



RSMS Summer Football Workout

Preparing to compete in football is a full time responsibility for any age player. Football is an opportunity for young athletes to challenge themselves physically. Preparation to play and compete begins in the off season and carries into the football season. Here are a few ideas you may want to work on over the summer months to prepare for the upcoming football season. Always incorporate general static stretching exercises and form running techniques prior to any workout.

- **RUNNING** – Longer distances (1/2 to 1 mile) builds endurance and cardiovascular health. Try to do a timed 1 mile every other day on our track.
- **SPRINTING** – Shorter bursts build speed and power.
 1. 20 – 30 yard sprint (10 X 30 yard sprints, 6 X 20 yard sprints)
 2. Flat surface, inclined surface, declined surface. Running Hills at Perrine will be part of your sprinting workout.
20 Hills
- **STRENGTH TRAINING** – Build chest, shoulder, back, abdominal, bicep and **LEG** strength.
 1. Push ups – 20 repetitions X 5 sets (Don't Cheat, get off the ground, touch your chest to the grass)
 2. Sit ups / crunches – 25 repetitions each X 5 sets
 3. Pull ups – As many as you can X 4 sets. (Do these at Perrine on the monkey bars)
 4. Lunges- 200 yards worth of lunges on our football field.
 5. Jump Squats- feet shoulder width apart, jump up as high as you can, land in a squat stance. Repeat. 5 sets of 10
 6. Toe raises are also good for strengthening calf muscles to improve speed and jumping ability. Steps in your house or outdoor porch area are ideal for this exercise. Use the railing for balance, place your toes on the edge of the step and raise the heels to at least 45 degrees. 30 Repetitions X 4 sets. Every day.

Please make sure to alternate your workouts. Monday can be your Running Day. Tuesday can be your sprint workout day. Wednesday can be your strength training day. REPEAT

Taking the time to begin your own workout sessions will help enhance your skill level as a football player. Serious athletes workout hard in the off season. Dedication to your workout is mandatory in order for it to work. Motivation is the key to staying dedicated to your workout. The way you stay motivated is thinking about the football season that is coming up soon and how your workouts during the off season will give you an edge over the ones who didn't workout.