







Name _____
Date _____


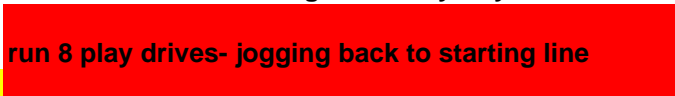

Football Linemen



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 spints out - light jog back	2 min recovery between rounds

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, <i>Repeat if needed</i>	2 min recovery between rounds

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