



In Season Lifting: Four Rules to Developing Your Program

The best training program in the world is of no value unless you consistently do the program. This theory holds true when it comes to in season lifting. The majority of athletes are their strongest right before the season begins as they are finishing their pre-season lifting program, many athletes however, lose this strength and power once competition starts. There are four guidelines that we use when conditioning with the Cincinnati Bengals that I suggest any dedicated player wanting to maintain their strength follow.

The most important thing to remember with in season lifting is making your lifting program a priority. Making lifting a primary consideration in your day and focusing during your routine is key if you want to maintain your strength.

The second rule to follow is scheduling your lifts before practice. Following practice your body is tired and fatigue has already set in. This lack of energy increases the likelihood of injuring yourself in the weight room and using poor form.

Thirdly, have a strategic plan that includes what days to train and at what intensity. It is important to keep to this schedule to give your body adequate time to rest in between intense days while still keeping your body in the rhythm.

Finally, when developing your in season lifting program, remember to train the same movements in season as you do in the off season.

While working the Bengals during the season, we follow a strict regimen of two days of mandatory lifting. The Bengals train the day after a game by prepping the body through a 20 minute total body warm-up and lifting the lower body. We justify this session to work out any soreness from the previous day's game. During the middle of the week the players then use mornings for a 45 minutes upper body routine.

Follow these guidelines and prioritize your in season lifting to maintain your level of strength and power!

Clif Marshal is Performance Director at Ignition and a strength and conditioning specialist with the Cincinnati Bengals. For more information on Ignition and increasing your performance on the field, visit www.ignitionapg.com!