


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	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,sprint 10 yd 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	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