

ALL ACCESS

STRENGTH & CONDITIONING

Championship Strength Program
from Nationally Ranked Trinity
College Basketball

BUILT FOR CHAMPIONSHIPS

WINTER 2026



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STRENGTH TRAINING SECTION

To be successful, strength training must be a year round occurrence. Every rep, every set, every exercise and every training session is a maximal effort! That being said, it's imperative that you track your progress, understand how to adjust the weight you are lifting and how to read a workout card.

Reading a Workout Card

Tempo- The first number represents the eccentric (lowering) portion of the rep, the second number represents the isometric portion of the rep, the third number represents the concentric (raising) of the rep and the fourth number represents the rest needed in between reps. Example: 6:3:0:20- Say this was on a pull up- you would lower from chin above the bar to straight arm over 6 seconds, hold at the top for 3 seconds, pull yourself up at a normal speed and rest 20 seconds between every rep.

Dotted Lines- Whenever you see an exercise box with dotted lines at the bottom that means you will pair it (super set) with whatever exercise is below. This means you will do 1 set of the first exercise then immediately perform a set of the exercise below without resting.

Rep Ranges- The rep range for every set is listed on the workout card in the column labeled "% Range". Example: the range calls for 8-12: this means that you should be able to get at least 8 reps in that given set, but 12 should be close to or at failure.

Percentages- When a single number (ex. 85%) is written in the "% Range" column, multiply that exercise's 1 Rep Max by the percentage to get the weight for that set. A chart is on page 4 to set up your weeks. Example: Max = 405 and % listed is 85%. Multiply 405 by .85 to get your proper weight.

Target Reps - When no rep range or percentage is given in the "% Range" column, a number will be printed in the "Reps" column. Perform that number of reps for that set.

Time- When a time is listed in the "% Range" column, perform that set for the given time and get as many good reps as possible in the allotted time.

Forced Reps - For the exercises where forced reps are required there will be the figures M+2 in the "% Rep" column. This simply means that after you reach positive failure, your spotter assists you through 2 additional reps. Forced reps are done on the last set of an exercise and only when prescribed. Forced Reps should not be recorded in the "Rep" column.

WEIGHT ADJUSTMENT

Rep Ranges- There are two necessary elements here. The first is understanding the rep range, and the second is recording the reps performed on your own for every set. Example: if a rep range is 8-12, the point at which you reach positive failure will determine your weight for next week. You must record this number on your sheet so you have a reference for that workout the following week. Your weight adjustments only take place on the same workout, i.e.; your results on day 1 lift will set your weights for the next week's day 1 lift only. **DO NOT RECORD FORCE REPS; ONLY RECORD THE REPS YOU PERFORM ON YOUR OWN. Follow the table listed on the next page as a rule to adjust your weights.**

REP RANGE	REPS ACHIEVED	WEIGHT CHANGE
4-8	<4	DECREASE WEIGHT 5 LBS
4-8	4-7	USE THE SAME WEIGHT NEXT WORKOUT
4-8	8	INCREASE WEIGHT 5 LBS
6-10	<6	DECREASE WEIGHT 5 LBS
6-10	6-9	USE THE SAME WEIGHT NEXT WORKOUT
6-10	10	INCREASE WEIGHT 5 LBS
8-12	<8	DECREASE WEIGHT 5 LBS
8-12	8-11	USE THE SAME WEIGHT NEXT WORKOUT
8-12	12	INCREASE WEIGHT 5 LBS

For Percentages - Use the percentage of your 1RM to calculate the weight for each set. Find your estimated or true max in the given exercise and then use the chart on the next page to figure out your weights. The weight listed on the chart is the weight you would have on one side of the bar. There is more on how to find your 1RM on the percentage chart page.

For Target Reps - If you reach the target rep goal while performing the exercise with proper form, through the fullest range of motion possible, increase the weight the next smallest increment possible.

Important Points for Optimal Results

-Record only properly performed reps. Do not record/count reps on which any assistance was given or does not go through a complete range of motion.

-Follow the exercise order on the card. The exercises are prescribed in a specific order to achieve a specific result. Performing exercises in an indiscriminate manner will lead to non-reproducible results.

-When given, know the rep range for every exercise, as well as the number of reps performed in the previous workout. If 9 reps were completed the previous week, this week's goal for that exercise is 10. Know what the previous effort was and attempt to surpass it.

-Know that certain outside factors will affect strength levels such as injury, eating habits, stress level, sleeping habits, time of year (in-season/off-season) as well as other environmental factors.

-Train with an all-out effort. Sub-maximal efforts lead to sub-maximal results. Make every workout count.

Scheduling Your Training

The program provided will be done 4 days per week. 3 days for lifting and one day for speed & agility. If for some reason you lift less than 3 days in a week, when you start the next week you will start on whatever day is next in your program. Below is how an ideal week would look.

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFT	Upper	Lower	Off	Speed	Full	Off	Off

If you have a question, email me: bill.delongis@trincoll.edu or text: 631-790-6513

Finding your 1RM

When beginning the program you will first need to find your maxes for the bench press & back squat. Your maxes can be found on your profile sheets but if for some reason you didn't max on a particular lift keep reading. These are not maxes you think you can do, maxes you've done, or maxes you think you might be able to do. These maxes you can do RIGHT NOW. This is not the time to be a braggart lifter. If you overestimate your maxes, you'll be in for a rude awakening.

If you don't know your maxes for any of the lifts, you can take a day and see where you're at, or you can take a rep max. This is a good way to get an idea of your strength without loading the bar for a maximal attempt. Here's how to do it:

- Estimate your 1RM for the lift
- Take 80% of your supposed max and perform as many reps as possible
- Plug the reps and the weight into this formula to get your estimated 1RM:

$$\text{Weight} \times \text{Reps} \times .0333 + \text{Weight} = \text{Estimated 1RM}$$

-Use the chart below to find the various percentages of your 1RM. Remember the % weights listed on the chart are for the weight on one side of the barbell.

BANTAM PERCENTAGE CHART

1 Sided	1RM	50%	55%	60%	65%	70%	72%	75%	80%	82%	85%	90%	92%	95%	100%
25	95	2.5	2.5	5	7.5	10	12.5	12.5	15	17.5	17.5	20	20	22.5	25
30	105	5	7.5	10	12.5	15	15	17.5	20	20	22.5	25	25	27.5	30
35	115	7.5	10	12.5	15	17.5	20	20	22.5	25	27.5	30	30	32.5	35
40	125	10	12.5	15	17.5	22.5	22.5	25	27.5	30	30	35	35	37.5	40
45	135	12.5	15	17.5	22.5	25	25	27.5	32.5	32.5	35	37.5	40	42.5	45
50	145	15	17.5	20	25	27.5	30	32.5	35	37.5	40	42.5	45	47.5	50
55	155	17.5	20	25	27.5	32.5	32.5	35	40	40	42.5	47.5	50	50	55
60	165	20	22.5	27.5	30	35	37.5	40	42.5	45	47.5	52.5	52.5	55	60
65	175	22.5	25	30	35	40	40	42.5	47.5	50	52.5	57.5	57.5	60	65
70	185	25	27.5	32.5	37.5	42.5	45	47.5	52.5	52.5	55	60	62.5	65	70
75	195	27.5	30	35	40	45	47.5	50	55	57.5	60	65	67.5	70	75
80	205	30	35	40	45	50	52.5	55	60	62.5	65	70	72.5	75	80
85	215	32.5	37.5	42.5	47.5	52.5	55	57.5	62.5	65	70	75	77.5	80	85
90	225	35	40	45	50	57.5	57.5	62.5	67.5	70	72.5	80	80	85	90
95	235	37.5	42.5	47.5	55	60	62.5	65	72.5	75	77.5	82.5	85	90	95
100	245	40	45	50	57.5	62.5	65	70	75	77.5	82.5	87.5	90	95	100
105	255	42.5	47.5	55	60	67.5	70	72.5	80	82.5	85	92.5	95	97.5	105
110	265	45	50	57.5	62.5	70	72.5	77.5	82.5	85	90	97.5	100	102.5	110
115	275	47.5	52.5	60	67.5	75	77.5	80	87.5	90	95	102.5	105	107.5	115
120	285	50	55	62.5	70	77.5	80	85	92.5	95	97.5	105	107.5	112.5	120
125	295	52.5	57.5	65	72.5	80	82.5	87.5	95	97.5	102.5	110	112.5	117.5	125
130	305	55	62.5	70	77.5	85	87.5	92.5	100	102.5	107.5	115	117.5	122.5	130
135	315	57.5	65	72.5	80	87.5	90	95	102.5	107.5	112.5	120	122.5	127.5	135
140	325	60	67.5	75	82.5	90	95	100	107.5	110	115	125	127.5	132.5	140
145	335	62.5	70	77.5	87.5	95	97.5	102.5	112.5	115	120	127.5	132.5	137.5	145
150	345	65	72.5	80	90	97.5	102.5	107.5	115	120	125	132.5	135	142.5	150
155	355	67.5	75	85	92.5	102.5	105	110	120	122.5	127.5	137.5	140	145	155
160	365	70	77.5	87.5	95	105	110	115	122.5	127.5	132.5	142.5	145	150	160
165	375	72.5	80	90	100	110	112.5	117.5	127.5	132.5	137.5	147.5	150	155	165
170	385	75	82.5	92.5	102.5	112.5	115	122.5	132.5	135	140	150	155	160	170
175	395	77.5	85	95	105	115	120	125	135	140	145	155	160	165	175
180	405	80	90	100	110	120	122.5	130	140	142.5	150	160	165	170	180
185	415	82.5	92.5	102.5	112.5	122.5	127.5	132.5	142.5	147.5	155	165	167.5	175	185
190	425	85	95	105	115	127.5	130	137.5	147.5	152.5	157.5	170	172.5	180	190
195	435	87.5	97.5	107.5	120	130	135	140	152.5	155	162.5	172.5	177.5	185	195
200	445	90	100	110	122.5	132.5	137.5	145	155	160	167.5	177.5	182.5	190	200
205	455	92.5	102.5	115	125	137.5	142.5	147.5	160	165	170	182.5	187.5	192.5	205
210	465	95	105	117.5	127.5	140	145	152.5	162.5	167.5	175	187.5	192.5	197.5	210
215	475	97.5	107.5	120	132.5	145	147.5	155	167.5	172.5	180	192.5	195	202.5	215
220	485	100	110	122.5	135	147.5	152.5	160	172.5	177.5	182.5	195	200	207.5	220
225	495	102.5	112.5	125	137.5	150	155	162.5	175	180	187.5	200	205	212.5	225

TRINITY MEN'S BASKETBALL STRENGTH

UPPER BODY



Summer 2016
Phase 1
Day 1

Name: _____

Bench Max: _____ 90% of Bench Max: _____

Warmup: Arm Circles, Shoulder Taps x20, Yoga Push x10, Handcuffs x5 & Pec Stretch x20sec												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Bench Press Program off of 90% of your max.		WU	5		WU	5		WU	5		WU	5
		WU	5		WU	5		WU	5		WU	5
		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
<i>Pair w/</i>		60%	15+		65%	12+		70%	10+		75%	8+
Clapping Push Up	BW		4x4	BW		4x4	BW		4x4	BW		4x4
Shoulder Prehab	Band		15	Band		15	Band		15	Band		15
Incline Bench Press Barbell Add weight each set <i>Pair w/</i>		WU	12		WU	10		WU	8		WU	5
			12			10			8			5
			12			10			8			5
			12			10			6			5
Pull Ups Add weight in wk 2	BW		12	BW	WU	10	BW	WU	8	BW	WU	5
	BW		12	10+		10	15+		8	20+		5
	BW		12			10			8			5
	BW		12			10			6			5
Seated Cable Row If not available choose another row exercise			12			10			8			6
			12			10			8			6
			12			10			8			6
Face Pull Ideally use a cable but a band works			12			12			12			12
			12			12			12			12
			12			12			12			12
Row Variation T Bar, TRX, Incline, etc <i>Pair w/</i>			12			10			8			6
			12			10			8			6
			12			10			8			6
DB Shrug Tempo: 0:2:0	50+		12	55+		12	60+		12	65+		12
			12			12			12			12
			12			12			12			12
3 Way Shoulder <i>Pair w/</i>	10		12	12.5		10	15		8	17-20		6
			12			10			8			6
BB Curl <i>Pair w/</i>			12			10			8			6
			12			10			8			6
Tricep Pressdown			12			10			8			6
			12			10			8			6
Core	Plank Variation: 2xMax		Plank Variation: 2xMax		Plank Variation: 2xMax		Plank Variation: 2xMax		Plank Variation: 2xMax		Plank Variation: 2xMax	
	MB Side Plank: 2x15		MB Side Plank: 2x15		MB Side Plank: 2x15		MB Side Plank: 2x20		MB Side Plank: 2x20		MB Side Plank: 2x20	
	Core of Choice x2		Core of Choice x2		Core of Choice x2		Core of Choice x2		Core of Choice x2		Core of Choice x2	

TRINITY MEN'S BASKETBALL STRENGTH

LOWER BODY



Summer 2016
Phase 1
Day 2

Name: _____

Squat Max: _____ 90% of Squat Max: _____

Warmup: Foam Roll, BW Squat/Lunges x10, & Hip/Ham Floss or Couch Stretch x1 minute per												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Broad Jump Ex	BW		1	BW		1	BW		1	BW		1
Wk 1/2: 3 Repeat	BW		1	BW		1	BW		1	BW		1
Broad Jump	BW		1	BW		1	BW		1	BW		1
Wk 3/4: 3 Repeat	BW		1	BW		1	BW		1	BW		1
Broad Jump to Vertical	BW		1	BW		1	BW		1	BW		1
Jump	BW		1	BW		1	3 Rapid Broad Jumps			BW		1
Pair w/ 1 per set	3 Rapid Broad Jumps=1 set			BW		1	to a Vertical Jump=1set			x	x	1
Opposite Toe Touch	BW		2x10	BW		2x10	BW		2x10	BW		2x10
Seated Clams	Band		2x20	Band		2x20	Band		2x20	Band		2x20
Lateral Walks	H.C.		2x20	H.C.		2x20	H.C.		2x20	H.C.		2x20
Squat		WU	5		WU	5		WU	5		WU	5
Program off of 90% of your max.		WU	5		WU	5		WU	5		WU	5
		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
Pair last 4 sets w/		60%	15+		65%	12+		70%	10+		75%	8+
Opposite Toe Touch	BW		2x10	BW		2x10	BW		2x10	BW		2x10
Couch Stretch	BW		2x20	BW		2x20	BW		2x20	BW		2x20
Fwd & Rev Lunge		WU	6 a leg		WU	5		WU	5		WU	5
Lunge fwd with right then			6 a leg			5			4			3
drive back directly into rev			6 a leg			5			4			3
lunge. That = 1 rep			6 a leg			5			4			3
SL Ex Variation			12 a leg			10			8			6
Step Up, Pistol			12 a leg			10			8			6
Split Squat, Lat Lunge			12 a leg			10			8			6
Leg Curl Variation			12			10			8			6
Machine, GH, Slide,			12			10			8			6
SB, Russian			12			10			8			6
Calf Raise			12			12			12			12
Machine, leg press, BB			12			12			12			12
Core	Toes to Bar: 2x10			Toes to Bar: 2x10			Toes to Bar: 2x12			Toes to Bar: 2x12		
	MB Rev Crunch: 2x20			MB Rev Crunch: 2x20			MB Rev Crunch: 2x20			MB Rev Crunch: 2x20		
	Pallof Press: 2x10			Pallof Press: 2x10			Pallof Press: 2x10			Pallof Press: 2x10		
Back Extension	25+		10	30+		10	35+		10	40+		10
	25+		10	30+		10	35+		10	40+		10
Bulgarian Iso Hold	BW		60sec	BW		70sec	BW		80sec	BW		90sec

Note: Bulgarian Iso Hold- get to the bottom of a bulgarian split squat and hold that position with back knee a few inches off ground

TRINITY MEN'S BASKETBALL STRENGTH

FULL BODY



Summer 2016
Phase 1
Day 3

Name: _____

Push Press Max: _____ 90% of Push Press Max: _____

Warmup: Foam Roll, Dynamic Stretches & Deep Squat x1 minute												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Wk1/2: 90° Box Jump w/ 90° Depth Drop	BW		4	BW		5	15-20		4	20-25		5
Wk3/4: DB 180° Jump Squat (Alt turn each set)	BW		4	BW		5	15-20		4	20-25		5
Monster Walks	H.C.		20	H.C.		20	H.C.		20	H.C.		20
Waddle Walks	H.C.		20	H.C.		20	H.C.		20	H.C.		20
Lateral Walks	H.C.		20	H.C.		20	H.C.		20	H.C.		20
Push Press		WU	5		WU	5		WU	5		WU	5
Program off of 90% of your max.		WU	5		WU	5		WU	5		WU	5
		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
<i>Pair w/ 1 per set</i>		60%	15+		65%	12+		70%	10+		75%	8+
Rear Delt Raise	10		2x12	10		2x12	10		2x12	10		2x12
Shoulder Prehab	Band		15	Band		15	Band		15	Band		15
Bulgarian S Squat		WU	12		WU	10		WU	8		WU	5
			12			10			8			5
			12			10			8			5
<i>Pair w/</i>			12			10			6			5
Couch Stretch	BW		3x20	BW		3x20	BW		3x20	BW		3x20
B-O BB Row			15			12			10			8
Underhand Grip			15			12			10			8
<i>Pair w/</i>			15			12			10			8
BB Hip Thrust	45+		15	55+		12	70+		10	55+		8
Tempo: 0:2:0			15			12			10			8
			15			12			10			8
Close Grip Bench			15			12			10			8
Elbows in			15			12			10			8
Wrist over elbow			15			12			10			8
Pull Variation			12			10			8			12
Any row exercise or chin up/ lat pull down			12			10			8			12
			12			10			8			12
Conditioning Circuit	3 Rounds			4 Rounds			5 Rounds			6 Rounds		
Farmer's Walks	100+		100 ft	100+		100 ft	100+		100 ft	100+		100 ft
Jump Rope	BW		150	BW		150	BW		150	BW		150
Plate Sit Ups	25-45		10	25-45		10	25-45		10	25-45		10
Burpees	BW		10	BW		10	BW		10	BW		10

TRINITY MEN'S BASKETBALL STRENGTH

UPPER BODY



Summer 2016
Phase II
Day 1

Name: _____

Bench Max: _____ 90% of Bench Max: _____

Warmup: Arm Circles, Shoulder Taps x20, Yoga Push x10, Handcuffs x5 & Pec Stretch x20sec												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Bench Press		WU	8		WU	5		WU	5		WU	5
Add 2.5lbs on each side of the bar for all % sets off of phase 1		WU	8		WU	5		WU	5		WU	5
<i>Pair w/</i>		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
Clapping Push Up	BW		4x4	BW		4x4	BW		4x4	BW		4x4
Shoulder Prehab	Band		15	Band		15	Band		15	Band		15
Bench Press		65%	3-5		70%	3-5		65%	3-5		70%	3-5
Week 1/2: 6:0:0		65%	3-5		70%	3-5		65%	3-5		70%	3-5
Week 3/4: 0:3:0		65%	3-5		70%	3-5		65%	3-5		70%	3-5
Pull Up	LBS		3-5		LBS			3-5			LBS	
Week 1/2: 6:0:0			3-5			3-5						3-5
Week 3/4: 0:3:0			3-5			3-5						3-5
TRX or Inverted Row	BW		12	BW		12	BW		12	BW		12
Inv Row=BB w/feet on bench	BW		12	BW		12	BW		12	BW		12
<i>Pair w/</i>	BW		12	BW		12	BW		12	BW		12
Dip		8-12			8-12			8-12			8-12	
If you get 12 in all 3 sets then add lbs next week		8-12			8-12			8-12			8-12	
		8-12			8-12			8-12			8-12	
Row Variation		8-12			8-12			8-12			8-12	
		8-12			8-12			8-12			8-12	
<i>Pair w/</i>		8-12			8-12			8-12			8-12	
Shrug Variation			20			20			20			20
Tempo: 0:2:0			20			20			20			20
			20			20			20			20
BB Curl		8-12			8-12			8-12			8-12	
Preacher curl if available		8-12			8-12			8-12			8-12	
<i>Pair w/</i>		8-12			8-12			8-12			8-12	
Tricep Pressdown		8-12			8-12			8-12			8-12	
		8-12			8-12			8-12			8-12	
		8-12			8-12			8-12			8-12	
Core	Plank Variation: 2xMax Sumo Anti Rot: 2x10 Core of Choice x2			Plank Variation: 2xMax Sumo Anti Rot: 2x10 Core of Choice x2			Plank Variation: 2xMax Sumo Anti Rot: 2x10 Core of Choice x2			Plank Variation: 2xMax Sumo Anti Rot: 2x10 Core of Choice x2		
Bottom of Push Up	2 Total Minutes			2 Total Minutes			3 Total Minutes			3 Total Minutes		
Hold bottom of push up with chest a few inches off ground	Rest when needed			Rest when needed			Rest when needed			Rest when needed		

TRINITY MEN'S BASKETBALL STRENGTH

LOWER BODY



Summer 2016
Phase II
Day 2

Name: _____

Squat Max: _____ 90% of Squat Max: _____

Warmup: Foam Roll, BW Squat/Lunges x10, & Hip/Ham Floss or Couch Stretch x1 minute per												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Resisted Broad Jump			4			6			3/3			4/4
Add band or hold DB's			4			6			3/3			4/4
Wk 3/4: Perform 3 w/ weight and 3 w/o			4			6			3/3			4/4
			4			6			3/3			4/4
Anterior Reach	BW		2x10	BW		2x10	BW		2x10	BW		2x10
Anterior Reach= Stand on 1 leg and reach forward to touch an object then return to upright position												
Seated Clams	Band		2x20	Band		2x20	Band		2x20	Band		2x20
Squat		WU	8		WU	5		WU	5		WU	5
Add 5lbs on each side of the bar for all % sets off of phase 1 week 2.		WU	8		WU	5		WU	5		WU	5
		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
Opposite Toe Touch	BW		2x10	BW		2x10	BW		2x10	BW		2x10
Couch Stretch	BW		2x20	BW		2x20	BW		2x20	BW		2x20
Squat		65%	3-5		70%	3-5		65%	3-5		70%	3-5
Week 1/2: 6:0:0		65%	3-5		70%	3-5		65%	3-5		70%	3-5
Week 3/4: 0:3:0		65%	3-5		70%	3-5		65%	3-5		70%	3-5
DB Box Jump	10+		3x6	15+		3x6	15+		3x6	20+		3x6
SL Ex Variation			12 a leg			10			8			6
Step Up, Pistol			12 a leg			10			8			6
Split Squat, Lat Lunge			12 a leg			10			8			6
Leg Curl Variation			12			10			8			6
Machine, GH, Slide,			12			10			8			6
Hip Abduction			15			15			15			15
Machine or Lat Band			15			15			15			15
Hip Adduction			15			15			15			15
Groin/Inner Thigh			15			15			15			15
Core	SB Transfer: 2x20 Side Bend: 2x10 Alt. Leg Lowering:2x20			SB Transfer: 2x20 Side Bend: 2x10 Alt. Leg Lowering:2x20			SB Transfer: 2x20 Side Bend: 2x10 Alt. Leg Lowering:2x20			SB Transfer: 2x20 Side Bend: 2x10 Alt. Leg Lowering:2x20		
Back Extension	45+		10	50+		10	55+		10	60+		10
	45+		10	50+		10	55+		10	60+		10
	45+		10	50+		10	55+		10	60+		10
Leg Press		WU	10		WU	10		WU	10		WU	10
1 max set of 50 w/o stopping			50			50			50			50

Note: If you don't have a leg press then perform a goblet squat

TRINITY MEN'S BASKETBALL STRENGTH

FULL BODY



Summer 2016
Phase II
Day 3

Name: _____

Push Press Max: _____ 90% of Push Press Max: _____

Warmup: Foam Roll, Dynamic Stretches & Deep Squat x1 minute												
WEEK	Week 1			Week 2			Week 3			Week 4		
Exercise	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps	Weight	% Range	Reps
Kneeling Jump to Triple Broad Jump	BW		1	BW		1	BW		1	BW		1
<small>Kneel jump to 3 broad =1set</small>	BW		1	BW		1	BW		1	BW		1
<small>Pair w/</small>	BW		1	BW		1	BW		1	BW		1
Seated Clams	Band		3x20	Band		3x20	Band		3x20	Band		3x20
Push Press		WU	8		WU	5		WU	5		WU	5
<small>Add 2.5lbs on each side of the bar for all % sets off of phase 1</small>		WU	8		WU	5		WU	5		WU	5
<small>Pair w/</small>		60%	8		65%	5		70%	3		75%	5
		70%	8		75%	5		80%	3		85%	3
		80%	8+		85%	5+		90%	3+		95%	1+
Shoulder Prehab	Band		15	Band		15	Band		15	Band		15
Bulgarian S Squat		WU	10		WU	8		WU	5		WU	5
<small>Strong athletes rep</small>			10			8			5			3
<small>100lb+ DB's</small>			10			8			5			3
<small>Pair w/</small>		10+			6+			5+			3+	
Couch Stretch	BW		3x20	BW		3x20	BW		3x20	BW		3x20
B-O BB Row		WU	10		WU	8		WU	5		WU	5
<small>Overhand Grip</small>			10			8			5			3
<small>Add weight each set</small>			10			8			5			3
		10+			6+			5+			3+	
BB Hip Thrust		WU	10		WU	8		WU	5		WU	5
<small>Tempo: 0:2:0</small>		70+	10		80+	8		90+	5		100+	3
<small>You should be thrusting a lot more than you row</small>			10			8			5			3
		10+			6+			5+			3+	
Varying Grip Bench			6/6/6			5/5/5			4/4/4			3/3/3
<small>Close, Med, Wide</small>			6/6/6			5/5/5			4/4/4			3/3/3
<small>Pair w/</small>			6/6/6			5/5/5			4/4/4			3/3/3
21 Style Chin Ups	BW		7/7/7	BW		7/7/7	BW		7/7/7	BW		7/7/7
<small>If fat/weak use band or lower reps</small>	BW		7/7/7	BW		7/7/7	BW		7/7/7	BW		7/7/7
	BW		7/7/7	BW		7/7/7	BW		7/7/7	BW		7/7/7
Conditioning Circuit	5 Rounds			5 Rounds			6 Rounds			6 Rounds		
Renegade Row	20+		10	20+		100 ft	20+		100 ft	20+		100 ft
Jump Rope Program	BW		150	BW		150	BW		150	BW		150
Thruster	25-45		10	25-45		10	25-45		10	25-45		10
Lunge Jump	BW		20	BW		20	BW		20	BW		20

Circuit Notes: For renegade row- DB in each hand, Perform a push up, then row 1db then next. Jump Rope- Pick 3 of the patterns from the jump rope program in packet. Thruster is a squat & overhead press with db's, think push press but with full squat



Speed & Agility



Dynamic Warm Up *Perform before any agility workout

Light Jog: 15 yards and back

Double Leg Line Hops: Forward/back x10 & side-to-side x10

Single Leg Line Hops: Forward/back x10 & side-to-side x10

SL Glute Bridge w/ opposite leg knee hug x5 w/ 3 second hold at top

Walking Quad Stretch + Toe Touch: 15 yards

60% Jog: 15 yards

Walking Lunge w/ Rotation: 15 yards

80% Jog: 15 yards

Lateral Lunge: 15 yards

Lateral Shuffle w/ 180 turns x15 yards

Straight Leg Swing: 15 yards

Forward Skip: 15 yards

Knee Hug to Elbow to In Step w/ Rotate and Hamstring Stretch: 15 yards

A Skip: 15 yards

100% Speed Sprint: 15 yards

Standards

1. Run full speed. If you are not running full speed, you aren't developing speed.
2. Stay low and lean the direction you want to go when changing directions.
3. Stand-Up when you're tired – Don't bend over at anytime.
4. Maximum intensity on every rep – Don't save yourself for the last rep.
5. Give yourself adequate (1:2 to 1:5 work to rest ratio) rest in between reps so you can give maximum intensity.
6. Perform at least one agility workout per week. The workout can be done before a lower body lift, before conditioning or on its own day.

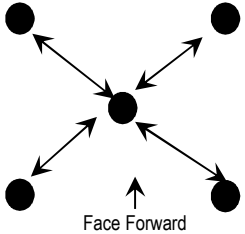
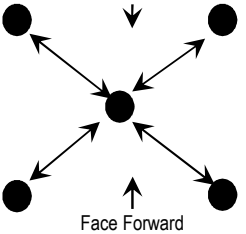
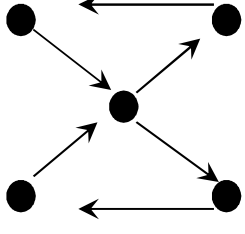
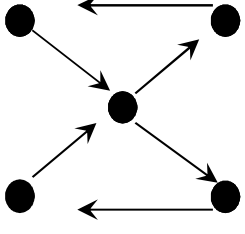
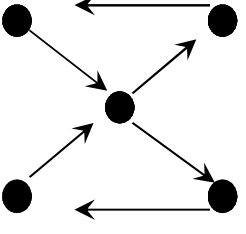
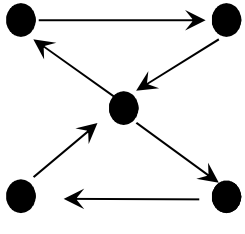
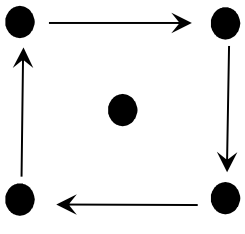
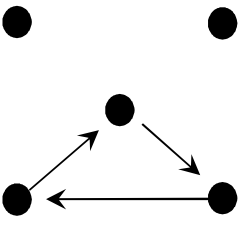
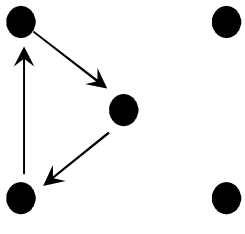
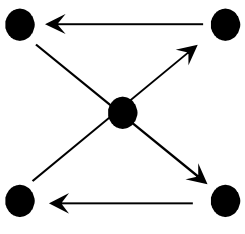
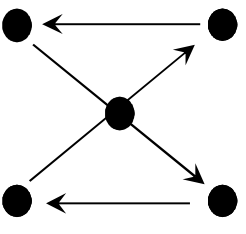
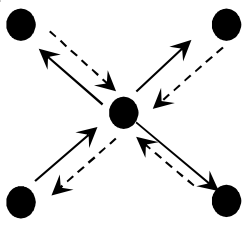
Proper Sprint Mechanics Key Points

1. Upper Body
 - Elbows fixed at 90 degrees
 - Rotate at shoulder
2. Lower Body
 - Drive knee forward
 - Heel tucked under hamstring with knee lift
 - Toe up toward shin with knee lift
3. Everything moving straight ahead
4. Look Straight-ahead, focus on the horizon

Create a Speed & Agility Workout

1. Perform the warm up above
2. Pick a footwork drill (7-10 minutes)
 - Dot Mat Drills: 6 patterns (page 14)
 - Stair Workout (page 15)
 - Jump Rope Program (page 15)
 - Ladder Drills: 12 patterns x2
3. Pick 2 plyometric exercises: Rest 90 seconds between sets
 - Broad Jump w/ stick of landing: 3x6
 - Rapid Response Broad Jump: 3x6
 - Single Leg Broad Jump: 3x6 (per leg)
 - Jump Squat to 10-yard sprint: 3x6
 - Jump Squat w/ 180-degree turn to yard sprint: 3x6
 - Single Leg Tuck Jump: 3x6 (per leg)
 - Lunge Jump to 10-yard sprint: 3x6 (per leg)
 - Skaters w/ stick of landing: 3x6 (per leg)
 - Rapid Response Skaters: 3x6 (per leg)
 - Heiden (Skater w/ 90degree turn): 3x6 (per leg)
4. Cone Drills or Treadmill Sprints
 - See page 15 for treadmill sprint program
 - See pages 16 & 17 for the cone drill program
5. Choose 1 conditioning workout (page 19 & 20)
 - Fartlek
 - Rowing workout
 - The River
 - Shuttle Test
 - Ladder Run

Dot Mat Drills

<p>#1 <u>Forward and Back Drill</u></p>  <p>Start with both feet at the bottom two dots jump to the middle and then to the top two dots. As Fast as you can (30 Sec)</p>	<p>#2 <u>Forward and Turn Drill</u></p> <p>Quarter Turn and go Back</p>  <p>Face Forward</p> <p>This is the same as Forward and Back, but the difference is you will turn at the top and come back.</p>	<p>#3 <u>Figure 8 Drill</u></p>  <p>Start with both feet on the lower left dot, jump to the middle, then upper Rt, then upper Lt, then middle, then lower Rt.</p>
<p>#4 <u>Figure 8 Drill Right Leg Only</u></p>  <p>Start with the Right Foot and only use the Right Foot.</p>	<p>#5 <u>Figure 8 Drill Left Leg Only</u></p>  <p>Start with the Left Foot and only use the Left Foot.</p>	<p>#6 <u>Hour Glass Drill</u></p>  <p>Start on the lower Left Dot with both feet follow the arrows in the hour glass figure and continue facing the same direction.</p>
<p>#7 <u>Box Drill</u></p>  <p>Start in the Lower Left use both feet and face the same direction. Can use Rt. And Lt. feet individually</p>	<p>#8 <u>Bottom Triangle</u></p>  <p>Start on the lower left dot, use both feet and face the same direction.</p>	<p>#9 <u>Wide Triangle</u></p>  <p>Start on lower left dot, and use right leg, then left leg</p>
<p>#10 <u>Right Leg Long Figure 8 Drill</u></p>  <p>Start on the lower left dot use the right leg and jump to the upper right dot, then to the upper left, then bottom right.</p>	<p>#11 <u>Left Leg Long Figure 8 Drill</u></p>  <p>Start on the lower left dot use the Left leg and jump to the upper right dot, then to the upper left.</p>	<p>#12 <u>Double X Drill</u></p>  <p>Start lower left, go middle, top left, and back to middle, then top rt, back to middle then lower rt,</p>

In Weeks 1-6 do Drills 1-6-Dot Mat Drills for warm-up before you lift. Do All 6-Drills 4 X through for 30 Seconds on as fast as you can.

In Weeks 6-12 do 6-12 Dot Mat Drills for warm-up before you lift. Do all 6-12-Drills 4 X through for 30 Seconds on as fast as you can.

Stadium Stairs Program

The following program was based off a set of stadium stairs with 20 steps. Modify depending on the length your staircase.

1. Bunny Hop: x2
2. Every Other Step Bunny Hop: x2
3. Single Leg Bunny Hop (switch legs after 10 steps): x2
4. Lateral Bunny Hop x2 each way
5. SL Lateral Bunny Hop (switch legs after 10 steps & jump w/ leg closest to stair): x2
6. RL Every Step (right foot and left foot hits every step while running): x2
7. LR Every Step: x2
8. Every Other Step Sprint: x4

Jump Rope Program

The following is based on a four-quadrant layout, which you mark on a floor with two three-foot strips of tape in a cross formation. The upper left-hand corner is labeled quadrant 1, the upper right number 2, the lower right number 3, and the lower left number 4. Emphasize spending as little time on the ground as possible between jumps. "Hit and go" is the terminology I use. Stay on the balls of your feet and when doing any lateral movement keep most of their weight on the instep of your foot and big toe. The routine should take under 12 minutes to complete.

1. Regular jumps in place x50
2. Side to side jumps (quadrant 4 to 3) x50
3. Up and back jumps (quadrant 4 to 1) x50
4. Boxer shuffle in place (2 jumps on right foot, 2 jumps on left foot) x50
5. Up and back jumps on one foot (quadrant 4 to 1) x25 each foot
6. Side to side on 1-foot (quadrant 4 to 3) x25 each foot
7. Triangle jumps (quadrant 1 to 2 to 4, then 2 to 1 to 3) x50
8. Four square (quadrant 1 to 3 to 2 to 4) x50
9. As many regular jumps in place as possible in 30 seconds (Record is 116)

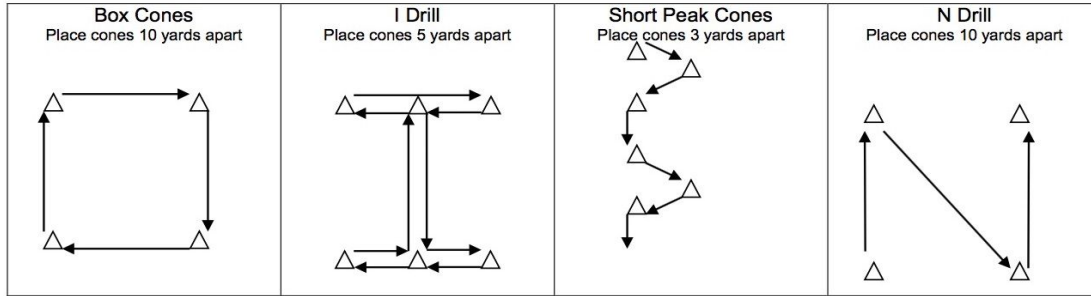
Treadmill Workouts

Workout #	Speed	Incline	Time	Rest	Reps
1	11	8%	30 sec	60 sec	6
2	12	8%	20 sec	45 sec	8
3	12.5	10%	15 sec	45 sec	10
4	12.5	11.5%	15 sec	45 sec	8
5	12.5	13%	15 sec	45 sec	8

Note: Add warm up reps before the work reps listed above

Cone Drill Program

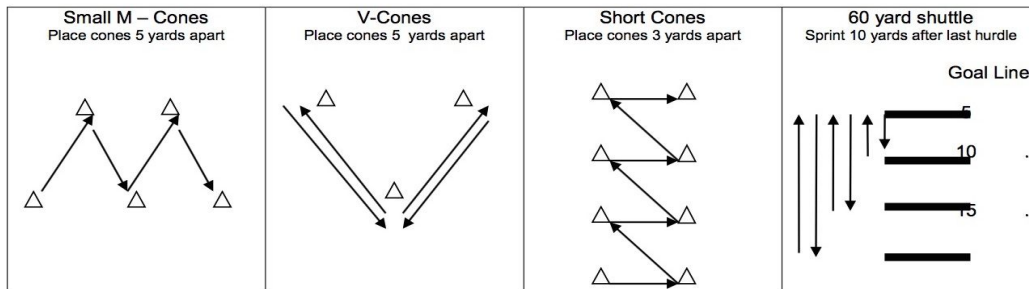
Workout 1



Workout

Box Cones	Sprint, Slide, Back Peddle, Slide	X 2
Box Cones	Slide Left, Slide Right	X 2
Box Cones	Sprint & Touch Each Cone	X 2
I-Drill	Slide, Slide, Sprint, Slide, Slide, Slide, Sprint, Slide, Slide	X 2
I-Drill	Sprint, Sprint, Slide, Sprint, Sprint, Sprint, Slide, Sprint, Sprint	X 2
I-Drill	Sprint & Touch Each Cone	X 2
Short Peak Cones	Sprint, Back Peddle, Slide	X 2
Short Peak Cones	Back Peddle, Sprint, Slide	X 2
Short Peak Cones	Slide Left, Slide Right, Sprint	X 2
Short Peak Cones	Slide Right, Slide Left, Sprint	X 2
Short Peak Cones	Sprint & Touch Each Cone	X 2
N-Drill	Sprint, Back Pedal	X 2
N-Drill	Slide	X 2
N-Drill	Sprint & Touch Each Cone	X 2

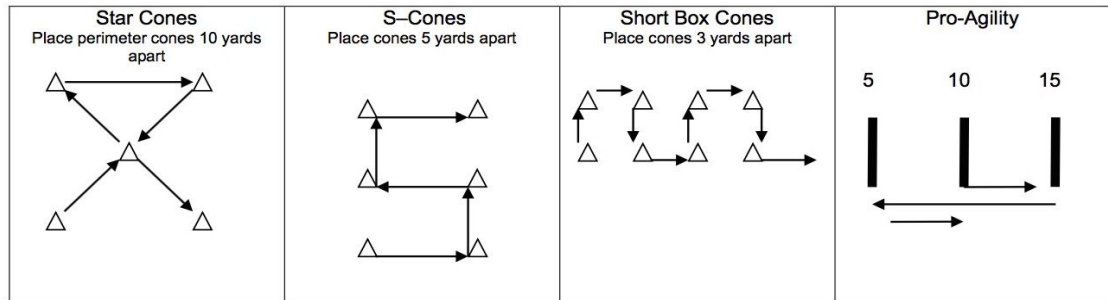
Workout 2



Workout

Small M – Cones	Sprint, Back Peddle	X 2
Small M – Cones	Slide	X 2
Small M – Cones	Sprint & Touch Each Cone	X 2
V-Cones (Left)	Sprint, Back Pedal, Sprint, Back Pedal	X 2
V-Cones (Right)	Sprint, Back Pedal, Sprint, Back Pedal	X 2
V-Cones (Left)	Slide Left, Sprint, Slide Left, Sprint	X 2
V-Cones (Right)	Slide Right, Sprint, Slide Right, Sprint	X 2
V-Cones	Sprint & Touch Each Cone	X 2
Short Cones	Sprint, Back Peddle	X 2
Short Cones	Slide Right, Slide Left	X 2
Short Cones	Slide Left, Slide Right	X 2
Short Cones	Sprint & Touch Each Cone	X 2
60 yard shuttle	Sprint All Directions	X 2
60 yard shuttle	Sprint, Back Pedal	X 2

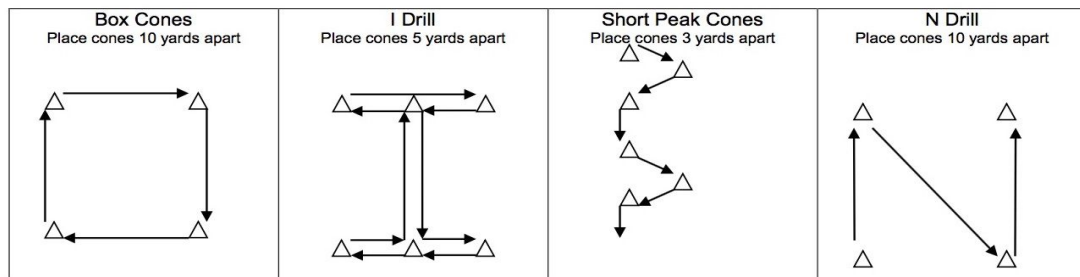
Workout 3



Workout

Star Cones	Sprint, Back Peddle	X 2
Star Cones	Slide	X 4
Star Cones	Sprint & Touch Each Cone	X 2
S-Cones	Sprint	X 2
S-Cones	Slide	X 2
S-Cones	Sprint, Slide, Back Pedal, Slide, Sprint	X 2
Short Box Cones	Sprint, Slide, Back Peddle, Slide	X 2
Short Box Cones	Slide Left, Sprint, Slide Right, Sprint	X 2
Short Box Cones	Slide Left, Slide Right	X 2
Short Box Cones	Sprint & Touch Each Cone	X 2
Pro-Agility	Sprint All Directions	X 2
Pro-Agility	Sprint, Back Pedal	X 2
Pro-Agility	Slide All Directions	X 2

Workout 4



Workout

Box Cones	Sprint, Slide, Back Peddle, Slide	X 2
Box Cones	Slide Left, Slide Right	X 2
Box Cones	Sprint & Touch Each Cone	X 2
I-Drill	Slide, Slide, Sprint, Slide, Slide, Slide, Sprint, Slide, Slide	X 2
I-Drill	Sprint, Sprint, Slide, Sprint, Sprint, Sprint, Slide, Sprint, Sprint	X 2
I-Drill	Sprint & Touch Each Cone	X 2
Short Peak Cones	Sprint, Back Peddle, Slide	X 2
Short Peak Cones	Back Peddle, Sprint, Slide	X 2
Short Peak Cones	Slide Left, Slide Right, Sprint	X 2
Short Peak Cones	Slide Right, Slide Left, Sprint	X 2
Short Peak Cones	Sprint & Touch Each Cone	X 2
N-Drill	Sprint, Back Pedal	X 2
N-Drill	Slide	X 2
N-Drill	Sprint & Touch Each Cone	X 2

Conditioning Workouts

Option 1: Fartlek Program

Week 1

-Light jog for 2.5 minutes to warm up
- Sprint for 30 seconds
-Jog for 90 seconds
REPEAT FOR 20 MINUTES
-Light jog for 2.5 minutes to cool down
Total=25 minutes

Week 2

-Light jog for 2.5 minutes to warm up
-Sprint for 1 minute
-Jog for 1 minute
REPEAT TWICE
-Sprint for 2 minutes
-Jog for 2 minutes
REPEAT TWICE
-Sprint for 1 minute
-Jog for 2 minutes
REPEAT THREE TIMES
-Jog for 2.5 minutes to cool down
Total=25 minutes

Week 3

-Jog for 2.5 minutes to warm up
-Sprint for 2 minutes
-Jog for 2 minutes
REPEAT TWICE
-Sprint for 1 minute
-Jog for 1 minute
REPEAT 6 TIMES
-Sprint for 2 minutes
-Jog for 2 minutes
REPEAT TWICE
-Jog for 2.5 minutes to cool down
Total=32 minutes

Week 4

-Light jog for 3 minutes to warm up
-Sprint for 1 minute
-Fast jog for 1 minute
-Sprint for 1 minute
-Fast jog for 1 minute
-Sprint for 1 minute
-Light jog for 3 minutes
REPEAT 4 TIMES
Total= 35 minutes

Week 5

-Light jog for 2.5 minutes to warm up
-Sprint for 1.5 minutes
-Fast jog for 1.5 minutes
-Sprint for 1.5 minutes
-Fast jog for 1.5 minutes
-Sprint for 1.5 minutes
-Light jog for 3 minutes
REPEAT 4 TIMES
Total= 45 minutes

Option 2: Rowing

- 1) 5x300m Interval
 - I. Rest: Start at 120 Seconds & decrease each week
 - I. Ex: Wk1 120 Seconds Wk2 90 Seconds etc...
 - II. Fastest time to 300 for each rep
- 2) 500 – 400 – 300 – 200 – 100 Descending Ladder
 - I. Fastest time for each step
 - II. Rest 60 Seconds
 - III. Improve time each week
- 3) 2x1000m
 - I. 1:2 Work:Rest
 - II. Improve time each week

Option 3: The River

Reps	Time	Rest
5	65 seconds	60 seconds
4	52 seconds	60 seconds
3	39 seconds	60 seconds
2	26 seconds	60 seconds
1	12 seconds	2 minutes
5	65 seconds	60 seconds
4	52 seconds	60 seconds
3	39 seconds	60 seconds
2	26 seconds	60 seconds

25 yards down and back = 1 rep

Option 4: Shuttle Test

25 yard distance (50 yard run = up and back)

Distance	Times	Rest
2x50	9 seconds	10 seconds
100	20 seconds	40 seconds
150	31 seconds	1 minute
200	45 seconds	1.5 minutes
250	57 seconds	2 minutes
200	45 seconds	1.5 minutes
150	32 seconds	1 minute
100	21 seconds	40 seconds
2x50	10 seconds	10 seconds

Option 5: Ladder Run (On a track)

Sprint	Jog
¼ Lap	¼ Lap
½ Lap	½ Lap
¾ Lap	¾ Lap
1 Lap	1 Lap
¾ Lap	¾ Lap
½ Lap	½ Lap
¼ Lap	¼ Lap
Repeat Twice	

Bodyweight Workouts

Use these as a finisher or when you don't have access to a weight room

WOD #1

Five rounds of the following:

- 20 Squats
- 20 Alt. Lunges
- 20 Alt. Step Ups (Use a chair)
- 10 Jump Squats

WOD #2

Three rounds for time of the following:

- 20 Walking bodyweight lunges
- 10 Burpees
- 20 Push-ups

WOD #3

“Annie”

- Double-Unders (jump rope)
- Sit-ups
- 50-40-30-20-10 Rep Rounds for Time

WOD #4

Twenty minutes AMRAP (as many rounds as possible) or every minute on the minute perform 1 round for 20-30 straight minutes.

- 5 Pushups
- 10 Sit-ups
- 15 Bodyweight Squats

WOD #5

“Murph” – You can complete this workout in sets or partition it as you like, but you do need to start with the 1 mile run and then end with a 1 mile run.

- Run 1 Mile
- 100 Pull Ups (if you don't have a pull up bar then substitute this for sit ups)
- 200 Push Ups
- 300 Squats
- Run 1 Mile

WOD #6

“Invisible Fran”

21-15-9 for time x3.

Perform 21 squats & push-ups then 15 of each then 9 of each. This = 1 round.

- Air Squats
- Push-ups

WOD #7

4 Rounds for Time

- 20 Jumping jacks
- 20 Burpees
- 20 Squats

WOD #8

- 100 Burpees for time

WOD #9

Two rounds for time of the following:

- 30 Double Unders (jump rope)
- 30 Walking lunges
- 30 Push-ups
- 30 Air squats
- 30 Sit-ups
- 10 Burpees

WOD #10

“Susan”

5 rounds for time

- Run 200m
- 10 Squats
- 10 Push-ups

WOD #11

Five rounds for time of the following:

- 100 Jump rope single-unders
- 50 Air Squats

WOD #12

- Run 1 Mile. Perform 30 Lunges every 60 seconds.

WOD #13

6 Rounds for time of the following:

- 10 Squats
- 10 Push Ups
- 10 Sit-Ups

WOD #14

10-9-8-7-6-5-4-3-2-1 rep rounds for time of the following:

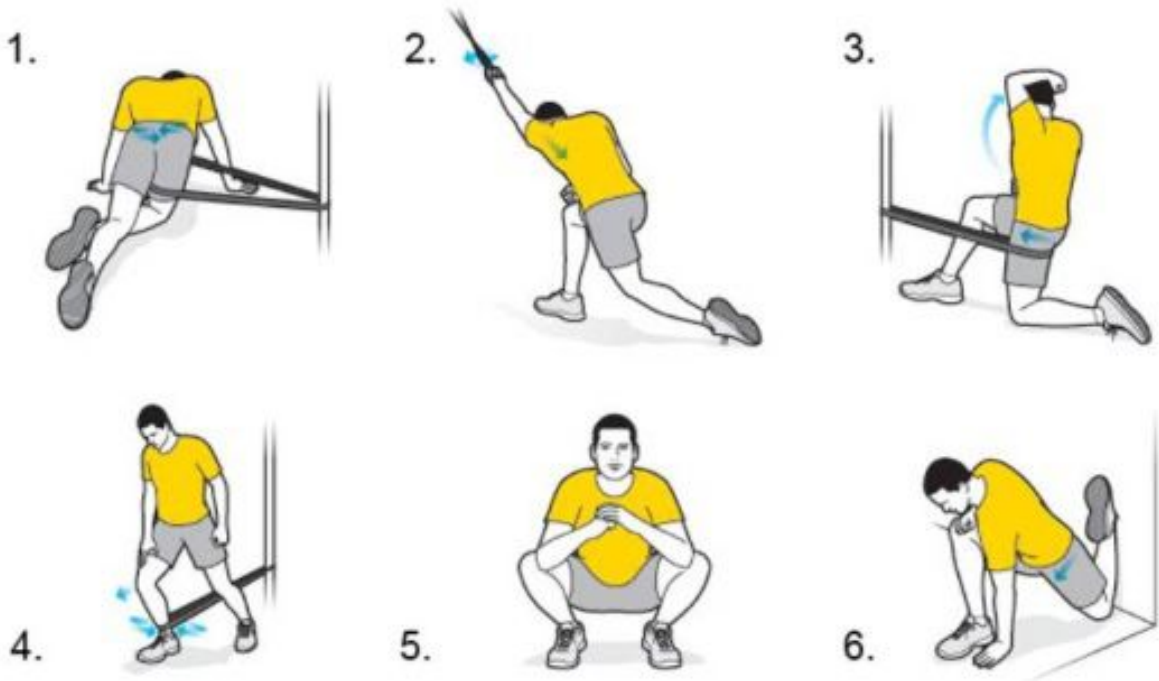
- Burpees
- Sit-ups

WOD #15

Ten rounds for time of the following:

- 10 Pushups
- 10 Squats
- 10 Tuck Jumps

Mobility Section



Stretch	Time	Notes
1. Figure 4 Glute	1 minute per leg	Perform like in picture and with banded legs foot up by chest.
2. Lat	90 seconds of scouring per arm	Band goes around wrist not held in hand. Sink down and back and twist/move around. Hunt for tight spots.
3. Hip Flexor/Quad	1 minute with foot down and additional 30 seconds w/ heel to butt.	Shift right, left, forward and backward. Avoid extending at low back. Also pull foot of knee down side towards butt for quad stretch.
4. Calf/Ankle	1 minute per leg	Drive knee forward and slightly out and in. You can also place toes/ball of foot on slightly elevated object like a bumper plate for deeper stretch.
5. Deep Squat	2-3 minutes	Sit ass to grass with feet flat. Can shift/move around slightly to find tight spots.
6. Couch Stretch	1 minute per leg	Can perform against a wall, on a couch or with a bench.
Perform 2-3 times per week. This routine can be done without a band in your living room if needed so your excuse is invalid.		

Nutrition Section

The body cannot survive; much less perform physical work, without energy. This energy is provided in the form of adenosine triphosphate (ATP). ATP is produced by the body from the foods it consumes. ATP is utilized aerobically (with oxygen) and anaerobically (without oxygen).

The chemical reactions that transform energy in the cells of the body are collectively known as metabolism. It has been estimated that if you could put all the ATP of the body into a glass, that glass might be between a shot glass and small juice glass. With such a small amount of ATP at any time, the body must continually produce ATP. For our purposes, metabolism is to supply the energy needed to carry out the mechanical work of muscular contraction across the intensity spectrum.

Lets Find Out How Much You Should Be Eating

Step 1: Find your weight in kilograms

- Get your weight in pounds
- Divide by 2.2
- Round to the nearest 10 to get your weight in kilograms

Example: $198 \text{ pounds} / 2.2 = 90\text{kg}$

Step 2: Find your height in centimeters

- Find your height in inches
- Multiply by 2.54 to get your height in centimeters

Example: $72 \text{ inches} \times 2.54 = 182.88 \text{ cm}$

Step 3: Find your Resting Energy Expenditure (REE)

Your REE is the amount of calories you burn if you lie motionless in bed all day.

- Male: $66 + (13.7 \times \text{kg}) + (5.0 \times \text{cm}) - (6.8 \times \text{age in years}) = \text{REE calories}$
- Female: $655 + (9.6 \times \text{kg}) + (1.85 \times \text{cm}) - (4.7 \times \text{age in years}) = \text{REE calories}$

Example: $66 + (13.7 \times 90\text{kg}) + (5.0 \times 182.88\text{cm}) - (6.8 \times 18) = 2,091 \text{ Calories}$

Step 4: Find how many calories you need per day

- REE calories $\times 1.6 =$ low range of calories
- REE calories $\times 2.4 =$ high range of calories

Example:

- $2,091 \text{ Calories} \times 1.6 = 3,346$
- $2,091 \text{ Calories} \times 2.4 = 5,018$

Step 5: Calculate how many carbs you need

Carbs should comprise about 50% of your total caloric intake.

- Multiply your daily calories by .5 to determine many carb calories you must eat
- Divide this number by 4 to find how many grams of carbs you must eat

Example: $(3,346 \times .5)/4 = 418 \text{ grams of carbs}$

Step 6: Calculate how much fat you need

Fat should comprise about 20% of your total caloric intake.

- Multiply your daily calories by .2 to determine how many fat calories you must eat
- Divide this number by 9 to find how many grams of fat you must eat

Example: $(3,346 \times .2)/9 = 74$ grams of fat

Step 7: Calculate how much protein you need

Protein should comprise about 30 percent of your total caloric intake.

- Multiply your daily calories by .3 to determine how many protein calories you must eat
- Divide this number by 4 to find how many grams of protein you must eat

Example: $(3,346 \times .3)/4 = 251$ grams of protein

Step 8: Establish healthy eating habits

- Eat six times a day: three main meals and three small meals/snacks
- All meals should have a carbohydrate source from a fruit or vegetable
- All meals should have a protein source
- Drink water throughout the day, and avoid sodas and sugary beverages
- Always have breakfast to give your body the fuel it needs for the day
- Eat a small meal or snack 30-60 minutes before practice and workouts—e.g., almonds and fruit or a peanut butter and jelly sandwich
- Eat a meal or drink a protein shake 30 minute after a workout, practice or game
- Consume lean sources of protein, like fish, chicken, turkey, beef, nuts and dairy products
- Eat whole grain wheat breads instead of white breads
- Avoid fried foods
- Avoid eating right before bed. If you do, stick with something light, like a protein shake, grilled chicken or egg whites
- **DON'T SKIP MEALS**
 - It is important to maintain food intake at a constant level throughout the day. The weight regulating mechanism in your body is called the "Set Point". It can be compared to the thermostat in a home. Skipping meals to lose weight is counter-productive. The body protects itself from starvation by lowering the "Set Point" or slowing down its metabolism. Therefore, if you are trying to lose weight you should eat 4-5 meals a day. However, keep your portions small. This will increase your metabolism or elevate your "Set Point". If you are trying to gain weight you must eat at least 4 to 5 meals plus 2 to 3 snacks a day. You must increase your caloric intake.

READ THE LABELS

Carbohydrates and Proteins are 4 calories per/gram, whereas fats are 9 calories per/gram. Therefore, if a food label reads: Calories per serving...140

18 grams	Carbohydrates (18 g X 4)	=	72 cal. from carbohydrates
7 grams	Fats (7 g X 9)	=	63 cal. from fat
3 grams	Proteins (3 g X 4)	=	<u>12 cal. from protein</u>
			147 cal total

Nutrition Facts			
Serving Size	25 crackers (30g)		
Servings Per Container	about 8		
Amount Per Serving			
Calories 140	Calories from Fat 60		
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1.5g			8%
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 5g			
Cholesterol 0mg			0%
Sodium 310mg			13%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			12%
Sugars 2g			
Protein 3g			
Vitamin A 10%	•	Vitamin C 4%	
Calcium 0%	•	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

<----- Always check the serving size

<----- The lower the better

<----- The lower the better

<----- The lower the better

<----- The lower the better

<----- The higher the better

<----- The higher the better

<----- The higher the better

<----- The higher the better (everything in this section)

This item is comprised of 43% fat, 49% carbohydrate, and 8% protein. This product does not follow the guidelines for a well-balanced diet. Therefore, be careful when making food selections. Just because something is low in calories doesn't mean it is also low in fat. Lowering your fat intake is the number one ingredient for weight loss and living healthier lives.

Ingredient labels are listed on a product by weight, from most to least. While ingredient labels do not show the exact amount, they do give you the relative amount of each ingredient. Reading ingredient labels can help you choose foods that are lower in sugars, fats and salts. This can be an essential part of an athletes conditioning program.

HOW TO READ FOOD LABELS

Once you know what to look for on a label you can check out which foods offer the best nutritional value, and falls under the guidelines of a specific diet.

LOOK OUT FOR THE FOLLOWING

- **Name.** This cannot be misleading. For example, strawberry yogurt must contain real strawberries, or else it can only be called strawberry-flavored yogurt. Check the ingredients label to be sure.
- **List of ingredients.** Ingredients are listed in order of weight with the largest amount first.
- **Datemark.** Must appear on the product. "Use by," means that product must be used before that date and should not be on sale after that date. "Best before" means that the product is safe after that date, but the food may no longer be at its best.
- **Nutrition Information.** You can check out the energy (calorie), protein, carbohydrate or fat content. Nutritional labeling is not required unless products make a nutritional claim such as "low in fat" where nutrition information must then be shown to back up the claim. Some manufacturers compare amounts to the recommended daily allowance (RDA). It is best to use the label as a guide while basing your food choices on the food Pyramid guidelines.
- **Serving size.** The serving size of a packaged product is measured in pieces, percentage of the package or cups, and the metric equivalent-usually in grams. This is important because if the product is small like a cookie or pastry, you can see the size of the portion before you eat it. If the product is measured in cups, a percentage of the package, or just grams, it is not easy to determine how big a portion will be. For liquid products, teaspoons, tablespoons, fl oz (fluid ounces) and the metric equivalent, usually ml (milliliters) are used. You should become familiar with the size of each serving you are consuming. When reading or comparing labels, pay very close attention to the size of the serving size, because **the serving size of some products may be small to make the product more attractive.**

- **Serving per container.** The serving per container information will tell you how many servings are in the container or package. To get a better picture of a portion, try multiplying the serving size by the number of servings per container. For example, if a bag of chips contains 10 servings, and you eat ½ the bag, you must multiply all the nutrients (fat, sodium, etc.) and calories by 5 to get an accurate count of how much you have eaten.
- **Amount per serving.** This section contains the amount of calories for each serving of the product and amount of those calories that come from fat. If you are counting the number of calories you are eating in a day, you must add the amount on the left side of the label to the total number (calories) by the number of servings you ate, then add it to your total calories you ate that day.
- **“Calories from Fat”.** Indicates how many calories in each serving come from fat. Percentage of fat from calories should be around 30% for the average individual, however **20% would be a better amount if there is concern about being overweight.** To figure this out multiply the “calories from fat” number by 5 for (20%) or by 4 for (25%). If the number you get is more than the number of calories on the left side of the “Nutrition Facts” label, this product contains more fat than you need. If the number you get is less than the calories, that product contains a healthy amount of fat per serving. * **The closer the number of “calories from fat” is to the actual “calorie”, the more fat that food contains.** Example: In a can of Chef Boyardee Spaghetti and meatballs there are 270 total calories, and the “calories from fat” are 100. To find out if this is greater or less than 20% you would take 5 and multiply it by 100, which would equal 500. The number 500 is greater than the total calories, which are 270. From this we can determine that this product is too high in fat for a person who’s diet is consisting of only 20% of fat.

HYDRATION

Water is the most critical nutrient for growth, development, and overall health. It is the most abundant nutrient in your body, and is the medium through which all energy reactions take place. Water is needed for digestion, absorption, circulation, excretion, maintenance of body temperature, and functioning of every living cell. About 60% of the body’s weight is water, and muscle is comprised of over 70% water! Sweating from workouts causes dehydration and a loss of total body water. Adequate water intake is essential to ensure transport of vitamins, minerals, and carbohydrates to the muscles. Drink a minimum of 4 cups a day for every 1000 calories you expend. Instead of counting cups, drink fluids at each meal and monitor your urine output. If your urine is light in color, and you are going to the bathroom every 2 to 4 hours, you are probably drinking enough

Approximately 2 hours prior to an intense workout or competition, at least 2 cups (16 oz.) of fluid should be gradually ingested. During activity, 8 ounces of cool (50-59 degrees F) fluids should be ingested every 15 to 20 minutes. Water is fine, but for intense exercise

lasting longer than one hour, a sports drink may be a better choice. Upon cessation of exercise, 20-24 ounces of fluid should be ingested for every pound of body weight lost.

Monitor yourself for early signs of dehydration:

- **As little as 3% dehydration will decrease performance!**
- Urine should be light colored with little odor. If it is a golden color and has a strong odor, you are dehydrated.
- Sore throat, dry cough, and a hoarse voice are all additional signs of dehydration. (Nancy Clark's Sports Nutrition Guidebook)

SAFETY PRECAUTIONS FOR SUMMER TRAINING

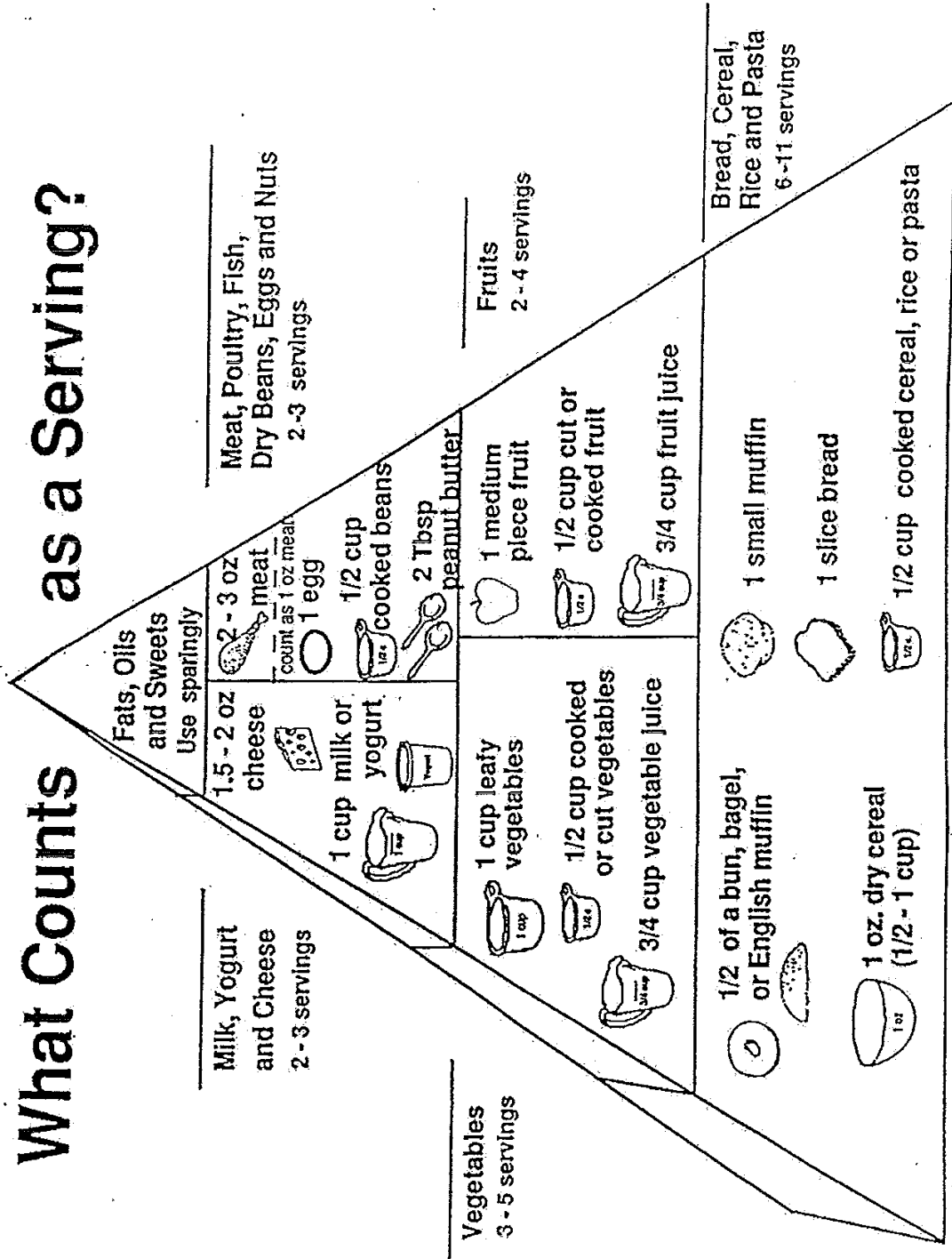
- Perform warm-up and cool-down activities in the shade whenever possible to prevent sudden, excessive rises in body temperature.
- Wear loose-fitting, light-colored clothing when possible
- Adjust the intensity and/or the duration of the workout session in accordance with the environmental conditions.
- Exercise in the morning or evening hours to avoid extreme temperatures.

Be aware of the signs and symptoms of heat illness including: headache, nausea, dizziness, rapid pulse, muscle cramps, disorientation, and red, hot, dry skin.

An athlete with any of these symptoms should cease activity, go to a cool, shady area, and either sit or lie down in a supine position with feet slightly elevated. Gradually sip on cool liquids and **never** resume activity until all of the symptoms have passed and qualified medical clearance has been granted.

What Counts

as a Serving?



HEALTHY FOOD CHOICES

The U.S. Department of Agriculture Food Guide Pyramid of daily dietary recommendations divides food into six groups. At the top of the pyramid are foods you should eat only sparingly. As the pyramid gets wider toward the bottom, the suggested number of servings increases. As you go up, it DOES NOT mean the foods are more important or somehow better. Being higher on the pyramid simply means you should eat less of that type of food each day. Different foods within the lower five food groups have varying combinations of nutrients, so be sure to choose food combinations that utilize more than one group.

Bread, Cereal, Rice, & Pasta Group: 6 to 11 Servings

The Bread, Cereal, Rice, and Pasta group is at the base of the pyramid, demonstrating that the majority of the daily recommended allowance for foods should be chosen from this section. These foods are high in complex carbohydrates, which are the body's favorite fuel. After carbohydrates are digested, energy in the form of glucose is circulated in the blood. The liver and muscles also store glucose for later use during physical activity. This food group also provides other important nutrients such as vitamin B-complex (folate), which helps your body form DNA/RNA and red blood cells and aids the body in using proteins. Whole grains add necessary bulk to the digestive tract to aid in elimination of wastes.

Choose Often

- Bread, Bagels, Pita, Muffins, Biscuits or Rolls w/ < 2g of Fat
- Cold Cereals w/ <2g of Fat
- Hot Cereals
- Corn Tortillas
- Air Popcorn
- Unbuttered, Pretzels, Rice Cakes
- Pasta, Rice, Barley
- Crackers w/ <1g of Fat

Choose Sometimes

- Flour Tortillas
- Egg Noodles
- Crackers >2g Fat
- Cold Cereals High In Sugar
- Egg Breads, Pancakes, Waffles Muffins, Biscuits, Rolls w/ 2-5g of Fat

Choose Rarely

- Croissants, Muffins, Biscuits w/ >5g of Fat
- Oil-Popped and Buttered Popcorn
- Crackers >3g Fat (Ritz)

Vegetable Group: 3 to 5 Servings

Vegetables provide many of the vitamins and minerals we need to release energy from proteins, carbohydrates, and fats, plus build strong bodies, regulate heartbeat, and pass messages along the nerves. They also contain substances called antioxidants and phytochemicals that fight illness and disease. Since vegetables contain many different vitamins and minerals, it is important to have a variety of them in your diet. Vegetables provide fiber to aid in elimination of body wastes. Be sure to scrub vegetables before cooking. Ideally, vegetables should be steamed, microwaved, or eaten raw, but the occasional stir-frying is acceptable. Boiling vegetables is OK, but some of the vitamins and minerals will end up in the cooking water.

Choose Often

- Fresh Vegetables

Choose Sometimes

- Frozen w/o Sauce

Choose Rarely

- Canned Vegetables
- Frozen in Sauce/Juice

Fruit Group: 2 to 4 Servings

Fruits are especially good sources of important vitamins like A and C. Vitamin A is important for healthy eyes, skin, and hair. Vitamin C helps your body absorb calcium and phosphorus and use them for healthy bones and teeth, along with muscle and nerve functions. Fruits also provide B vitamins, which help your body form DNA/RNA and red blood cells and aid the body in using proteins. This food group also adds minerals such as potassium (to keep cells healthy) and roughage for proper elimination of wastes from the body. Be sure to scrub fruits before eating. It is best to eat fruits raw. Avoid peeling or slicing fruits until just before use.

Choose Often

- All Fresh Fruit

Choose Sometimes

- Dried Fruit
- Fruit Juices

Choose Rarely

- Avocado
- Olives

Milk Yogurt, & Cheese Group: 2 to 3 servings

This food group is an important source of vitamin A, vitamin D, and protein. Vitamin A is important for healthy eyes, skin, and hair. Vitamin D helps your body absorb calcium and phosphorus and use them for healthy bones and teeth, along with muscle and nerve functions. Protein in the body is made from the building blocks called amino acids. Protein's main functions are to repair and maintain body tissues, produce hemoglobin to carry oxygen to the cells, and produce antibodies, enzymes, and hormones. Some of the amino acids in protein are produced by the body; others must be obtained in the diet. Excess protein is burned for energy or stored as fat and glycogen in the body.

Choose Often

- 1% Lowfat or Skim Milk
- 1% Lowfat Yogurt
- Cheeses w/ 2 or Fewer Grams of Fat/Oz.
- Frozen Dairy Desserts W/ 2g of Fat or Less/½ Cup

Choose Sometimes

- 2% Lowfat Milk
- 1% Lowfat Yogurt
- Cheeses With 3-5g of Fat/Oz.
- Frozen Dairy Desserts With 3-5g of Fat/½ Cup

Choose Rarely

- Whole Milk
- Regular Yogurt
- Cheeses With More Than 5g of Fat/Oz.
- Ice Cream or Frozen Desserts With 5g of Fat or More

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group: 2 to 3 Servings

Protein, an important part of your diet, can be found in this food group. Protein in the body is made from the building blocks called amino acids. Protein's main functions are to repair and maintain body tissues, produce hemoglobin to carry oxygen to the cells, and produce antibodies, enzymes, and hormones. The body produces some of the amino acids in protein, while others must be obtained in the diet. Foods in this group also provide the B-complex vitamins, which helps your body form DNA/RNA and red blood cells and aids the body in using proteins. Calcium and iron help build strong bones and teeth and support muscle and nerve functions.

Choose Often

- Beef: Top Round
- Beef: Eye Of Round
- Pork: Tenderloin
- Chicken Breast w/o Skin
- Egg Whites
- All Dried Beans, Peas
- Canned Fish Packed In Water

Choose Sometimes

- Beef: Bottom
- Beef: Sirloin
- Beef: Pot Roast
- Beef: Tenderloin
- Beef: T-Bone
- Beef: Flank
- Pork: Sirloin Chop
- Pork: Center Loin
- Pork: Rib Chop
- Canadian Bacon
- Chicken Breast
- Turkey Breast
- Egg Substitutes
- Soybeans, Tofu

Choose Rarely

- Beef: Porterhouse
- Beef: Liver
- Corn Beef
- Hot Dogs
- Salami, Bologna
- Bacon, Sausage
- Fried Chicken
- Whole Eggs
- Nuts, Peanuts
- Canned Fish in Oil

Fats, Oils, and Sweets Group: Use sparingly

Fats and oils are essential nutrients to maintain body function but should be used sparingly. Fats help the body absorb vitamins A, D, E, K, and beta-carotene. They help slow sugar's release into the bloodstream and are important for the formation of cell membranes. Aim for fat intake of 25 percent or less of total daily food intake. Saturated fats (butter, beef fat) should be limited to 10 percent or less of the fat total. Unsaturated fats (safflower and corn oil) and monounsaturated fats (olive and canola oil) are healthier choices. Fats shouldn't be restricted in children under age two. The developing brain and other organs of the young child need a certain amount of fat for proper development. Sugars, which are simple carbohydrates, are easy to digest and are quickly absorbed into the bloodstream where they provide quick energy. Sugars provide no nutritive value and are often accompanied by fats, so eat them sparingly.

Weight Gain Self-Test

*Courtesy of Dan Riley, Houston Texans

**Before you ask about “supplements”,
be sure you are disciplined enough to do the basics.**

Some players have a difficult time gaining and/or maintaining weight, especially during the season. Others complain of fatigue and a lack of energy. These may be signs of inadequate caloric intake, and/or low carbohydrate consumption.

The active athlete requires a significant number of calories. The key is to make sure you are eating enough calories to generate maximum gains in strength, and recover completely from exercise, practice, and games. To reach your full potential physically you must develop a disciplined approach to eating and sleeping. How disciplined are you?

DO YOU...

- Eat breakfast seven days a week?
- Consume at least ¼ of your daily caloric requirements at breakfast?
- Eat at least three meals a day at approximately the same time?
- Consume a nutritious snack at mid-morning and mid afternoon?
- Eat three to five pieces of fruit a day?
- Eat at least one vegetable a day?
- Consume 60% of your calories from carbohydrates?
- Consume only 25% of your calories from fat?
- Eat from all five food groups?
- Consume 20 to 30 grams of fiber a day?
- Consume your necessary daily caloric intake before the day is over on game day?
- Consume 300 grams complex carbohydrates immediately after a game or practice to expedite the recovery process?
- Eat a post-game or a post-practice meal high in carbohydrates (and calories if necessary)?
- Eat enough calories every day during the season or during heavy workout periods to maintain your bodyweight?
- Drink at least 8 (8 ounce) glasses of water/day?
- Go to bed about the same time each night?
- Wake up at approximately the same time each morning?
- Avoid the habit of sleeping in?

If you cannot answer yes to all of the above you will make it more difficult to maintain or increase your bodyweight.

Be a calorie counter.

Formula to gain 1 pound/week is your bodyweight times 20 = your daily caloric needs.
Example : 250 lbs. x 20 = 5,000 calories per day. And of those 5,000 calories per day, 60% should be carbohydrates, 25% should be fats, and 15% should be proteins.

Pre-Competition/Training Eating Schedule

<u>Competition/Training Time</u>	<u>Time to Eat</u>	<u>Calorie Intake</u>
6:00am	5:30am	75-100 calories
8:00am	6:30am	100-400 calories
9:00am	7:00am	400-800 calories
10:00am	7:00am	800-1200 calories
12:00pm	8:00am 10:00am	800-1200 calories 100-300 calories
3:00pm	9:00am 12:00pm	800-1200 calories 600-800 calories
7:00pm	9:00am 1:00pm 4:00pm	800-1200 calories 800-1200 calories 400-800 calories

NOTE: These are just ideas and suggestions. Nothing is set in stone, and some athletes will perform better with certain foods than others. There is not a particular food that will guarantee peak performance. Your best option is to consume a combination of nutrient dense foods and beverages. These include starches, fruit, vegetables, low fat dairy, lean meats, fish, poultry, and water. The pre-competition/training meal should be made up of 60-70% nutrient dense carbohydrates. The remaining 30-40% should be protein and fat. Avoid simple sugars at this time. It will cause a high increase in blood sugar (sugar rush) followed by a dramatic drop which will leave you with a lack of needed energy. Avoid training/playing on a full stomach. The earlier you eat before the event, the more you can afford to eat. As always be sure to drink plenty of water.

Post-competition Nutrition

Treat your post-game day meal just like you would a post workout. Your body needs rest and recovery as well as key nutrients to recover from training, practice, and games. During periods of hard training and during the season there is little time to recover. This is where proper nutrition can come into play. Through eating the right kinds of food, you can speed up the recovery process and repair any muscle tissue damage.

The most important nutrient to replace is WATER. Intense training and competition in hot, humid conditions can cause large amounts of fluid loss. For every pound lost during training, practice, etc. drink at least 16-24 ounces of water. This is also the time recommended to use a good quality sports drink. A good sports drink will help replenish electrolytes and carbohydrates needed to reabsorb water, sodium, and potassium.

Carbohydrate intake is also very important after competition. When you ingest carbohydrates during this time, your recovery time will be shorter and more complete. The timing of carbohydrate intake is very important. Try to consume .5 grams of carbohydrate per pound of

body weight within 1 hour after training or competition. Again, using the example of a 200 lb. basketball player: $200\text{lb.} \times .5\text{grams} = 100\text{ grams}$ of carbohydrate. A 16oz. glass of orange juice contains 50 grams; 1 banana contains 50 grams; 2 cups of pasta has 80 grams; and an 8" hoagie roll has 60 grams.

Protein intake is also important at this time. Protein is the building block in muscle tissue. Try to consume .5 to 1.0 grams of protein per pound of body weight after training and competition. During intense training/competition, muscle tissue is broken down and damaged. Protein will aid in the recovery of such damage.

Fats should be kept at a minimum in the post training/competition meal or snack due to the fact that fat tends to slow down the absorption of carbohydrates and proteins.

CARBOHYDRATES: Primary source of fuel for the body.

PROTEINS: Primarily responsible for muscle tissue growth/repair.

FATS: Secondary source of fuel, protection for internal organs, and assists in protein breakdown.