***Centurions 2016 Off-Season Strength Workout Plan***

***Run, Lift, and Stretch if You Dare to Be Great!***

**January 18th to March 14th,  May 16th – June 20th – Strength Gain, Flexibility**

***March 14th to April 16th  , June 20th – July 11th Maximum Strength ( 4 sets of 3-6 reps, 85-95% of max) (This is hard).***

Two workouts per week, or more if you are available. Do not do strength workouts closer than 48 hours apart. Hydrate and rest. Stretch and warm up. Cool down.

Repetitions for each exercise should be 5 sets of 8-12 repetitions. (If you cannot do 8 reps, the weight is too heavy, if you can do more than 12, it is too light).

***Upper Body***

Super sets (Do one exercise and then do the other as a combined pair).

Bench Press/ 4 Way Neck

Pullups or Chinups/ Dips

Row/ Shoulder Press – Ropes if desired

Bicep Curl/ Triceps

***Lower Body***

Squats

Power Cleans

Single Leg Variations

Glute-Ham/ Calf Raises/ Box Jump

Balance Exercises

***Core Battery (Each set of exercises X 3 - 1 minute, 45 Seconds, 20 Seconds)***

Plank

Superman

Leg Lifts

Situps/Crunches

**Cycling/Eliptical Orbiter – 20 Minutes**

**Cool Down Stretch**

***Run Workouts (two times per week)***

Warm up

Stretch Walk X 30 yards (Slow)

1 Track Lap (Medium pace, but all the way through)

Three Point Stance Explosions (10 Yards at max speed) X 8 (Linemen)

Three Point Stance Sprint (30 Yards at max speed) X 8 (Linemen)

Standing 40 yard dash X 6 (Backs, Receivers)

50 yard dash at max speed X 8 (All)

Bear Crawl 20 yards X 4 (Linemen)

Crab Walk 20 yards X 4 (Linemen)

100 yard dash X 2 (All)

Backwards dash 40 yards X 4 (Backs, Receivers)

Stretch Walk X 30 yards (Slow)

Box Jump/ Standing Long Jump X 6 (Beat your record)

2 Track Laps (Medium pace, finish last half at max speed) (Linemen) (Timed)

4 Track Laps (3/4 speed, finish last lap at full speed) (Backs/Receivers) (Timed)

***Stretching Battery***

 