10 100 yd @ 60% effort	3 min rest btw sets
<b>Week 5</b>	2 x 12 60 yd @ 75% effort	3 min rest btw sets
<b>Week 6</b>	2 x 12 40 yd @ 85% effort	3 min rest btw sets



## PHASE II: RUNNING

### Warm Up

5 min bike ride progressively increasing intensity  
or 800 m jog

A Skips	20yd
B Skips	20yd
Straight Leg Scissors	20yd
Long Stride Carioca	20yd both ways
High Step Walking Lunges	15yd
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	4 x 30 yd	rest 3-5 min, 7 min break
	4 x 40 yd	rest 4-5 min
<b>Week 5 &amp; 6</b>	4 x 10 yd	rest 2 min, 5 min break
	4 x 20 yd	rest 2 min, 7 min break
	3 x 30 yd	rest 3-5 min, 7 min break
	3 x 30 yd	rest 3-5 min



## Nutritional Tips

A misconception that many athletes have is that they must digest ONLY protein. While protein is a vital part of the RECOVERY PROCESS that allows your muscles to heal after high intensity strength training, you must still maintain a balanced diet.

Without the incorporation and maintenance of your carbohydrates and APPROPRIATE FATS you will utilize the proteins that are needed for recovery during your workouts.

### *General Recommendations:*

Do not skip meals

- \* Eat 4-5 meals a day
- \* Eat breakfast everyday
- \* Eat most of your vegetables and fruit in raw form
- \* Try and eat all the colors in the crayon box (fruits & vegetables)
- \* Sufficient protein should be present in all meals (especially breakfast) to maintain appropriate blood sugar levels
- \* Highly processed foods (such as sugars, oils, and flour) should be avoided in excess. They are not recognized by the body and make them difficult to process.
- \* Design your diet so that you receive a complete mix of all the nutrients everyday to promote recovery and restoration and to enhance your immune system function.
- \* **Post workout drink:** 1 gram of protein for every 3 grams of carbohydrate. (.3gm of protein/lb. of lean body weight)

CHOCOLATE MILK is a great choice and can be as good as any protein shake!

- \* Drink a minimum of 8 glasses of water daily. Bring a water bottle with you everywhere (especially workouts).



## Example Balanced Daily Diets with sufficient Protein Intake

**Breakfast:** Poached egg on toast, cereal with fruit and milk.

**Snack:** Fruit and protein shake.

**Lunch:** Chicken, potato, and vegetables. Fresh fruit salad. □

**Snack:** Nuts (especially almonds), fruit, and biscuits with cheese. □

**Dinner:** Fish any style, rice, vegetables, and whole meal bread and fruit salad.

**Breakfast:** Two poached eggs on toast, cereal with fruit salad and milk. □

**Snack:** Nuts, fruit, protein shake. □

**Lunch:** Chicken with potatoes and vegetables (any style) □

**Snack:** Nuts, fruit, biscuits with cheese. □

**Dinner:** Roast Beef with vegetables, brown rice, whole meal bread.

**Breakfast:** Three eggs any style on toast, cereal with fruit and milk. □

**Snack:** Nuts, fruit, and protein shake. □

**Lunch:** Turkey with potatoes and vegetables, brown rice, whole meal bread. □

**Snack:** Nuts, fruit, protein shake. □

**Dinner:** ½ Chicken, potatoes, veggies, brown rice, whole meal bread. □

**Before Bed:** Protein shake.

**Breakfast:** Four eggs any style on toast, cereal with fruit and milk. □

**Snack:** Nuts, fruit, protein shake. □

**Lunch:** Spaghetti with meat sauce, potatoes, brown rice, □

**Snack:** Nuts, fruit, protein shake. □

**Dinner:** Roast Pork, potatoes, brown rice, whole meal bread. □

**Before Bed:** Protein shake.

Nutritional information provided by Athletes Acceleration



# NUTRITIONAL GUIDELINES

## Food Composition of Daily Meals

PROTEIN = 15%

- ***Eat PROTIEN for Muscle Growth and a Healthy Immune System***
- Eat protein as a part of every meal and snack
- You should not eat protein in exclusion of Carbohydrates and Fats
- **LOOK TO EAT 0.6-0.9 GRAMS OF PROTEIN PER POUND OF BODY WEIGHT**
- Good Sources Are: chicken, pork, turkey, low-fat milk, fish, peanut butter, bean dip, nuts, yogurt, reduced-fat cheeses, tofu, jerky

CARBOHYDRATES = 60%

- ***Eat Carbohydrate-Containing Foods for Energy***
- Two thirds of every meal should contain Carbohydrates; Football requires strength, speed, and stamina with carbohydrates fueling your muscles and brain to enable you to perform at your optimal level
- Good Sources Are: bread, bagels, juice, pasta, fruit, pretzels, rice, corn, potatoes, vegetables

FAT = 25%

- ***Eat the RIGHT Fat as an ESSENTIAL FUEL***
- **UNSATURATED FATS** should be a part of your daily meals and snacks
- Good Sources Are: nuts, seeds, olive oil, canola oil, avocados, soft margarines, olives, mayonnaise, salmon, flaxseed
- Limit SATURATE & TRANS FATS
- Examples are: chicken wings/chicken skin, butter, creamy dressings, cheese, coconut oil

## Fluids

- **DEHYDRATION IS AN ATHLETES WORST ENEMY**
- Symptoms Include: thirst, muscle cramps, weakness, impaired performance, headache, nausea, fatigue, dry mouth
- Consume at least *4 L of fluid each day*
- All fluids **EXCEPT ALCOHOL** count

*Drink: 480 – 600 ml of fluid within waking up*

*600 ml of fluid with every meal and snack*

Tips:

*Gulp, don't sip*

*Swallow Fluids, don't spit*

*Urine should look like LEMONADE NOT APPLE JUICE*

*Don't over-drink and calculate your **individual sweat rate***

*(pre-exercise weight – post-exercise weight) + fluid consumed during / number of hours in practice =  
individual sweat rate*

***DRINK 480 ml OF FLUID FOR EVERY POUND LOST DURING EXERCISE***

### PRE PRACTICE/COMPETITION

1 HOUR BEFORE: Drink 600 ml of sports drink

Eat a small amount of Carbohydrates i.e. pretzels, cereal or granola bar

Include protein i.e. ¼ cup of nuts, low fat yogurt, jerky

***GREAT Pre Practice Examples:***

***600 ml of sports drink and yogurt OR 360 ml of chocolate milk with 240 ml of water***

### DURING PRACTICE/COMPETITION

Drink the appropriate amount of fluids based on sweat rate alternating between sports drinks and water

### POST PRACTICE/COMPETITION

**DRINK ENOUGH FLUIDS TO REPLACE SWEAT LOSS!!!!**

**EAT or DRINK something within 15 minutes**

***GREAT Post Practice Examples:***

***peanut butter sandwich, two large handfuls of trail mix, a high-carbohydrate sports bar, a few pieces of jerky or a handful of pretzels***

### SODIUM ADVANCES the LEVEL of TRAINING (S.A.L.T)

*A lack of sodium will increase your risk of muscle cramps and will decrease performance!*

If you are a salty sweater you will notice:

*cramping of muscles, sweat that stings your eyes, and/or salt on your skin or clothes after practice/exercise*



EDMONTON WILDCATS FOOTBALL PROGRAM  
 PHASE I: Foundation/Prep

Nov. 7 - Dec. 18

**WEEK 1   WEEK 2   WEEK 3   WEEK 4   WEEK 5   WEEK 6                      NOTES**

**Monday**

1a BB Bench Press	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	maintain a flat lower back
2a DB Inc Bench Press	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	30 degree incline, full range of motion
3a DB Single Arm Row	3x15 ___	3x15 ___	3x12 ___	4x12 ___	4x10 ___	2x10 ___	squeeze shoulder blade back and down
3b DB Shoulder Press	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	keep abs tight, exhale on way up
4a DB Lateral Raises	3x15 ___	3x15 ___	3x12 ___	4x12 ___	4x10 ___	2x10 ___	keep shoulder blades back and down
4b Weighted Tricep Dips	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	full range of motion

**Tuesday**

1a BB Power Shrug	3x10 ___	4x10 ___	4x10 ___	4x8 ___	4x8 ___	2x8 ___	slight bend at knees, explode threw hips
2a BB Deadlift	3x12 ___	3x12 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	eyes up, bend at hips and knees
3a BB Front Squat	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	Quads should be ATLEAST parallel to ground
3b Stiff Leg Deadlift	3x10 ___	4x10 ___	4x10 ___	4x8 ___	4x8 ___	2x8 ___	maitain flat lower back
CORE CIRCUIT							SEE EXPLANATION PAGE

**Thursday**

1a DB Single Arm Row	3x15 ___	4x15 ___	4x12 ___	4x12 ___	4x8 ___	2x8 ___	squeeze shoulder blade back and down
1b DB Bench Press	3x15 ___	3x15 ___	3x12 ___	4x12 ___	4x10 ___	2x10 ___	full range of motion
2a Bentover BB rows	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	bend @ hips & knees, flat back and eyes up
2b DB Plate Raise	3x10 ___	4x10 ___	4x10 ___	4x10 ___	4x10 ___	2x10 ___	lift BB plate from hips to over head EXPLODING THROUGH HIPS

**Friday**

1a BB Power Shrug	3x10 ___	4x10 ___	4x10 ___	4x8 ___	4x8 ___	2x8 ___	slight bend at knees, explode threw hips
2a BB Deadlift	3x12 ___	3x12 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	eyes up, bend at hips and knees
3a BB Back Squat	3x15 ___	4x15 ___	4x12 ___	4x10 ___	4x8 ___	2x8 ___	Quads should be ATLEAST parallel to ground
3b Sgl Leg Hamstring Crl	3x15 ___	3x15 ___	3x12 ___	4x12 ___	4x10 ___	2x10 ___	One leg at a time ensure toe pointed in
CORE CIRCUIT							SEE EXPLANATION PAGE



EDMONTON WILDCATS FOOTBALL PROGRAM  
PHASE II: Intensification

Jan 30 - Mar 12

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
<b>Monday</b>							
1a BB Hang Clean	3x8	3x6	4x6	4x6	4x4	2x4	EXPLODE THROUGH HIPS
2a BB Inc Bench Press	3x12	4x12	4x10	4x8	4x6	2x6	ensure hips stay on bench
2b Bentover BB rows	3x12	4x12	4x10	4x8	4x6	2x6	bend @ hips & knees, flat back and eyes up
3a DB Chest Flies	3x12	4x12	4x10	4x8	4x6	2x6	Full range of motion, feel stretch through chest
3b Seated Rows	3x12	4x12	4x10	4x8	4x6	2x6	lock shoulder blades back and down
<b>Tuesday</b>							
RUNNING PROGRAM							
1a 1 1/4 Seated Shldr Press	3x10	4x8	4x8	4x6	4x4	2x4	1 rep = lwr to chest, up 1/4, down, and up fully
1b Upright Rows	3x12	4x12	4x10	4x8	4x6	2x6	hands inside shoulder width, bring bar to chin
2a Lateral Shoulder Raise	3x12	4x12	4x10	4x8	4x6	2x6	lock abs, raise DB just above shoulder height
2b Inc Front Raise	3x12	4x12	4x10	4x8	4x6	2x6	on 45 degree incline, hang arms, raise DB to eye lvl
2c Elbow in Ext Rotation	3x15	4x15	4x15	4x15	4x15	2x15	elbow locked into side move tubing ext from body
<b>Thursday</b>							
1a Power Clean	3x8	3x6	4x6	4x6	4x4	2x4	from ground, EXPLODE THROUGH HIPS
2a Snatch Squat	3x12	4x12	4x10	4x8	4x6	2x6	snatch grip hldng bar above head, squat
3a DB High Box Step Ups	3x12	4x12	4x10	4x8	4x6	2x6	box hghr than knee height, psh up explosively
3b Fitball Hamstring Curls	3x12	4x12	4x12	4x10	4x8	2x8	lying on bck, fitball undr ft, lift hips, roll bll to glutes
4a High Step Walking Lunges	3x12	4x12	4x10	4x8	4x6	2x6	holding DBs high step pushing up through heels
<b>Friday</b>							
RUNNING PROGRAM							
1a BB Push Press	3x8	3x6	4x6	4x6	4x4	2x4	Hold bar upper chest, explode through hips and shoul
2a BB Bench Press	3x12	4x12	4x10	4x8	4x6	2x6	maintain a flat lower back
2b Chin Ups	3x12	4x12	4x10	4x8	4x6	2x6	grip with palms toward you, full range of motion!!
3a Alt DB Inc Bench Press	3x12	4x12	4x10	4x8	4x6	2x6	30 degree incline, full range of motion, alt arms
3b Bentover BB rows	3x12	4x12	4x10	4x8	4x6	2x6	bend @ hips & knees, flat back and eyes up
4a DB 90 degree Ext Shoulder	3x12	4x12	4x10	4x8	4x6	2x6	place elbow at 90 degrees on object, move arm fwd b
4b DB Overhead Tricep Ext	3x12	4x12	4x10	4x8	4x6	2x6	full range of motion

Written by: Ryan Branting BScKin, CSCS