

Queen Elizabeth High School  
Sr. Knight's Football

Summer Conditioning Program

The following program is intended to be a general strength and conditioning program to prepare each athlete for the upcoming football season. This program is not intended to be position-specific and is intended for people who have little experience with working out and limited access to a gym or fitness centre.

The most important component of any conditioning program is consistency. There are three parts to this program:

1. **Aerobic Conditioning** - these types of exercises should be performed a minimum of 3 times per week and each exercise session should last a minimum of 20 minutes, building up to 30 or more minutes.
2. **Anaerobic Conditioning** - these exercises should be performed a minimum of 2 times per week. The total length of the anaerobic workout should be 20 - 25 minutes minimum. Choose a variety of the suggested anaerobic drills to total a 20 - 25 minute workout.
3. **Strength Training** - these exercises should be performed a minimum of 2 times per week (you can combine an aerobic workout with a strength training workout).

To avoid injuries it is very important to warm up before exercise. A dynamic warm up example has been provided and should be performed before strength training and anaerobic workouts. The dynamic warm up can replace an aerobic workout if you perform the exercises continuously for 20 - 30 minutes.

Start off slow and gradually build up the intensity and frequency of your workouts as your body adapts to the exercises. If you start to experience joint pain or significant muscle soreness take a few days off until you are feeling better.

And lastly, finish off your workouts with a stretching session. Hold the stretches for 20 seconds each and repeat them 2 - 3 times.

## Dynamic Warm-up

**Jogging** Jog down to half-field and back.

**High knees** This is basic running form while bringing the knees up higher than normal - ideally beyond your waistline. Aim to keep your feet moving as fast as possible and your ankles, knees, hips and shoulders facing forwards.

**Bum Kicks** Use your hamstrings to rapidly bring your heel up to your butt. Take as many steps as possible over the prescribed distance (small steps).

**Back pedal** Run backwards maintaining a little bit of a forward lean (shoulders over your toes) to prevent falling. Really 'reach back' as far as you can with each step to help stretch the hip flexor muscles.

**Side Shuffles Right** Keep body low in an athletic stance, crossing arms overhead.

**Side Shuffles Left** Keep body low in an athletic stance, crossing arms overhead.

**Frankenstein march** Keeping your left leg straight, kick it up in front of you as high as you can, trying to touch the fingertips of the opposite arm - basically a straight leg march - then repeat with the right leg. This is an excellent way to increase hamstring flexibility.

**Power Skip** Drive your body up for maximum vertical distance as you skip forwards. Emphasize pushing off with the ankle.

**Carioca Step Over** Perform the carioca move, but as you bring your trailing leg across in front of lead leg, lift the knee up high.

**Squat Hops** Start from a low squat position, heels flat on the ground, hop up and forward landing in the low squat position. Go to half-way marker and then jog to pylon.

**Walking lunge with sweep** Step forward with right leg into a low lunge position, front knee is directly over top of ankle, back knee is bent to 90°, lean to right side and brush fingers of right hand on ground. Repeat with left leg/ arm.

**Low Side Lunge** Take a side lunge with trailing leg straight and lead knee bent. Reach fingers down and touch floor between feet. Then shift your weight onto your back leg, straighten lead

knee and bend back knee, touch fingers to floor. Shift weight onto forward leg again and touch floor. Step feet together, standing upright. Pivot to face in other direction and repeat.

**Quad walk** While walking forwards, pull your left heel in to your buttocks, then step and repeat with the right leg, continuing with alternate legs. This is ideal for loosening up the quadriceps and hip flexors.

**Pointers** Keeping your left leg straight (and right leg bent) and left foot pointed upwards, reach down with your right hand to try to touch your left toe. Then take a step and repeat on the other side. This is another excellent movement for enhancing hamstring and low back flexibility.

Deep body squats x 15

Push ups x 15

Jumping jacks x 15

**Aerobic Conditioning** (exercise that is performed continuously for a moderate length of time at a moderate intensity level).

Your aerobic workouts should be performed for a minimum of 20 - 30 minutes. Any type of continuous cardio type activity will work. Examples are jogging, power walking, rollerblading, biking, swimming...

The following is a sample running program for a beginner. Feel free to increase the times to suit your current fitness level:

Week 1 - 3 & 1's (jog for 3 minutes, walk for 1 minute) x 20 minutes

Week 2 - 4 & 1's x 25 minutes

Week 3 - 5 & 1's x 25 minutes

Week 4 - 7 & 1's x 25 minutes

Week 5 - 10 & 1's x 25 minutes

Week 6 - 10 & 1's x 30 minutes

**Anaerobic Conditioning** (exercise that is performed for a short period of time at a high intensity level)

**Suicide Sprints** Mark off lines at 0 yards, 10 yards, 20 yards, and 30 yards. Start at 0 and sprint to the 10 yard line. Touch the line with your fingers and sprint back to 0; sprint to the 20 yard line, touch it with your fingers and sprint back to 0; sprint to the 30 yard line and touch it with your fingers, sprint back to 0 crossing the finish line on a sprint. Rest for 1 ½ to 2 minutes and then repeat. Do 5 - 6 sets of sprints.

**Track Sprints** For this sprint exercise you will need an outdoor track. Start jogging around the curve in the track. When you reach the straight portion, speed up to a sprint. Sprint the length of the straight section, slowing down to a jog to go around the curve. Repeat the sprint on the second straight stretch and jog the curve. That is one set. Walk around the track for 1 ½ to 2 minutes and then repeat the exercise. Do 4 - 5 sets.

**2 Minute Anaerobic Drill** Do 4 different exercises for 30 seconds each, continuing on to the next exercise without pausing or stopping until you have completed all 4 exercises = 2 minutes of continuous movement. Count the number of reps that you do of all 4 exercises combined. Try to meet or beat your total on sets 2 and 3.

Example:        jumping jacks - 30 sec.  
                     mountain climbers - 30 sec.  
                     star jumps - 30 sec.  
                     burpees - 30 sec.

Rest for 2 minutes between sets; do 2 - 3 sets.

From time to time you can substitute some alternative exercises for the ones in the above example:

side shuffles  
sprinter sit-ups  
squat jumps  
lunges  
down & ups  
tire flips  
sandbag toss

**Strength Training** (resistance training exercise designed to improve muscular strength and muscular endurance)

Upper Body Exercises:

- Push ups - variations
  - staggered hands
  - feet elevated on a bench
  - t-balance
  - plyo push ups
- Bench Dips
- Chin Ups/ Pull Ups
- Shoulder Press
- Upright Row
- Bent Over Row
- Band Chest Press

Lower Body Exercises:

- Lunges → progress to jump lunges
- Squats → start with body weight, gradually add weight as you improve
- Calf raises → performed on stairs or a platform; 2 feet or 1 foot
- Hamstring Bridges → progress to extending a single leg while holding the bridge position
- Hamstring Ball Curls → a stability ball is required for this exercise
- Deadlifts → start off with dumbbells, gradually increase weight as ability increases

Core Exercises:

- Planks → Front, Right Side, Left Side: hold for 30 seconds, gradually increase time
- Sprinter Sit Ups
- V-Sit with a twist
- Dead Bugs