Fellas.

Please read this letter completely so you have a firm grasp on what we are doing AND why. Remember to begin each video with the core exercises for that day (see videos on web) Phase 1 is complete. We should have built some decent work capacity and are now ready to get after some POWER/SPEED development. We want overall power and speed to increase and we also want it to be able to last longer. Please understand sets/reps/recovery times are designed for a reason. More is not better. Better is better. The only way to get faster is to run and lift at full speed. In phase 1 you could run with MAXIMUM EFFORT for longer sustained periods but in this phase you will run AND lift at your MAX Speed (top speed). If you put your 100% effort into each and every run and follow the recovery guidelines results WILL happen. There is one 45 minute general pace run in this phase, all other runs are full speed sprints done over a fairly short period of time with a recovery (stand or walk when recovering never sit).

The strength phase is technically LIGHTER than the lifting in Phase one in the sense that I want everything to move fast. There is no tempo, just pure speed from point A to point B. In order to do this you will have to go DOWN in weight not up. Speed, Speed, Speed. This is about creating speed and maximizing athleticism. Heavy and slow lifts do not transfer to the field. Please understand that. Move fast, move with efficiency and always be under control. The weight you use will probably drop 15-20lbs that is OK!!!! You will not get weaker from this, you will get faster and stronger, I promise. This is about fast twitch muscles and explosion.

Pay close attention to the amount of sets and reps in the lifting portion and how they vary. Day 3 for example is quite different as you will actually have a few exercises where you do 10 sets but note that those are done for a specific and short amount of time not for a determined set of reps like in Days 1 and 2. Also note that “Supersets” are included in some of the exercises. For example on each day you bench you will bench, and immediately follow that up with 5 explosive push ups…then you take your rest and repeat. ALWAYS lift at top speed during this lift and MAINTAIN good form. Stay under control, do not be reckless. Use good form and get from point A to Point B as fast as you can. NOTE THAT THE PHILOSOPHY BEHIND THE LIFTING IN THIS PHASE IS THE SAME AS IN THE RUNNING…FAST TWITCH AND EXPLOSION. You can run any day but there should be a day off from lifting only between day 1 and day 2. Day 2 and 3 of the lifting can be done back to back but it is better if they are not.

Once this phase is over we will be 4-6 weeks away from preseason. You will have an active recovery week built in as well. Work hard fellas. Greatness is not given. It’s earned.

As always feel free to Contact myself or Coach Laux if you have any problems. The workout, along with this letter will and videos will be available by Monday at: http://www.hsc.edu/TigeRec/Fitness/Workout-Plans.html

James T. Ferris
“The purpose of training is to train with purpose”