

ASC FOOTBALL SUMMER 2010 WORKOUT

WEEK 1 APR 26 – 30

WEEK 2 MAY 3 – 7

WEEK 3 MAY 10 – 14

Lift	MAX	60%	62%	64%	67%
Back Squat		10x	10x	10x	10x
MT clean & squat		5x	5x	5x	5x
Step-up		6x	6x	6x	
Pull-circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	62%	65%	67%	70%
Back Squat		10x	8x	8x	8x
MT clean & squat		5x	3x	3x	3x
Step-up		6x	6x	6x	
Pull-circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	62%	65%	68%	73%
Back Squat		10x	9x	8x	7x
MT clean & squat		5x	3x	3x	3x
Step-up		6x	6x	6x	
Pull-circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	60%	62%	64%	67%
Bench Press		10x	10x	10x	10x
Incline Bench		6x	6x	6x	
Dead Lift		6x	6x	6x	6x
Arm circuit		12x	12x		
GRIZZLY	2 sets				

Lift	MAX	62%	65%	67%	70%
Bench Press		10x	8x	8x	8x
Incline Bench		6x	6x	6x	
Dead Lift		6x	5x	5x	5x
Arm circuit		12x	12x		
GRIZZLY	2 sets				

Lift	MAX	62%	65%	68%	73%
Bench Press		10x	9x	8x	7x
Incline Bench		6x	6x	6x	
Dead Lift		5x	5x	5x	5x
Arm circuit		12x	12x		
GRIZZLY	2 sets				

Lift	MAX	60%	65%	70%	75%
Floor pwr clean		6x	4x	3x	3x
RDL		8x	8x	8x	8x
Squat Jump 25lb		6x	6x	6x	6x
Shoulder circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	60%	65%	70%	75%
Floor pwr clean		6x	4x	3x	3x
RDL		8x	8x	8x	8x
Squat Jump 25lb		6x	6x	6x	6x
Shoulder circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	60%	65%	70%	75%
MT pwr clean		6x	4x	3x	3x
RDL		8x	8x	8x	8x
Squat Jump 25lb		6x	6x	6x	6x
Shoulder circuit		12x	12x		
Ab circuit		12x	12x		

Lift	MAX	50%	52%	55%	60%
Speed Squat		4x	4x	4x	4x
Speed Bench		4x	4x	4x	4x
Pull circuit		12x	12x		
Arm circuit		12x	12x		
Gauntlet	1 set				

Lift	MAX	50%	52%	55%	60%
Speed Squat		4x	4x	4x	4x
Speed Bench		4x	4x	4x	4x
Pull circuit		12x	12x		
Arm circuit		12x	12x		
Gauntlet	1 set				

Lift	MAX	52%	55%	60%	62%
Speed Squat		3x	3x	3x	3x
Speed Bench		3x	3x	3x	3x
Pull circuit		12x	12x		
Arm circuit		12x	12x		
Gauntlet	1 set				

ASC FOOTBALL SUMMER 2010 WORKOUT

WEEK 10 JUNE 28 – JULY 2

WEEK 11 JULY 5 – 9

MONDAY		70%	80%	85%	90%	97%	MAX
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Back Squat		8x	6x	4x	2x	1x	1x
MT clean & squat		3x	2x	2x	1x	1x	
Lunge Walk		6x	6x	6x			
Pull-circuit		5x	5x				
Ab circuit		5x	5x				

MONDAY		70%	80%	85%	87%	90%
Lift	MAX	set 1	set 2	set 3	set 4	set 5
Back Squat		8x	7x	5x	3x	3x
MT clean & squat		3x	2x	2x	2x	1x
Lunge Walk		6x	6x	6x		
Pull-circuit		5x	5x			
Ab circuit		5x	5x			

PRE-RUN WARM-UP							
PARTNER PULL			4 x 20yd				
SHORT SPRINT SEQUENCE			2 SETS				
LONG SPRINT SEQUENCE			1 SET				
40 YARD SEQUENCE			1 SET				
TUESDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Bench Press		8x	6x	4x	2x	1x	1x
Front pullup		6x	6x	6x			
Dead Lift		3x	2x	2x	2x	1x	
Arm circuit		5x	5x				
Gauntlet		1 set					

PRE-RUN WARM-UP							
PARTNER PULL			4 x 20yd				
SHORT SPRINT SEQUENCE			2 SETS				
LONG SPRINT SEQUENCE			1 SET				
40 YARD SEQUENCE			1 SET				
TUESDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Bench Press		8x	7x	5x	3x	3x	
Front pullup		6x	6x	6x			
Dead Lift		3x	2x	2x	2x	1x	
Arm circuit		5x	5x				
Gauntlet		1 set					

PRE-RUN WARM-UP							
PARTNER PUSH			4 x 20yd				
SPEED JUMP SEQUENCE			1 SET				
HIGH INTENSITY JUMP SEQUENCE			1 SET				
PRO-AGILITY			2X				
THURSDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Floor pwr clean		3x	1x	1x	1x	1x	1x
RDL		8x	8x	8x			
Squat Jump 45lb		6x	6x	6x	6x		
Shoulder circuit		5x	5x				
Ab circuit		5x	5x				

PRE-RUN WARM-UP							
PARTNER PUSH			4 x 20yd				
SPEED JUMP SEQUENCE			1 SET				
HIGH INTENSITY JUMP SEQUENCE			1 SET				
PRO-AGILITY			2X				
THURSDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Floor pwr clean		4x	2x	2x	1x	1x	1x
RDL		8x	8x	8x			
Squat Jump 45lb		6x	6x	6x	6x		
Shoulder circuit		5x	5x				
Ab circuit		5x	5x				

PRE-RUN WARM-UP							
PARTNER PULL			4 x 20yd				
SHORT SPRINT SEQUENCE			2 SETS				
LONG SPRINT SEQUENCE			1 SET				
40 YARD SEQUENCE			1 SET				
FRIDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Speed Sqt.		6x	6x	6x	6x	6x	6x
Speed Bench		6x	6x	6x	6x	6x	6x
Pull circuit		5x	5x	5x	5x	5x	5x
Arm circuit		5x	5x	5x	5x	5x	5x
GRIZZLY		2 sets					

PRE-RUN WARM-UP							
PARTNER PULL			4 x 20yd				
SHORT SPRINT SEQUENCE			2 SETS				
LONG SPRINT SEQUENCE			1 SET				
40 YARD SEQUENCE			1 SET				
FRIDAY							
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Speed Sqt.		6x	6x	6x	6x	6x	6x
Speed Bench		6x	6x	6x	6x	6x	6x
Pull circuit		5x	5x	5x	5x	5x	5x
Arm circuit		5x	5x	5x	5x	5x	5x
GRIZZLY		2 sets					

ASC FOOTBALL SUMMER 2010 WORKOUT

WEEK 12 JULY 12-16

WEEK 13 JULY 19-23

MONDAY		70%	77%	82%	85%	88%	set 7	set 8
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7
Back Squat		9x	8x	7x	6x	5x		
MT clean & squat		4x	3x	3x	3x	2x		
Lunge Walk		6x	6x	6x				
Pull-circuit		5x	5x					
Ab circuit		5x	5x					

PRE-RUN WARM-UP		70%	77%	82%	85%	88%
400 meter run (3/4 speed)		2X				
100 meter run (full speed)		2X				
40 yard dash (time & record)		2X				
20 yard dash		2X				

RUN, THEN LIFT

TUESDAY		70%	77%	82%	85%	88%	set 7	set 8
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7
Bench Press		9x	8x	7x	6x	5x		
Back push press		6x	6x	6x				
Clean Pull		5x	5x	5x	5x			
Arm circuit		5x	5x					
Gauntlet	1 set							

PRE-RUN WARM-UP		75%	85%	87%	90%	95%	MAX
4 CONE SEQUENCE		1SET					
LINEAR CONE SEQUENCE		1 SET					
PRO-AGILITY		2X					
STAR DRILL		2X					

RUN, THEN LIFT

THURSDAY		70%	75%	80%	85%	90%	95%
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Floor pwr clean		3x	1x	1x	1x	1x	1x
RDL		8x	8x	8x			
Squat Jump 45lb		6x	6x	6x	6x		
Shoulder circuit		5x	5x				
Ab circuit		5x	5x				

FRIDAY		50%	52%	55%	57%	60%
Lift	MAX	set 1	set 2	set 3	set 4	set 5
Speed Sqt.		6x	6x	6x	6x	6x
Speed Bench		6x	6x	6x	6x	6x
Pull circuit		5x	5x			
Arm circuit		5x	5x			
GRIZZLY	2 sets					

MONDAY		70%	77%	85%	87%	90%
Lift	MAX	set 1	set 2	set 3	set 4	set 5
Back Squat		10x	8x	6x	4x	4x
MT clean & squat		5x	3x	3x	2x	2x
Lunge Walk		6x	6x	6x		
Pull-circuit		5x	5x			
Ab circuit		5x	5x			

PRE-RUN WARM-UP		70%	77%	85%	87%	90%
400 meter run (3/4 speed)		2X				
100 meter run (full speed)		2X				
40 yard dash		2X				
20 yard dash		2X				

RUN, THEN LIFT

TUESDAY		70%	77%	85%	87%	90%
Lift	MAX	set 1	set 2	set 3	set 4	set 5
Bench Press		10x	8x	6x	4x	4x
Back push press		6x	6x	6x		
Clean Pull		5x	5x	5x	5x	
Arm circuit		5x	5x			
Gauntlet	1 set					

PRE-RUN WARM-UP		70%	75%	80%	85%	90%	95%
4 CONE SEQUENCE		1SET					
LINEAR CONE SEQUENCE		1 SET					
PRO-AGILITY		2X					
STAR DRILL		2X					

RUN, THEN LIFT

THURSDAY		70%	75%	80%	85%	90%	95%
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set 6
Floor pwr clean		4x	2x	2x	1x	1x	1x
RDL		8x	8x	8x			
Squat Jump 45lb		6x	6x	6x	6x		
Shoulder circuit		5x	5x				
Ab circuit		5x	5x				

FRIDAY		50%	52%	55%	57%	60%
Lift	MAX	set 1	set 2	set 3	set 4	set 5
Speed Sqt.		6x	6x	6x	6x	6x
Speed Bench		6x	6x	6x	6x	6x
Pull circuit		5x	5x			
Arm circuit		5x	5x			
GRIZZLY	2 sets					

