

Combining the Training Components for Maximal Results

Having the athletic ability and the knowledge of the correct techniques of the skill are two important components for success in an athletic event. The final component that is essential to a good performance is having a proper training program. Without proper training, preparation skill and knowledge of technique will be wasted.

To improve our skill of punting and kicking we have focused on the three training components of weight lifting, punting and kicking and running. Combining these into one program so that each component will benefit and not hinder the gains being sought by the other training component is the most important part of this year-round training.

Figure 2 shows a few simple guidelines that have been followed in combining these three training programs. If you decide to adapt these programs in any way make sure that you adhere to these principles. Otherwise, you may deter instead of promote maximum results from your training. You may continue to make gains but they probably will not be maximal gains. Our goal is to always train to make maximal gains not just gains.

Do not think that weight lifting, punting and kicking and running are too many activities for your body to do. As a growing young man between the ages of 12 - 25 your body has the energy capacity to adequately perform numerous activities in a day when proper training principles are followed. Do not use the excuse that "I do not have enough energy to do the running today so I will just punt and kick and skip the running."

You can train your body to have it perform any way you choose. The only thing you must do is tell it what you want it to do on a consistent basis. Missing a work-out only tells our body not to grow and get prepared itself for the coming work load. This puts you that much farther away from training it to

perform when you want it to. With the ability, knowledge of technique and proper training program your body will not fail you in what you ask it to do. However, your lack of consistent proper preparation and training will cause inconsistency in performance. If you are diligent in your training program time and repetitions will make you better. Laziness and excuses for missing work-outs are the only obstacles you must overcome to be the type of punter or kicker you aspire to be.

Figure 1 presents a Year Round Progression of combining the weight lifting, punting and kicking and running. It depicts the lifting emphasis, number of repetitions for punting and kicking and the running emphasis for each month. Remember the following rule:

“If you fail to plan, then plan to fail.”

And.....

“If you make a plan, then fly the plan.”

Combining the Training Components Overview

<u>Month</u>	<u>Weightlifting</u>	<u>Punting/Kicking</u>	<u>Running</u>
January	M, W, F	T, TH	T
	Strength	25 per workout	Endurance
February	M, W, F	T, TH	T, TH
	Power	25 per workout	Endurance
March	M, W, F	T, TH	T, TH
	Power	25 per workout	Endurance
April 1 - 15	M, W, F	T, TH	T, TH
	Adaptive	35 per workout	Strength
April - May	M, W, F	T, TH	T, TH
	Strength	35 per workout	Strength
June	M, W, F	T, TH	T, TH
	Power	35 per workout	Strength
July - Aug	T, TH	M, W, F	M, W, F
	Pre-Season Program	35 punts/25 kicks	Speed
Aug - Nov	M, W	M, T, W, TH, F	M, T, W (HS) M, T, W, TH (College)
	In-Season Weight Program	Daily Game Week Schedule	Daily In-Season Program
Nov - Dec	M, W, F	No Punting or Kicking	No Running

Figure 1

Combining the Training Components Guidelines

- 1) Stretch thoroughly before each work-out and in between work-outs that are on the same day.
- 2) Adhere strictly to the amount of rest prescribed between consecutive work-outs. Failure to do so will not only affect the latter work-out but raise the risk of injury.

Rest Rate

<u>First Activity</u>	<u>Second Activity</u>	<u>Rest Time</u>
Punting and Kicking	Running	20 minutes
Running	Lifting	15 minutes

- 3) When you are training in two components on the same day use the Order of Events listed below to determine which training component to perform first.

Order of Events

- 1) punting and kicking
- 2) running
- 3) lifting

Figure 2