

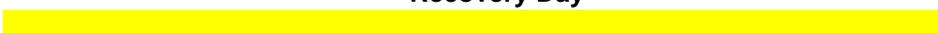
Name _____
Date _____

Football Linemen

Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1	Interval Training	
		
		
5 minute warm-up	sprints- 5yd,40yd,4yd,2yd,24yd,40yd,7yd,4yd,4yd,50 yds 2nd round- 10yd,5yd,7yd,40yd,8yd,5yd,9yd,18yd,18yd,5yd 3rd round- 8yd,4yd,40yd,2yd,24yd,15yd	2 min recovery between rounds
	spints out - light jog back	

Day 2	Medium Intensity	
		
		
5 minute warm-up	20 minute ladder drills	

Day 3	Recovery Day	
		
5 minute warm-up	30-60 minutes workout	

Day 4	High Intensity Day	
		
		
5 minute warm-up	run 8 play drives- jogging back to starting line Round 1: sprint 10 yd, shuffle RT 5 yd, set-up RT 5 yd set-up LT 5 yd -sprint up 10 yd, Pull LT 15 yd, sprint 10 yd, shuffle LT 5 yd and back, set -up LT 5 yd Round 2: set-up LT 5 yd -sprint up 10 yd, Pull LT 15 yd, sprint 20 yd, shuffle RT 5 yd, set-up RT 5 yd, set-up LT 5 yd sprint 10 yd, Pull RT 15 yd,	2 min recovery between rounds
	Repeat if needed	

Day 5	Medium Intensity	
		
		
5 minute warm-up	15 minute Bag drills	