Fellas,

Believe it or Not. Ready or Not. Here is the final phase leading you into camp. Remember preseason is an extension of your summer work and it is not where you should start to get into shape. Here are some notes for the final phase.

Lifting - 2x a week (Max Power and maintenance strength)

Lifts have 2 main exercises, Squat and Cleans. This is to work on power production. Simple as that. **Move the weight as fast as you can from point A to point B. All about SPEED. Not super heavy, speed, speed, speed.** This is about getting a specific effect fellas. Do not worry about your beach muscles. Plenty of time for that later in life.

Strength Circuit - 4 exercises. Done on same day as squats and cleans. Not done as fast as possible. Controlled. You do these exercises back to back with no rest. So, on day one for example you will do all your squats, then all your cleans, then you will begin the circuit and do DB Lateral Lunge, DB Bench, DB RDL, then DB Row with no rest and repeat 2 more times (3 total sets)

Conditioning/Running - 4 weeks
First 2 weeks
Very challenging. Minimal/lack of recovery is designed specifically to force you to find that extra gear as well as work thru lack of recovery.

You will notice in a few of the runs at the bottom of the box you will see 5 Tuck Jumps (knees to chest) video here [Tuck Jumps](#) or 5 Squat Jumps. These are completed and the run follows immediately after. The clock starts when you begin your jumps. So on Workout 1 for example the run is 30 seconds. Start with your “Tuck Jumps.” If they take 4 seconds then you have 26 seconds left to run for a total workload of 30 seconds. This is a nice way to mix things up and challenge you a little differently.

Week 3 - Somewhat of a recovery week.

Week 4 - Mixed variety week of everything we have done all summer

Its time to shine fellas. Get after it. Conditioning should not be a reason you ever lose. Dominate the ODAC.

James Ferris
“The Purpose of training is to train with Purpose”