


Name _____
Date _____



Football Linemen

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




Day 1 GAME DAY


Day 2 OFF or light pool flush

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

Day 4	Medium Intensity
	
5 minute warm-up	20 minute ladder drills

Day 5	High Intensity Day	
	run 15 play drives- jogging back to starting line	
5 minute warm-up <i>or use position skill patterns</i> <i>ex: WR- routes</i> <i>DB- drop back coverage</i>	sprint 20 yd, shuffle RT 5 yd, set-up RT 5 yd set-up LT 5 yd -drop to flats 10 yd, drop back 10 yd, sprint 30 yd, shuffle LT 5 yd and back, set -up LT 5 yd set-up LT 5 yd -sprint up 10 yd, drop back 15 yd, sprint 30 yd, shuffle RT 5 yd, set-up RT 5 yd, set-up LT 5 yd sprint 20 yd, lateral run 10 yd break up 15 yd,	2 min recovery

Day 6	Medium Intensity		
			
	5 minute warm-up	10- 60's at 75% effort	2 min

Day 7	Recovery Day or Off
	
5 minute warm-up	10-20 minutes workout