

WYOMING FOOTBALL WEIGHT TRAINING PROGRAM

The Wyoming football weight training program is designed to increase the total body strength and power of each athlete. Combined with progressive speed and agility work, jump training drills, specific conditioning, stretching and a sound sports nutrition plan, this program will enable athletes to become stronger, faster, more explosive, play faster longer and reduce the chance of injury.

In order to become stronger and more powerful, each athlete must closely adhere to the training schedule and never miss a day or skip an exercise. One missed workout can be the difference between making or not making a play that can win or lose a game. Weight training is no different than a practice and great focus and intensity must be applied to each drill or exercise.

Benefits of athletic strength training include:

- 1) Increases in total body strength.
- 2) Increases in total body power.
(ability to produce force quickly)
- 3) Increases in muscle mass and decreases in body fat.
- 4) Muscular endurance.
- 5) Improved flexibility and joint range.
- 6) Reduced potential of injury.

WARM UP AND COOL DOWN

Before beginning any workout, athletes must be physically and mentally ready to train. Each workout must begin with a warm-up session. (refer to general warm-up and flexibility section). It is also important to allocate 5-10 minutes after each workout for a proper cool down. Post workout stretching and brisk walking will facilitate the removal of waste products in the muscles and may reduce delayed muscle soreness and improve overall recovery.

REST PERIODS

The program guidelines section highlights the amount of time that should be taken between sets.

Rest periods allow:

- 1) Replenishing of energy stores for next heavy work set.
- 2) Removal of accumulated waste products.

Short periods of rest (10-45 seconds) will result in greater muscular endurance but not muscular strength. Your larger foundation exercises (squatting, power clean, bench press) will generally require 2-3 minutes rest between heavier work sets. Your assistant exercises generally can be performed with 1 - 2 minutes rest between work sets.