

**CONCORDIA
UNIVERSITY**



**STRENGTH
AND
CONDITIONING
2011**



Concordia University

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Now is the time to focus in and prepare for the 2011 Concordia Football season. The two most important qualities that you can strive for this summer are consistency and intensity.

Commit yourself to giving maximum effort in everything you do. By doing this, you will not only make yourself better, but also more importantly you will make the team better

Within this summer manual, you will find a week by week speed, strength and conditioning program. This program consists of four phases in two to three week cycles. The 4 phases are: Muscular endurance, Hypertrophy, Power and Strength. We will taper off on the last two weeks in the weight room to allow your body proper recovery time for fall camp. We will start training as a team at CUAA on June 7th. We will work-out every Tuesday in the month of June and July on campus. This is not mandatory however, if you are close enough to make it here you need to be here.

If you want to be the best football player that you can be and compete for a Mid-States Football Championship title, you will complete both the lifting and the running programs to their fullest. You will be tested on plyometric and agility drills at the end of the summer. We will run the conditioning test on the first day of camp. Set your goals high and do what it takes to obtain them. Challenge yourself every day in the weight room and on the field.

In God's Power and Strength,

Jason Smelser
Defensive Coordinator
Strength and Conditioning Coordinator
M.Ed- Kinesiology

VH= Very Heavy- 90-95%

Rules for sets, reps and gradual progression
H= Heavy- 80-85% M= Medium- 70-75%

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CARDINAL PRIDE

VICTORY FOR LIFE!

TOTAL CONDITIONING! This term best describes the ultimate goal we have for you as a **Concordia football player** with in our strength and conditioning program. The material within this manual provides a researched, systematic, and progressive approach to helping you improve your athletic fitness level that will enable you to be successful as a member of the **TEAM!!**

This manual is merely a tool to assist you in your physical preparation. You must add the work ethic, desire, determination, and hours of intense labor in order to take advantage of what is in between these pages. We are not haphazard in anything we do or in anything we ask you to do. The work has been planned for you, now you must work the plan!

**DISCIPLINE
COMMITMENT
EFFORT
TOUGHNESS
PRIDE**

**WE WILL GO TO BATTLE WITH
THOSE WHO ARE READY TO
COMPETE.**

PREPARE TO WIN!

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CONCORDIA UNIVERSITY CARDINAL FOOTBALL

2011 SUMMER MANUAL

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TO ACHIEVE SUCCESS, REMEMBER YOUR ABC'S

Avoid negative places, people, things, and habits.

Believe in yourself.

Consider things from every angle.

Don't give up and don't give in.

Enjoy life today, yesterday is gone and tomorrow may never come.

Family and friends are hidden treasures, seek them and enjoy their riches.

Give more than you planned to.

Ignore those who try to discourage you.

Just do it.

Keep trying no matter how hard it is, it will get easier.

Love yourself first and most.

Make it happen.

Never lie, cheat, or steal, always strike a fair deal.

Open your eyes and see things as they really are.

Ppractice makes perfect.

Quitters never win and winners never quit.

Read, study and learn about everything important in life.

Stop procrastinating.

Take control of your life.

Understand yourself in order to better understand others.

Visualize success and what it takes to get there.

Want it more than anything.

Xcellerate your efforts.

You are unique; of all God's creations nothing can replace you.

Zero in on your target and go for it.

SUMMER MANUAL OVERVIEW

I

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My greatest power in life is my power to choose. God is the final authority over me. He makes me.

Contentment comes when we want God's will more than our own ways.

Long ago I made my life's decision To serve the Lord and have Him choose my way; And when I've felt uncertain at a crossroad, He's never failed to lead me day by day. (Hess)

SUMMER MANUAL OVERVIEW

This manual was written so that you have a blueprint for your success as a **CUAA Cardinal**. The most important thing for you to do is read it from cover to cover before beginning and make sure that you call me and ask any questions that you may have. You will be held responsible for knowing the contents of this entire manual. Take the manual wherever you go, it will do you no good if it is lost or left in the trunk of your car. This is the key to your success over the summer.

The **weight training section** of this manual offers an in-depth look at our strength program here at **CUAA**. This is the section of the manual where your weight lifting program is found. Fill in the blanks daily as you work out. It is imperative that you read the entire weight training section and understand everything before beginning your training. Follow the workout exactly as it is written. Call me if you have any questions regarding the program.

Our **speed and conditioning program** is designed to develop a level of conditioning that will enable you to perform at an optimal level of intensity for four quarters and overtime. Refer to the back of the workouts for your weekly conditioning expectations. It is not our goal to condition you with senseless running but to increase your performance through smart well planned workouts. Our goal is to prepare ourselves to endure the weather, the terrain, injuries, fatigue, and the intense pressure that comes with playing collegiate football. These workouts will prepare your body but more importantly, these workouts will prepare your mind. How much are you willing to sacrifice to win? Push yourself and find out just how great you truly can be.

The program has been prepared to meet the following objectives:

1. To increase performance through smart well planned strength and conditioning programs.
2. To increase and/or maintain you're level of dynamic flexibility.
3. To increase you're level of functional strength and power.
4. To increase your ability of accelerate to maximum speed and change direction without loss of control.
5. To increase your maximum sprint speed.
6. To increase your level of functional muscle mass.
7. To improve your quickness and speed.
8. To improve you're fat to lean muscle ratio.
9. To prepare you mentally and physically for the heat of the summer and the brutal cold of the winter.
10. To prepare you for the conditioning tests.
11. To push you beyond your comfort zone.
12. To prepare the **CUAA Cardinals** to **WIN!**

CARDINAL STRENGTH AND CONDITIONING PHILISOPHY

The **CU** way of training is based on the “**HARD THEORY**”: we will work **HARDER** than anyone in **AMERICA** and enjoy doing it! Nothing worth anything has ever been given to anyone. You must out work your opponents, period! There is no easy way to prepare for the sport of college football. There is no secret program that is going to make you better than another one. The important thing is that you work as hard as possible whenever possible and never for one second doubt that you are not going to be the best that you can be.

At **CU** we are going to train with free weights and do barbell exercises that require a great deal of concentration and effort. These exercises are total body exercises and require you to exert a great deal of energy every time you step into the weight room. It is important that you understand that we are not bodybuilders, weightlifters, or power lifters but we will perform a great deal of the same exercises that many of these great athletes do. They are however, arranged, sequenced and prescribed in a manner that is designed for you to be the very best **FOOTBALL PLAYER** that you can be. Therefore it is very important for you to follow the program exactly as it is written and perform every exercise, set and rep to the fullest of your ability. I promise you that I will work hard every day this summer to make myself better and in turn make **Concordia** better. **I WILL.....WILL YOU?**

There are several areas that you must pay close attention to this summer. Paying attention to just one area will leave another area weak and vulnerable to injuries. Overall development, specific to the challenges of football is our priority. Each area must be addressed individually to achieve maximum results. They are:

Your Commitment to Excellence

Only you can make yourself do the program when no one else is around, only you can make yourself give it all you've got when no one else is watching. Only you can make yourself do it when you're so tired that you don't think that you can take another step or do another rep. Take responsibility of your own actions and be the best that you can be!

Nutrition

Nutrition is often the most overlooked aspect of an athlete's preparation. **You are what you eat!** You must put the correct foods into the body in the correct amounts in order to continue to grow and improve. You must take the time to eat and live your life like a champion. Make an effort to go shopping and cook your own food! Do not rely on McDonalds and Burger King to supply your body with what it needs to grow. Treat your body like a temple. **Always drink a gallon of water every day.**

Endurance

In order to win, **CU FOOTBALL PLAYERS** must be relentless competitors and play with toughness for sixty minutes and **WIN THE 4th QUARTER**. To do this we must be in better shape physically and mentally than our opponents. Every individual must make a commitment to do his part or the team will ultimately be the one to suffer. There is no easy way around it; you must out work your opponents in this area! Work as hard as you can for as long as you can and never quit. Come to workout with an attitude, a purpose, and a goal to: **WIN!**

Muscular Strength and Power

This area is the base of your athletic pyramid. It is the one component you must develop by lifting weights. We have selected exercises that require you to concentrate, strain, and put forth large amounts of force. Lifting heavy weights requires a great deal of mental toughness; go to the weight room with a serious attitude. Make sure that you do these exercises correctly and always concentrate on good technique. Strength gains are gradual, so you are unable to take long breaks from training and show consistent growth in this area. **Do not miss workouts.**

Speed Development

Maximum running speed or sprinting is the ability to run at max or near max speed for 5 to 6 seconds. Not everyone is born with incredible speed. Improvements take a **disciplined** effort day after day, week after week, and year after year. Speed of movement is the primary goal in improving performance. Speed is the limiting factor in many athletic events. The ability to perform at maximum speed is an asset to the greatest of all competitive athletes. Developing maximum running speed is a laborious task. You must use your speed or lose it. If you “go through the motions” during speed improvement drills, you will show little or no improvement at all. Run every sprint as fast as possible. Always rest the prescribed amount of time while mentally preparing for the next rep. Regardless of the distance **always give one hundred percent.**

Agility

Agility defined is the ability to rapidly change directions without loss of speed and/or coordination. You must be able to “move” and change directions in college football. Straight-line speed is not very helpful if you can’t change directions. Don’t just go through the motions! See yourself chasing a running back, planting and changing directions and making plays. Learn to control yourself in and out of the drills and always be in control. Agility training is just like speed development. You must perform each rep at maximum speed, rest, and do it again. Concentrate on keeping your center of gravity low and change directions as rapidly as possible.

Flexibility

Generally speaking, most people think of flexibility as a means of “warming-up” for an athletic event or workout. This is very true but flexibility also plays an important role in a person’s ability to be a good football player. **Flexibility = Speed and Power.** You must be able to “bend” and move effortlessly on the football field. Flexibility gives you the ability to do this. Also, flexibility will give you an opportunity to avoid injuries. The more flexible you are, the easier it will be to escape injury. When working on your flexibility remember to relax and try to work right up to the sticking point and gradually work past that point without pain. Developing flexibility is a gradual process, take your time and do it right. This will be a point of focus in our in season and spring strength program. **If you can find a Yoga class, sign up and show up, you will not be sorry. Fit T.V. has Namaste Yoga every day at 6:30 AM EST and again at 4:00 PM EST everyday. Don’t just watch but do this workout.**

Mental Toughness

Everyone lifts weights these days! We will not sneak up on anyone. All teams practice, run and recruit well. What will set **Concordia University** apart from everyone else? Vince Lombardi said, “**Fatigue makes cowards of us all.**” What he is saying is when a player begins to get tired it’s easier for him to make excuses for missing blocks and tackles, or not being a relentless competitor. Things begin to hurt a little more when you’re tired. You begin to see the real competitors in the **4TH QUARTER** when others begin to fade. Do not be one of these people! Whatever you do, report to Ann Arbor strong, in good condition, and have an attitude that says to everyone, “**I have worked hard, I have earned the right to win, and I will because I have trained my mind and body like that of a champion.**”

Lifestyle

This is simple! You can’t train like a champion and live like a bum and expect to improve on a consistent basis. **Drinking, drugs and late-night partying will do nothing but destroy you as a person and as an athlete.** Think before you do anything that may harm your body and prevent you from being the championship caliber athlete that you want to be. Winning championships is an on and off the field commitment. Also, **Take pride in yourself no matter where you are, whether it be in the weight room or hanging out with your friends.**

Rest and Recovery

WORK HARD; but understand that you must recover from the work in order to get stronger, faster and bigger. You do not get stronger while you lift, you get stronger after your body rests and recovers from the work. Lifting, stretching, sprinting and practice break your muscles down. If you do not give your body an opportunity to recover and grow, you will not be the type of fast, muscular, and explosive athlete that you want to be. A hard working, dedicated football player requires 7 ½ to 9 hours of rest a night. Make sure that you have consistent sleeping times. Go to bed and fall asleep at the same time each night and you will find that you feel much better.

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

WORKOUT MINDSET AND APPROACH

Effort and consistency are the keys to your development. You must work hard every day in order to show consistent results. **The world is full of average!** The training process of a championship athlete is and should be difficult! If you want to win, you have to be willing to push yourself beyond average, beyond the pain, beyond what is comfortable. Here are some rules to carry with you throughout your workouts.

1. Come into the weight room with a positive mind set. (Listen to Positive Music) Garbage in Garbage out
2. Think intensity with everything you do. Football is a violent sport, prepare yourself for it.
3. Work with relentless effort, until the workout is finished.
4. Focus and concentration, do not be distracted by others lifting, music, or personal problems.
5. **GO HEAVY:** Select the optimal weight for each set of each exercise.
6. **DON'T CHEAT YOURSELF OR YOUR TEAM, GET YOUR REPS!**
7. Find a good training partner who will work as hard as you and make him work harder!
8. Challenge yourself before walking into the weight room to train like a champion.
9. Visualize the perfect workout while driving or walking to the weight room, see yourself cleaning, benching, squatting and sprinting as you have never before. Use visualization to increase the intensity of your workout.
10. Drink lots of water, eat a well-balanced meal and allow sufficient time for digestion.
11. Think, act, talk, and carry yourself like a champion every minute you are around the facility.
12. Never be negative, always be positive regardless of the circumstances. Do not let someone else bring you down with negativity. You are as good as you want to be. How good do you want to be?
13. **ASK YOUR SELF THIS QUESTION EVERYDAY BEFORE YOU WORKOUT:**

“I KNOW MY OPPONENT IS SOMEWHERE GETTING READY TO WORKOUT. AM I GOING TO OUTWORK HIM TODAY? AM I GOING TO BE VICTORIOUS TODAY, SO THAT TOMMORROW I WILL PREVAIL ON THE FIELD OF BATTLE?”

Don't Shirk The Work

Talent is never enough. With few exceptions the best players are the hardest workers. Magic Johnson

The harder you work the harder it is to surrender. Vince Lombardi

We all want to win. Every athlete wants to succeed. But the ones who do are those who separate wanting from being willing to make the sacrifice that winning demands.

TESTING PROCEDURES

II

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Rules for sets, reps and gradual progression

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Football:

Is a series of collisions, with test of strength, skill and will, big guys clearing the way for fast guys, with countless contest of individual courage and toughness, until one side collectively wears down physically or surrenders mentally.

3 way gasser TESTING PROCEDURE

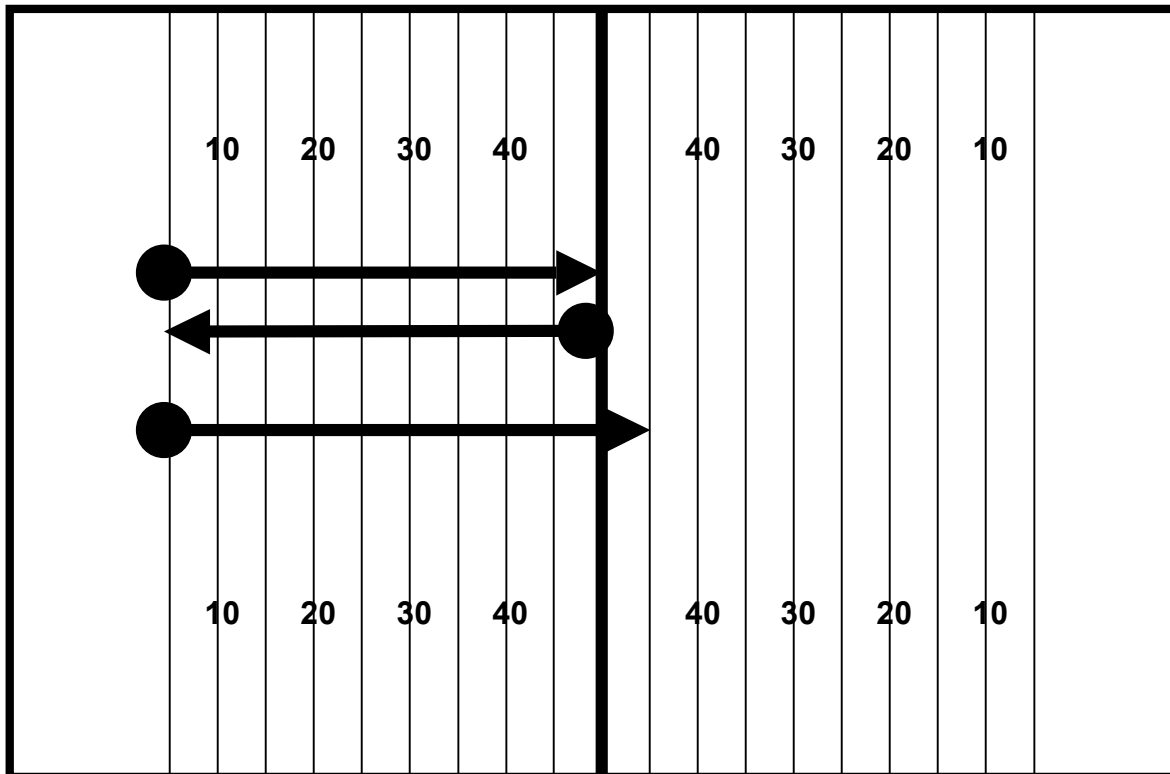
You will run 10, 3 way gasser sprints with 45 seconds relief between each sprint. The test is run from the Goal line to the 50 yard line back to the Goal line and finishing through the 50 yard line(as seen in the figure below). You must touch each line with your hand. You must complete each sprint in (or under) your target time, which is listed below by position.

ASSIGNED TIMES: OL/DL: 30 sec
LB/FB/TE/K/QB: 27 sec
DB/RB/WR: 25 sec

Keep your relief times exactly 45 seconds (not 46, 47, 48, etc.), unless instructed to do otherwise. This will help you train exactly as you will be tested.

TESTING SUGGESTIONS:

- Have someone shout out the time during your runs (shout at 15, 20, 21, 22, etc.)
- Realize where you are on the field at each shouted time.
- Know where you have to be at each shouted time (i.e. what yard line at what time) in order to finish the run at (or below) your target time.
- Sprint through the finish line, every second counts. Don't be average.



HOW TO RUN 3 WAY GASSERS

The 10 x 3 way gasser conditioning test represents the ultimate test for cardiovascular conditioning, strength, endurance and mental toughness. The test was chosen because:

1. It represents the four quarters and one overtime of a game.
2. The game is played with repetition of burst, change of direction and recovery.
3. The performance of others can inspire you to excel.
4. In a game, if called upon, you must be able to execute a 10-play drive or longer.
5. Just like a tough game, you can't con your way through it or hide!
6. You must be tough!

Where are you, where will you be?

1st quarter 2 reps- anyone can do it, just like the 1st quarter of a game. It is easy. Both teams are excited and full of adrenaline.

2nd quarter 2 reps- demands focus. Just like a game in the 2nd quarter, you begin to tap into your energy stores; it takes effort and mental toughness to finish strong before the half.

3rd quarter 2 reps- absolutely vital to be strong. Set the tempo in the second half! You must be determined, relaxed and confident. The 3rd quarter begins to separate the players. Doubts begin to creep into the minds of the soft and unprepared.

4th quarter 2 reps- those who have paid the price will succeed. You do it with effort, toughness, discipline, commitment and pride. You must not let the team down when the game is on the line. It is one thing to finish every rep in time, but to do it under your prescribed time and remain standing means that you are tough and have paid the ultimate price of dedication.

OT 2 rep - could you do more? If the game (and they will) went into overtime, could you perform for another 4, 8, 12 reps and WIN!

SECRETS FOR PREPARING FOR THE TEST

1. Train hard and run every rep as fast as you can and always finish through the line!
2. The 1st 50 yards are the most important...get into a good stance and start fast!
3. **Stand during rest**, you get more oxygen **and** you look **tougher** when you are tired.
4. **Be positive and carry your teammates**, set an example for those who are not as tough as you.
5. Drink a gallon of water every day.
6. Get a good nights rest.
7. Be mentally tough!

SUMMER MANUAL CALENDAR

III

VH= Very Heavy- 90-95%

Rules for sets, reps and gradual progression

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CONCORDIA FOOTBALL: IT'S ABOUT PRIDE

I WILL PERSIST....

**Whatever you do in word or deed, do all in the name of the
Lord Jesus. Colossians 3:17**

Duty alone is drudgery; duty with love is delight.

Teamwork divides the effort and multiplies the effect.

**Let them do good, that they be rich in good works, ready to
give, willing to share. 1 Timothy 6:18**

Getting gratifies, but sharing satisfies.

I AM A CARDINAL.

God gives us courage to challenge our giants.

**The Lord, who delivered me from the paw of the lion and
from the paw of the bear, He will deliver me from the hand
of this Philistine. 1 Samuel 17:37**