

# **NEBRASKA HUSKER FOOTBALL**



**STRENGTH & CONDITIONING**

**SAMPLE SUMMER PROGRAM**

# HOW TO USE THE LIFTING CARDS

Complete a light warm up set. Then execute the first set with 65% of your 1 RM. Rest 3 minutes then complete set two with 65% of your 1 RM and so on.

Complete warm up prior to lifting.

**PAIRING (exercise A1 & A2)**

Complete a light warm up set in the front squat. Then do a set of 8 reps in the front squat with 60% for set one, followed by a rest of 1 min 30 sec. Do a set of pull-ups for 8 reps. Add weight to the pull ups if you can complete 8 reps easily with bodyweight. Rest 1:30 and do 72% for set two in the front squat. Rest 1:30 and repeat your pull-ups. Do this until you have completed all the sets. Total of 8 working sets each with a 1:30 rest between every set.

	Week 1		Week 2	
<b>Monday-warm up</b>	<b>%</b>	<b>reps</b>	<b>%</b>	<b>reps</b>
Dumbbell snatch	65	x5	70	x5
rest 3:00 min	65	x5	70	x5
	65	x5	70	x5
	65	x5	70	x5
<b>A1: front squat</b>	60	x8	60	x8
	72	x8	76	x8
<b>pair 1:30 rest</b>	72	x8	76	x8
	72	x8	76	x8
<b>A2: pull-up + weight</b>		x8		x8
		x8		x8
		x8		x8
		x8		x8

Use the percentage charts in the manual to select your weights for each exercise. If there is no percentage in the % column then you must make the choice which weight to use. If you do not know your current 1 Rep Max in a given lift then select a weight that you can lift for five reps with perfect technique. Complete a set to failure and use the 1 Rep Max chart to estimate your proper weight.

**Estimating 1 RM example:**

In our example you complete **200 lbs.** for **6 reps** in the squat.  
 On the 1 RM chart 200 lbs. for 6 reps is equal to a **1RM of 235 lbs.**  
 If your lifting card indicates for your work set to be completed with 80% (of 235 lbs.) then you will use **235 x .80 = 188**, rounded up to **190 lbs.**

**MAX**  
&  
**PERCENTAGE**  
**CHARTS**



# 1 REP MAX CHART

REPS	1RM 100	1RM 105	1RM 110	1RM 115	1RM 120	1RM 125	1RM 130	1RM 135	1RM 140	1RM 145	1RM 150	1RM 155	1RM 160	1RM 165	1RM 170	1RM 175	1RM 180
1	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
2	95	100	105	110	115	120	125	130	135	140	145	145	150	155	160	165	170
3	90	95	100	105	110	115	120	125	130	135	140	145	145	150	155	160	165
4	90	95	95	100	105	110	115	120	125	130	135	135	140	145	150	155	160
5	85	90	95	100	105	110	110	115	120	125	130	135	140	145	145	150	155
6	85	90	95	95	100	105	110	115	120	125	125	130	135	140	145	150	150
7	85	85	90	95	100	105	110	110	115	120	125	130	135	135	140	145	150
8	80	85	90	95	95	100	105	110	115	115	120	125	130	135	140	140	145
9	80	80	85	90	95	100	100	105	110	115	115	120	125	130	135	135	140
10	75	80	85	85	90	95	100	105	105	110	115	120	120	125	130	135	135

REPS	1RM 185	1RM 190	1RM 195	1RM 200	1RM 205	1RM 210	1RM 215	1RM 220	1RM 225	1RM 230	1RM 235	1RM 240	1RM 245	1RM 250	1RM 255	1RM 260	1RM 265
1	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
2	175	180	185	190	195	200	205	210	215	220	225	230	235	240	240	245	250
3	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235	240	245
4	165	170	175	175	180	185	190	195	200	205	210	210	215	220	225	230	235
5	160	165	170	175	175	180	185	190	195	200	205	210	210	215	220	225	230
6	155	160	165	170	175	175	180	185	190	195	200	205	205	210	215	220	225
7	155	160	160	165	170	175	180	185	185	190	195	200	205	210	210	215	220
8	150	155	160	160	165	170	175	180	180	185	190	195	200	205	205	210	215
9	145	150	150	155	160	165	170	170	175	180	185	185	190	195	200	205	205
10	140	145	150	150	155	160	165	165	170	175	180	180	185	190	195	200	200

REPS	1RM 270	1RM 275	1RM 280	1RM 285	1RM 290	1RM 295	1RM 300	1RM 305	1RM 310	1RM 315	1RM 320	1RM 325	1RM 330	1RM 335	1RM 340	1RM 345	1RM 350
1	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
2	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335
3	250	255	260	260	265	270	275	280	285	290	295	300	305	310	315	315	320
4	240	245	250	250	255	260	265	270	275	280	285	290	290	295	300	305	310
5	235	240	240	245	250	255	260	265	270	270	275	280	285	290	295	300	305
6	230	230	235	240	245	250	255	260	260	265	270	275	280	285	285	290	295
7	225	230	230	235	240	245	250	255	255	260	265	270	275	280	280	285	290
8	220	225	225	230	235	240	245	245	250	255	260	265	265	270	275	280	285
9	210	215	220	220	225	230	235	240	240	245	250	255	255	260	265	270	275
10	205	210	215	215	220	225	230	230	235	240	245	245	250	255	260	260	265

# 1 REP MAX CHART

REPS	1RM 355	1RM 360	1RM 365	1RM 370	1RM 375	1RM 380	1RM 385	1RM 390	1RM 395	1RM 400	1RM 405	1RM 410	1RM 415	1RM 420	1RM 425	1RM 430	1RM 435
1	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
2	335	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415
3	325	330	335	340	345	350	355	360	365	370	375	375	380	385	390	395	400
4	315	320	325	325	330	335	340	345	350	355	360	365	365	370	375	380	385
5	305	310	315	320	325	330	335	335	340	345	350	355	360	365	370	370	375
6	300	305	310	315	315	320	325	330	335	340	340	345	350	355	360	365	370
7	295	300	305	305	310	315	320	325	330	330	335	340	345	350	355	355	360
8	290	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350	350
9	275	280	285	290	295	295	300	305	310	310	315	320	325	330	330	335	340
10	270	275	275	280	285	290	295	295	300	305	310	310	315	320	325	325	330

REPS	1RM 440	1RM 455	1RM 460	1RM 465	1RM 470	1RM 475	1RM 480	1RM 485	1RM 490	1RM 495	1RM 500	1RM 505	1RM 510	1RM 515	1RM 520	1RM 525	1RM 530
1	440	455	460	465	470	475	480	485	490	495	500	505	510	515	520	525	530
2	420	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500	505
3	405	420	425	430	430	435	440	445	450	455	460	465	470	475	480	485	490
4	390	405	405	410	415	420	425	430	435	440	445	445	450	455	460	465	470
5	380	395	400	400	405	410	415	420	425	430	435	435	440	445	450	455	460
6	370	385	390	395	395	400	405	410	415	420	425	425	430	435	440	445	450
7	365	380	380	385	390	395	400	405	405	410	415	420	425	425	430	435	440
8	355	370	375	375	380	385	390	395	395	400	405	410	415	415	420	425	430
9	345	355	360	365	365	370	375	380	380	385	390	395	400	400	405	410	415
10	335	345	350	355	355	360	365	370	370	375	380	385	390	390	395	400	405

# PERCENTAGE CHART

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
100	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
96	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
94	95	100	105	110	115	120	120	125	130	135	140	145	150	155	160	165	170
92	90	95	100	105	110	115	120	125	130	135	140	145	145	150	155	160	165
90	90	95	100	105	110	115	115	120	125	130	135	140	145	150	155	160	160
88	90	90	95	100	105	110	115	120	125	130	130	135	140	145	150	155	160
86	85	90	95	100	105	110	110	115	120	125	130	135	140	140	145	150	155
84	85	90	90	95	100	105	110	115	120	120	125	130	135	140	145	145	150
82	80	85	90	95	100	105	105	110	115	120	125	125	130	135	140	145	150
80	80	85	90	90	95	100	105	110	110	115	120	125	130	130	135	140	145
78	80	80	85	90	95	100	100	105	110	115	115	120	125	130	135	135	140
76	75	80	85	85	90	95	100	105	105	110	115	120	120	125	130	135	135
74	75	80	80	85	90	95	95	100	105	105	110	115	120	120	125	130	135
72	70	75	80	85	85	90	95	95	100	105	110	110	115	120	120	125	130
70	70	75	75	80	85	90	90	95	100	100	105	110	110	115	120	125	125
65	65	70	70	75	80	80	85	90	90	95	100	100	105	105	110	115	115
60	60	65	65	70	70	75	80	80	85	85	90	95	95	100	100	105	110

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
100	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
96	180	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255
94	175	180	185	190	195	195	200	205	210	215	220	225	230	235	240	245	250
92	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235	240	245
90	165	170	175	180	185	190	195	200	205	205	210	215	220	225	230	235	240
88	165	165	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235
86	160	165	170	170	175	180	185	190	195	200	200	205	210	215	220	225	230
84	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	220	225
82	150	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	215
80	150	150	155	160	165	170	170	175	180	185	190	190	195	200	205	210	210
78	145	150	150	155	160	165	170	170	175	180	185	185	190	195	200	205	205
76	140	145	150	150	155	160	165	165	170	175	180	180	185	190	195	200	200
74	135	140	145	150	150	155	160	165	165	170	175	180	180	185	190	190	195
72	135	135	140	145	150	150	155	160	160	165	170	175	175	180	185	185	190
70	130	135	135	140	145	145	150	155	160	160	165	170	170	175	180	180	185
65	120	125	125	130	135	135	140	145	145	150	155	155	160	165	165	170	170
60	110	115	115	120	125	125	130	130	135	140	140	145	145	150	155	155	160

# PERCENTAGE CHART

%	1RM 270	1RM 275	1RM 280	1RM 285	1RM 290	1RM 295	1RM 300	1RM 305	1RM 310	1RM 315	1RM 320	1RM 325	1RM 330	1RM 335	1RM 340	1RM 345	1RM 350
100	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
96	260	265	270	275	280	285	290	295	300	300	305	310	315	320	325	330	335
94	255	260	265	270	275	275	280	285	290	295	300	305	310	315	320	325	330
92	250	255	260	260	265	270	275	280	285	290	295	300	305	310	315	315	320
90	245	250	250	255	260	265	270	275	280	285	290	295	295	300	305	310	315
88	240	240	245	250	255	260	265	270	275	275	280	285	290	295	300	305	310
86	230	235	240	245	250	255	260	260	265	270	275	280	285	290	290	295	300
84	225	230	235	240	245	250	250	255	260	265	270	275	275	280	285	290	295
82	220	225	230	235	240	240	245	250	255	260	260	265	270	275	280	285	285
80	215	220	225	230	230	235	240	245	250	250	255	260	265	270	270	275	280
78	210	215	220	220	225	230	235	240	240	245	250	255	255	260	265	270	275
76	205	210	215	215	220	225	230	230	235	240	245	245	250	255	260	260	265
74	200	205	205	210	215	220	220	225	230	235	235	240	245	250	250	255	260
72	195	200	200	205	210	210	215	220	225	225	230	235	240	240	245	250	250
70	190	195	195	200	205	205	210	215	215	220	225	230	230	235	240	240	245
65	175	180	180	185	190	190	195	200	200	205	210	210	215	220	220	225	230
60	160	165	170	170	175	175	180	185	185	190	190	195	200	200	205	205	210

%	1RM 355	1RM 360	1RM 365	1RM 370	1RM 375	1RM 380	1RM 385	1RM 390	1RM 395	1RM 400	1RM 405	1RM 410	1RM 415	1RM 420	1RM 425	1RM 430	1RM 435
100	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
96	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420
94	335	340	345	350	355	355	360	365	370	375	380	385	390	395	400	405	410
92	325	330	335	340	345	350	355	360	365	370	375	375	380	385	390	395	400
90	320	325	330	335	340	340	345	350	355	360	365	370	375	380	385	385	390
88	310	315	320	325	330	335	340	345	350	350	355	360	365	370	375	380	385
86	305	310	315	320	325	325	330	335	340	345	350	355	355	360	365	370	375
84	300	300	305	310	315	320	325	330	330	335	340	345	350	355	355	360	365
82	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350	355	355
80	285	290	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350
78	275	280	285	290	295	295	300	305	310	310	315	320	325	330	330	335	340
76	270	275	275	280	285	290	295	295	300	305	310	310	315	320	325	325	330
74	265	265	270	275	280	280	285	290	290	295	300	305	305	310	315	320	320
72	255	260	265	265	270	275	275	280	285	290	290	295	300	300	305	310	315
70	250	250	255	260	265	265	270	275	275	280	285	285	290	295	300	300	305
65	230	235	235	240	245	245	250	255	255	260	265	265	270	275	275	280	285
60	215	215	220	220	225	230	230	235	235	240	245	245	250	250	255	260	260

# PERCENTAGE CHART

%	1RM 440	1RM 445	1RM 450	1RM 455	1RM 460	1RM 465	1RM 470	1RM 475	1RM 480	1RM 485	1RM 490	1RM 495	1RM 500	1RM 505	1RM 510	1RM 515	1RM 520
100	440	445	450	455	460	465	470	475	480	485	490	495	500	505	510	515	520
96	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500
94	415	420	425	430	430	435	440	445	450	455	460	465	470	475	480	485	490
92	405	410	415	420	425	430	430	435	440	445	450	455	460	465	470	475	480
90	395	400	405	410	415	420	425	430	430	435	440	445	450	455	460	465	470
88	385	390	395	400	405	410	415	420	420	425	430	435	440	445	450	455	460
86	380	385	385	390	395	400	405	410	415	415	420	425	430	435	440	445	445
84	370	375	380	380	385	390	395	400	405	405	410	415	420	425	430	435	435
82	360	365	370	375	375	380	385	390	395	400	400	405	410	415	420	420	425
80	350	355	360	365	370	370	375	380	385	390	390	395	400	405	410	410	415
78	345	345	350	355	360	365	365	370	375	380	380	385	390	395	400	400	405
76	335	340	340	345	350	355	355	360	365	370	370	375	380	385	390	390	395
74	325	330	335	335	340	345	350	350	355	360	365	365	370	375	375	380	385
72	315	320	325	330	330	335	340	340	345	350	355	355	360	365	365	370	375
70	310	310	315	320	320	325	330	335	335	340	345	345	350	355	355	360	365
65	285	290	295	295	300	300	305	310	310	315	320	320	325	330	330	335	340
60	265	265	270	275	275	280	280	285	290	290	295	295	300	305	305	310	310

%	1RM 525	1RM 530	1RM 535	1RM 540	1RM 545	1RM 550	1RM 555	1RM 560	1RM 565	1RM 570	1RM 575	1RM 580	1RM 585	1RM 590	1RM 595	1RM 600	1RM 605
100	525	530	535	540	545	550	555	560	565	570	575	580	585	590	595	600	605
96	505	510	515	520	525	530	535	540	540	545	550	555	560	565	570	575	580
94	495	500	505	510	510	515	520	525	530	535	540	545	550	555	560	565	570
92	485	490	490	495	500	505	510	515	520	525	530	535	540	545	545	550	555
90	475	475	480	485	490	495	500	505	510	515	520	520	525	530	535	540	545
88	460	465	470	475	480	485	490	495	495	500	505	510	515	520	525	530	530
86	450	455	460	465	470	475	475	480	485	490	495	500	505	505	510	515	520
84	440	445	450	455	460	460	465	470	475	480	485	485	490	495	500	505	510
82	430	435	440	445	445	450	455	460	465	465	470	475	480	485	490	490	495
80	420	425	430	430	435	440	445	450	450	455	460	465	470	470	475	480	485
78	410	415	415	420	425	430	435	435	440	445	450	450	455	460	465	470	470
76	400	405	405	410	415	420	420	425	430	435	435	440	445	450	450	455	460
74	390	390	395	400	405	405	410	415	420	420	425	430	435	435	440	445	450
72	380	380	385	390	390	395	400	405	405	410	415	420	420	425	430	430	435
70	370	370	375	380	380	385	390	390	395	400	405	405	410	415	415	420	425
65	340	345	350	350	355	360	360	365	365	370	375	375	380	385	385	390	395
60	315	320	320	325	325	330	335	335	340	340	345	350	350	355	355	360	365



# PHASE I



Phase I

*\*complete warm up sets prior to each exercise*

	Week 1		Week 2		Week 3	
<b>Monday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>
Hang Clean	60	x5	65	x5	65	x5
<i>rest 3:00 min</i>	65	x5	70	x5	74	x5
	65	x5	70	x5	74	x5
	65	x5	70	x5	74	x5
Back Squat	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
Pull-up or Pulldown		x10		x10		x8
		x10		x10		x8
		x10		x10		x8
DB Lunge or DB Step-up		x10		x10		x10
		x10		x10		x10
		x10		x10		x10
Biceps - choice		x10		x10		x10
		x10		x10		x10
		x10		x10		x10

<b>Wednesday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>
Push Jerk-Behind Neck	60	x5	65	x5	65	x5
<i>rest 3:00 min</i>	65	x5	72	x5	76	x5
	65	x5	72	x5	76	x5
	65	x5	72	x5	76	x5
Bench Press	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
RDL	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
DB Press	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
Leg Curl		x10		x10		x10
		x10		x10		x10
Triceps - choice		x10		x10		x10
		x10		x10		x10
		x10		x10		x10

Phase I

*\*complete warm up sets prior to each exercise*

Friday - warm up	Week 1		Week 2		Week 3	
	%	Reps	%	Reps	%	Reps
High Pull	60	x5	65	x5	65	x5
<i>rest 3:00 min</i>	75	x5	80	x5	85	x5
	75	x5	80	x5	85	x5
Front Squat	50	x8	50	x8	50	x8
<i>rest 3:00 min</i>	60	x8	65	x8	70	x8
	60	x8	65	x8	70	x8
	60	x8	65	x8	70	x8
Incline Bench Press	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
DB Row	50	x10	50	x10	50	x8
<i>rest 3:00 min</i>	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
	60	x10	65	x10	70	x8
Arms - choice						

Nebraska Football Conditioning Phase I

**CONTINUOUS WARM-UP  
DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2 x 50 yds
	<b>slow tempo</b>
high knee walk & grab	x 20 yds
heel up & grab	x 20 yds
lunge walk	x 20 yds
backwards lunge walk	x 20 yds
backwards rdl walk	x 20 yds
squat shuffle (each way)	x 10 yds
	<b>fast tempo</b>
high knee run	x 20 yds
backwards high knee run	x 20 yds
high knee carioca (each way)	x 20 yds
heel-ups	x 20 yds

**Post Workout Flexibility**

**ALTERNATE CHOICE**

band static stretch

band iso-activation

dynamic stretch

**Week 1**

	<b>Drill</b>	<b>Reps</b>	<b>Rest</b>
<b>Tuesday</b>	warm up		
	tempo run	x4	continuous
<b>Thursday</b>	warm up		
	55 yd Strides	x6	35 sec.
	60 yd Shuttle	x4	45 sec.

**Week 2**

	<b>Drill</b>	<b>Reps</b>	<b>Rest</b>
<b>Tuesday</b>	warm up		
	tempo run	x6	continuous
<b>Thursday</b>	warm up		
	55 yd Strides	x8	35 sec.
	60 yd Shuttle	x6	45 sec.

**Week 3**

	<b>Drill</b>	<b>Reps</b>	<b>Rest</b>
<b>Tuesday</b>	warm up		
	tempo run	x8	continuous
<b>Thursday</b>	warm up		
	55 yd Strides	x10	35 sec.
	60 yd Shuttle	x6	45 sec.

# **PHASE II**



Phase II

\*complete warm up sets prior to each exercise/pair A's and

	Week 4		Week 5		Week 6		Week 7			Week 4		Week 5		Week 6		Week 7	
<b>Monday - warm up</b>	%	Reps	%	Reps	%	Rep	%	Reps	<b>Thursday - warm up</b>	%	Reps	%	Reps	%	Reps	%	Reps
Hang clean <i>rest 3:00 min</i>	78	x5	80	x5	82	x4	84	x4	High pull <i>rest 3:00 min</i>	76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
A1 Back squat <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5	A1 Front squat <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
A2 Pull-up		x8		x5		x5		x5	A2 Chin-up + weight		x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
B1 Bench 1 leg squat <i>pair 1:30 rest</i>		x8		x5		x5		x5	B1 Db step-up <i>pair 1:30 rest</i>		x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
B2 Undergrip row		x8		x5		x5		x5	B2 Bent over row		x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
Barbell curl		3x8		3x6		3x6		3x6	Db curl		3x8		3x6		3x6		3x6

	Week 4		Week 5		Week 6		Week 7			Week 4		Week 5		Week 6		Week 7	
<b>Tuesday - warm up</b>	%	Reps	%	Reps	%	Rep	%	Reps	<b>Friday - warm up</b>	%	Reps	%	Reps	%	Reps	%	Reps
Push jerk <i>rest 3:00 min</i>	78	x5	80	x5	82	x4	84	x4	Push jerk (L) <i>rest 3:00 min</i>	76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
	78	x5	80	x5	82	x4	84	x4		76	x5	78	x5	80	x4	82	x4
A1 Db bench <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5	A1 Incline press <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
A2 Db rdl		x8		x5		x5		x5	A2 Superman		x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
B1 Stand front military <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5	B1 Standing db press <i>pair 1:30 rest</i>	76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
	76	x8	80	x5	82	x5	84	x5		76	x8	80	x5	82	x5	84	x5
B2 Glute ham raise		x8		x5		x5		x5	B2 Leg curl		x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
		x8		x5		x5		x5			x8		x5		x5		x5
Db tri's		3x8		3x6		3x6		3x6	Dips + weight		3x8		3x6		3x6		3x6

Speed Development Base Program Phase II

<b>CONTINUOUS WARM-UP DYNAMIC FLEX</b>	
<u>Exercise</u>	<u>Reps</u>
stride	2x50 yds
<b>slow tempo</b>	
high knee walk & grab	x 20 yds
heel up & grab	x 20 yds
lunge walk	x 20 yds
backwards lunge walk	x 20 yds
backwards rdl walk	x 20 yds
squat shuffle (each way)	x 10 yds
<b>fast tempo</b>	
high knee run	x 20 yds
backwards run	x 20 yds
high knee carioca (each way)	x 20 yds
heel-ups	x 20 yds

<b>Post Workout Flexibility</b>
<b>ALTERNATE CHOICE</b>
band static stretch
band iso-activation

**Week 4**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	4x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	4x20
	flying 30's	x4
	<b>Thursday</b>	power skips
	hops for distance	3x3
	1 leg starts (each leg)	4x10 yds
	cone accelerations	x4

**Week 6**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	4x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	4x20
	flying 30's	x4
	<b>Thursday</b>	power skips
	hops for distance	4x3
	1 leg starts (each leg)	4x10 yds
	cone accelerations	x4

**Week 5**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	4x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	4x20
	flying 30's	x4
	<b>Thursday</b>	power skips
	hops for distance	4x3
	1 leg starts (each leg)	4x10 yds
	cone accelerations	x4

**Week 7**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	4x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	4x20
	flying 30's	x4
	<b>Thursday</b>	power skips
	hops for distance	4x3
	1 leg starts (each leg)	4x10 yds
	cone accelerations	x4

Nebraska Football Conditioning Phase II

**CONTINUOUS WARM-UP DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2 x 50 yds
<b>slow tempo</b>	
lunge elbow tuck ham	x 20
spiderman	x 20
fwd rdl walk	x 20
walk foot to hip	x 20
cross behind	x 20
atlas	x 20
<b>fast tempo</b>	
leg swing skip	x 20
high knee run	x 20
shuffle to sprint	x 10-10 yds each way
jingle jangle	5-10 yds x 2

**Post Workout Flexibility**

**ALTERNATE CHOICE**

band static stretch

band iso-activation

dynamic stretch

**Week 4**

\*E = each way (2E = two times each way)

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	1E				30
	triangle	1E				30
	square	1E				30
	jingle jangle	1				45
	tempo run	4				continuous

**Week 5**

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	1E				30
	triangle	1E				30
	square	1E				30
	jingle jangle	2				45
	tempo run	5				continuous

**Week 6**

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	2E				30
	triangle	2E				30
	square	2E				30
	jingle jangle	3				45
	tempo run	6				continuous



Nebraska Football Conditioning Phase II

**CONTINUOUS WARM-UP DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2 x 50 yds
<b>slow tempo</b>	
lunge elbow tuck ham	x 20
spiderman	x 20
fwd rdl walk	x 20
walk foot to hip	x 20
cross behind	x 20
atlas	x 20
<b>fast tempo</b>	
leg swing skip	x 20
high knee run	x 20
shuffle to sprint	x 10-10 yds each way
jingle jangle	5-10 yds x 2

**Post Workout Flexibility**

**ALTERNATE CHOICE**

band static stretch

band iso-activation

dynamic stretch

**Week 7**

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	2E				30
	triangle	2E				30
	square	2E				30
	jingle jangle	4				45
	tempo run	6				continuous
<b>Friday</b>	warm up					
	pro agility	4E				30
	sprint	4E				30
	square	2				45
	55's	12	9	8	7	35

# **PHASE III**



**Lifting - Phase III**

*\*complete warm up sets prior to each exercise/pair A's and B's*

**Week 8 - OFF**

	<b>Week 9</b>		<b>Week 10</b>		<b>Week 11</b>			<b>Week 9</b>		<b>Week 10</b>		<b>Week 11</b>	
<b>Monday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>Thursday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>
Hang clean	86	x3	88	x3	90	x2	High pull	84	x3	86	x3	88	x2
<i>rest 3:00 min</i>	86	x3	88	x3	90	x2	<i>rest 3:00 min</i>	84	x3	86	x3	88	x2
	86	x3	88	x3	90	x2		84	x3	86	x3	88	x2
	86	x3	88	x3	90	x2		84	x3	86	x3	88	x2
A1 Back squat	86	x5	88	x3	90	x3	A1 Front squat	86	x5	88	x3	90	x3
	86	x5	88	x3	90	x3		86	x5	88	x3	90	x3
<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3	<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3
	86	x5	88	x3	90	x3		86	x5	88	x3	90	x3
A2 Pull-up + weight		x5		x4		x3	A2 Chin-up + weight		x5		x4		x3
		x5		x4		x3			x5		x4		x3
		x5		x4		x3			x5		x4		x3
		x5		x4		x3			x5		x4		x3
B1 S1 squat		x5		x4		x3	B1 Lateral db step-up		x5		x4		x3
<i>pair 1:30 rest</i>		x5		x4		x3	<i>pair 1:30 rest</i>		x5		x4		x3
		x5		x4		x3			x5		x4		x3
B2 Db row		x5		x4		x4	B2 Bent over row		x5		x4		x4
		x5		x4		x4			x5		x4		x4
		x5		x4		x4			x5		x4		x4
Barbell curl		3x6		3x5		3x5	Db curl		3x6		3x5		3x5

	<b>Week 9</b>		<b>Week 10</b>		<b>Week 11</b>			<b>Week 9</b>		<b>Week 10</b>		<b>Week 11</b>	
<b>Tuesday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>Friday - warm up</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>	<b>%</b>	<b>Reps</b>
Push jerk	86	x3	88	x3	90	x2	Push jerk (L)	84	x3	86	x3	88	x2
<i>rest 3:00 min</i>	86	x3	88	x3	90	x2	<i>rest 3:00 min</i>	84	x3	86	x3	88	x2
	86	x3	88	x3	90	x2		84	x3	86	x3	88	x2
	86	x3	88	x3	90	x2		84	x3	86	x3	88	x2
A1 Bench	86	x5	88	x3	90	x3	A1 Db incline press	86	x5	88	x3	90	x3
	86	x5	88	x3	90	x3		86	x5	88	x3	90	x3
<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3	<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3
	86	x5	88	x3	90	x3		86	x5	88	x3	90	x3
A2 RDL		x5		x4		x3	A2 Back extension		x5		x4		x3
		x5		x4		x3			x5		x4		x3
		x5		x4		x3			x5		x4		x3
		x5		x4		x3			x5		x4		x3
B1 Stand front military	86	x5	88	x3	90	x3	B1 Standing db press	86	x5	88	x3	90	x3
<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3	<i>pair 1:30 rest</i>	86	x5	88	x3	90	x3
	86	x5	88	x3	90	x3		86	x5	88	x3	90	x3
B2 Glute-ham raise		x5		x4		x4	B2 Leg curl		x5		x5		x5
		x5		x4		x4			x5		x5		x5
		x5		x4		x4			x5		x5		x5
Db tri's		3x6		3x5		3x5	Dips + weight		3x6		3x5		3x5

**Speed Development Base Program Phase III**

**CONTINUOUS WARM-UP DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2x50 yds
<b>slow tempo</b>	
high knee walk & grab	x 20 yds
heel up & grab	x 20 yds
lunge walk	x 20 yds
backwards lunge walk	x 20 yds
backwards rdl walk	x 20 yds
squat shuffle (each way)	x 10 yds
<b>fast tempo</b>	
high knee run	x 20 yds
backwards run	x 20 yds
high knee carioca (each way)	x 20 yds
heel-ups	x 20 yds

**Week 8 - OFF**

**Week 9**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	5x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	3x20
	flying 30's	x5
<b>Thursday</b>	power skips	3x20 yds
	hops for distance	5x3
	1 leg starts (each leg)	5x10 yds
	cone accelerations	x5

**Week 11**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	2x30 yds
	ground starts	5x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	3x20
	flying 30's	x5
<b>Thursday</b>	power skips	
	hops for distance	OFF
	1 leg starts (each leg)	
	cone accelerations	

**Week 10**

	<b>Drill</b>	<b>Sets/Reps</b>
<b>Monday</b>	power skips	3x20 yds
	ground starts	5x10 yds
	resistive run (hill sprint/stadium steps/ sled/parachute/harness)	3x20
	flying 30's	x5
<b>Thursday</b>	power skips	2x20 yds
	hops for distance	5x3
	1 leg starts (each leg)	5x10 yds
	cone accelerations	x5

**Post Workout Flexibility**

**ALTERNATE CHOICE**

**band static stretch**

**band iso-activation**

Nebraska Football Conditioning Phase III

**CONTINUOUS WARM-UP DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2 x 50 yds
<b>slow tempo</b>	
lunge elbow tuck	
ham	x 20
spiderman	x 20
fwd rdl walk	x 20
walk foot to hip	x 20
cross behind	x 20
atlas	x 20
<b>fast tempo</b>	
leg swing skip	x 20
high knee run	x 20
shuffle to sprint	x 10-10 yds each way
jingle jangle	5-10 yds x 2

**Post Workout Flexibility**

**ALTERNATE CHOICE**

band static stretch

band iso-activation

dynamic stretch

**Week 8 - OFF**

**Week 9**

\*E = each way (2E = two times each way)

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	3E				30
	triangle	3E				30
	square	3E				30
	jingle jangle	5				45
	60 yd Shuttle	5	14	13	12	45
<b>Friday</b>	warm up					
	pro agility	4E				30
	sprint	4E				30
	wheel drill	2				15
	55's	15	9	8	7	35

Nebraska Football Conditioning Phase III

**CONTINUOUS WARM-UP DYNAMIC FLEX**

<u>Exercise</u>	<u>Reps</u>
stride	2 x 50 yds
<b>slow tempo</b>	
lunge elbow tuck	
ham	x 20
spiderman	x 20
fwd rdl walk	x 20
walk foot to hip	x 20
cross behind	x 20
atlas	x 20
<b>fast tempo</b>	
leg swing skip	x 20
high knee run	x 20
shuffle to sprint	x 10-10 yds each way
jingle jangle	5-10 yds x 2

**Post Workout Flexibility**

**ALTERNATE CHOICE**

- band static stretch
- band iso-activation
- dynamic stretch

**Week 10**

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	3E				30
	triangle	3E				30
	square	3E				30
	jingle jangle	6				45
	60 yd Shuttle	6	14	13	12	45
<b>Friday</b>	warm up					
	pro agility	3E				30
	sprint	2E				30
	square	3E				30
	55's	18	9	8	7	35

**Week 11**

	<b>Drill</b>	<b>Reps</b>	<b>Line time</b>	<b>Semi time</b>	<b>Skill time</b>	<b>Rest</b>
<b>Tuesday</b>	warm up					
	pro agility	4E				30
	triangle	4E				30
	wheel drill	2				45
	jingle jangle	8				45
	60 yd Shuttle	8	14	13	12	45
<b>Friday</b>	warm up					
	pro agility	3E				30
	sprint	2E				30
	square	3E				30
	55's	20	9	8	7	35

**AGILITY**

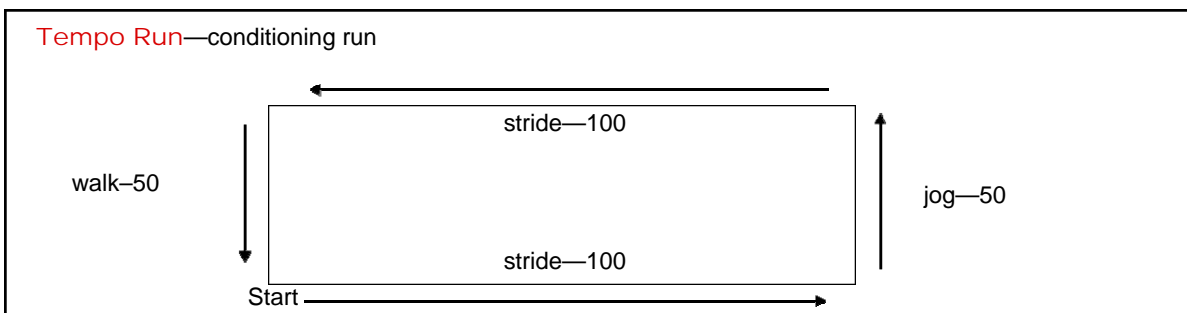
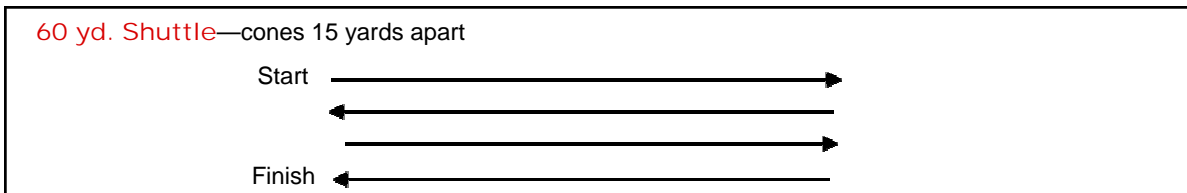
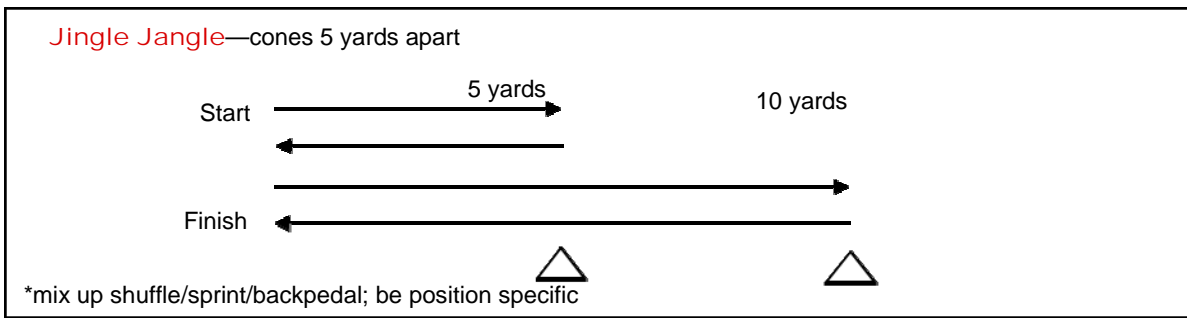
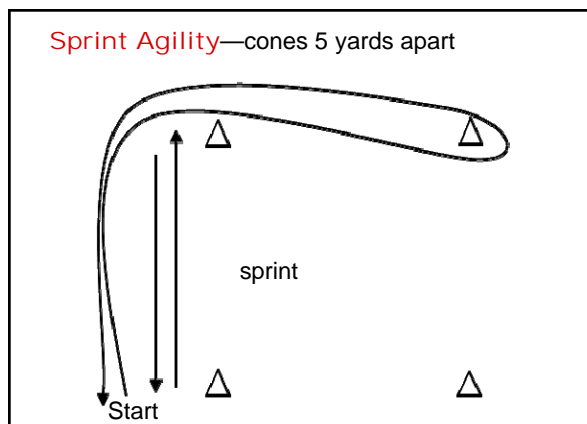
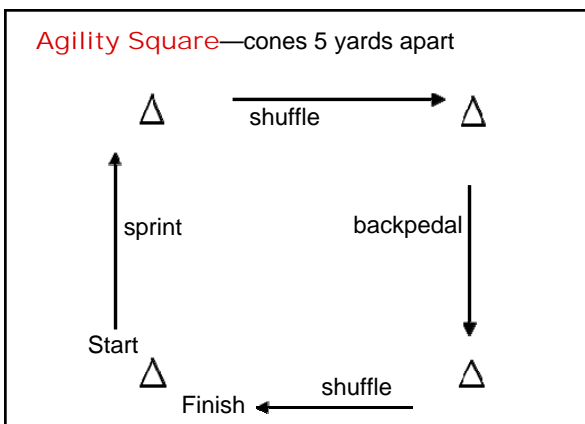
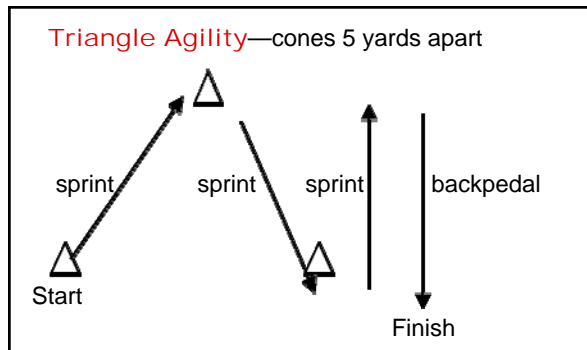
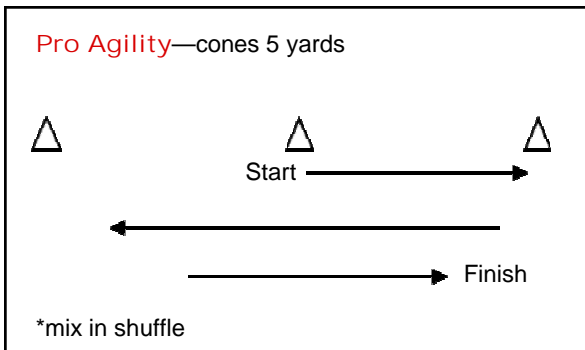
&

**SPEED**

**DRILLS**

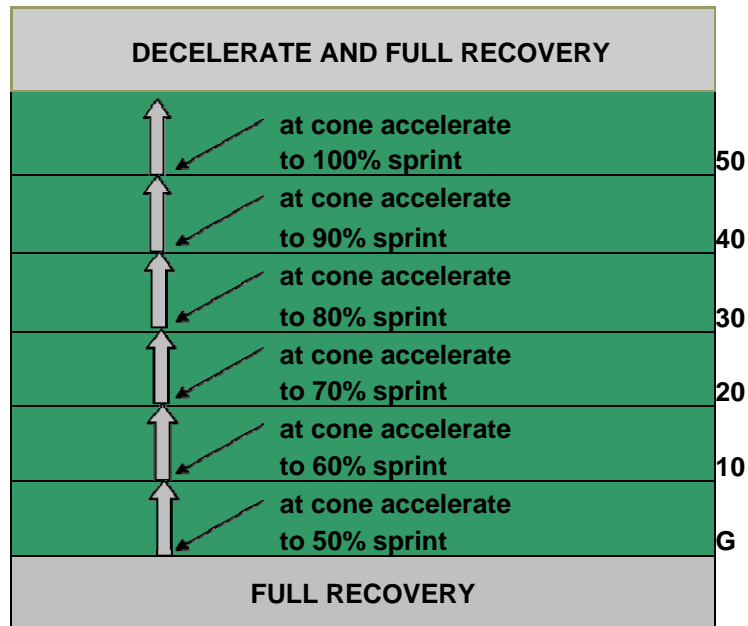


AGILITY—CHANGE OF DIRECTION DRILLS





## CONE ACCELERATIONS



- \* Start in a three point stance.
- \* Take off gradually, building to about half speed at the 10-yard line.
- \* At each cone try to make a definite shift in your sprinting speed. Try to increase by 10%.
- \* When you reach the last cone you should be at maximum speed, continuing for 10 yards.

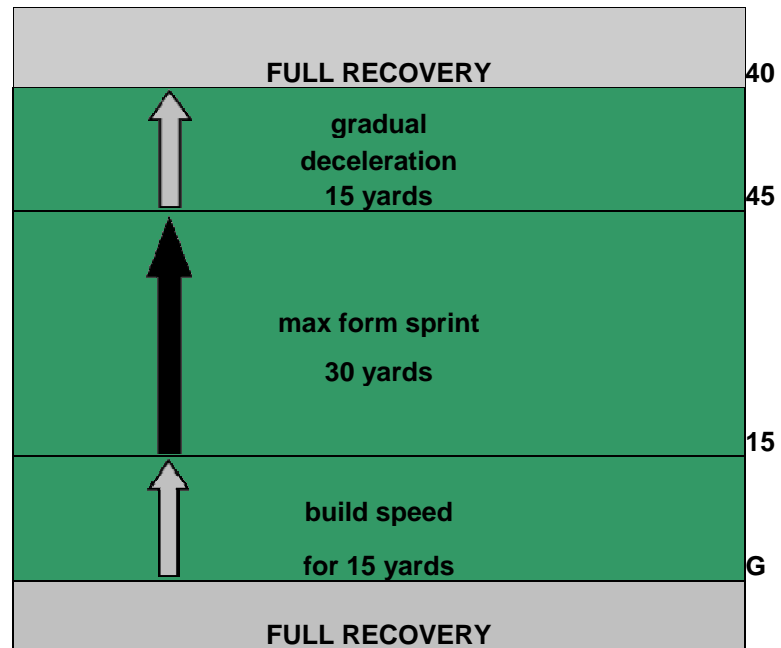
\* The goal is to work on speed, so be sure to take full recovery between reps.

\* Always remember to use good running form, especially when changing speeds from cone to cone.

**Drill set-up:**

Find a lined field if possible. If this is not possible, then pace off the correct distance using cones or other yard markers.

FLYING 30'S



- \* Start in a three point stance.
- \* Take off gradually building to just under maximum sprint at the 15-yard mark.
- \* At the 15-yard mark sprint to max speed for 30 yards with good form.
- \* At the 45-yard mark start to decelerate gradually. Do not stop suddenly.

- \* The goal is to work on speed, so be sure to take full recovery between reps.
- \* Always remember to use good running form, especially when changing speeds from cone to cone.

**Drill set-up:**  
 Find a lined field if possible. If this is not possible, then pace off the correct distance using cones or other yard markers.