



Organization is key to any successful athletic program. One way that BFS helps coaches plan their athletes training is with hands-on clinics.

The BFS *Five-Day Workout*

A closer look at the classic BFS off-season and in-season workouts

“Failing to plan is planning to fail,” an expression credited to visionary businessman John L. Beckley, was a motto used by legendary basketball coach John Wooden to lead his UCLA Bruins to 10 national championships. At BFS, we believe that if it’s good enough for Coach Wooden, it’s good enough for us!

One of the reasons for our success over the past 33 years is not that we have any secret exercises – after all, exercises such as power cleans and squats are used

by many strength coaches – but that we teach coaches now to successfully plan their strength and conditioning programs, in-season as well as off-season. We call the BFS workout “The Total Program” because it provides specific guidelines on all aspects of athletic fitness: speed, power, strength, agility, flexibility and muscular endurance. What’s more, it’s easy to implement.

The basic BFS system for off-season training is set up on four-week cycles, each focusing on a different set-rep cycle:

Week 1: 3x3; Week 2: 5x5; Week 3: 5-4-3-2-1; Week 4: 10-8-6 (or 4-4-2 for power cleans and deadlifts). During the week weight training is performed on Monday, Wednesday and Friday; speed, agility and plyometrics are performed on Tuesday and Thursday.

Table 1 shows the general outline of the workout, and Table 2 provides an example of specific lifts and speed, plyometrics and agility drills that can be performed during a five-day, weekly class schedule.

Table 1: BFS Off-Season Program (Outline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint work	Power clean	Sprint work	Parallel squat
Bench variation	Plyometrics	Hex bar deadlift	Plyometrics	Bench press
Auxiliary lifts	BFS Flexibility	Auxiliary lifts	BFS Flexibility	Auxiliary lifts
BFS Flexibility	Agility	BFS Flexibility	Agility	BFS Flexibility
	Sprint technique		Sprint technique	

Table 2: BFS Off-Season Program (Sample Workout)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Speed chute	Power clean	Sprint sled	Parallel squat
Towel bench	Box jumps	Hex bar deadlift	Box jumps	Bench press
Lat pulldown	BFS Flexibility	DB lunge	BFS Flexibility	Lat pulldown
Glute-ham raise	Plyo ramp	Dips	Plyo ramp	Glute-ham raise
SL deadlift	Ladder drills	SL deadlift	Ladder drills	DB lunge
BFS Flexibility	Medicine ball	BFS Flexibility	Medicine ball	Dips
	Sprint technique		Sprint technique	BFS Flexibility

Table 3: BFS In-Season Program (Outline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint work	Power clean	Sprint work	Auxiliary lifts
Bench variation	Plyometrics	Bench variation	Plyometrics	BFS Flexibility
Hex bar deadlift	BFS Flexibility	Squat variation	BFS Flexibility	Agility
Lat pulldown	Agility	DB lunge	Agility	Sprint technique
Neck machine	Sprint technique	Dips	Sprint technique	
BFS Flexibility		BFS Flexibility		

Table 4: BFS In-Season Program (Sample Workout)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Speed chute	Power clean	Sprint sled	Lat pulldown
Bench press	Box jumps	Towel bench	Box jumps	Dips
Hex bar deadlift	BFS Flexibility	Box squat	BFS Flexibility	Neck machine
Lat pulldown	Plyo ramp	Neck machine	Ladder drills	SL deadlift
Dips	Medicine ball	Glute-ham raise	Medicine ball	BFS Flexibility
Glute-ham raise	Sprint technique	SL deadlift	Sprint technique	Plyo ramp
BFS Flexibility		BFS Flexibility		Ladder drills
				Sprint technique


BFS PROGRAM

Athletes on the BFS in-season program perform core lifts only twice a week, which brings up the question “What do you do on the fifth day?” The answer is to perform auxiliary exercises that will not excessively fatigue your athletes, even if they have a game that same day. They would also perform the dot drill, flexibility, agility and sprint technique. The

time also could be used to let the athletes have a free day with some quick games of basketball or dodge ball.

The more you get into the BFS Total Program and start implementing it with your athletes, the more you will discover how much flexibility is built into the workouts.

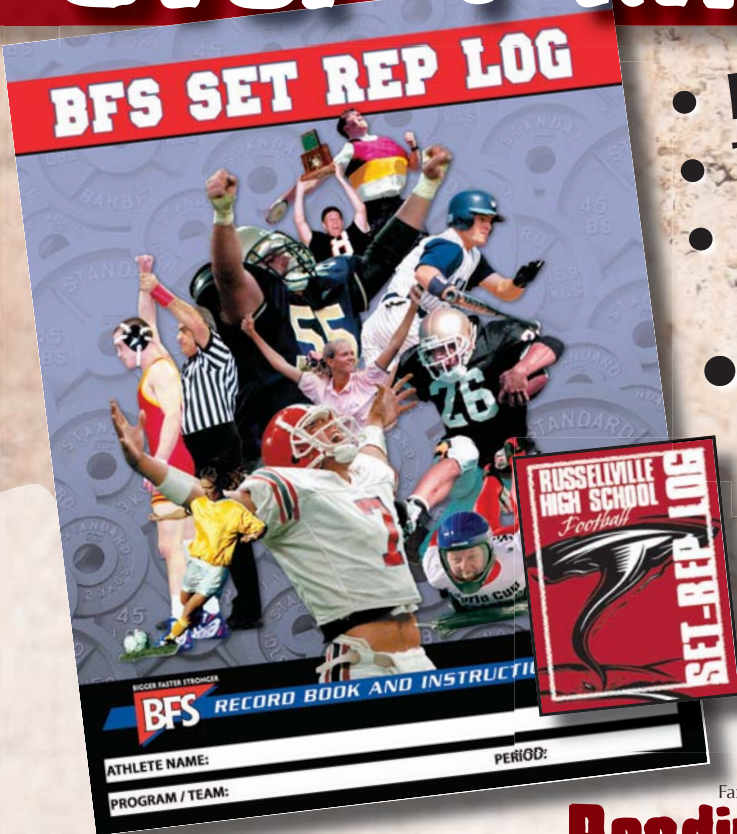
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multimedia tools to help you master the BFS program, depending upon your learning style. We have set-rep logbooks, Beat the Computer software, instructional DVDs, an online learning center, clinics and certifications. And with 32 years of championship success stories, you know you’re using a proven system that will help you win! 

A sound strength and conditioning program, off-season and in-season, is why Logansport High School in Logansport, Indiana, was selected as the 2006 BFS High School of the Year.



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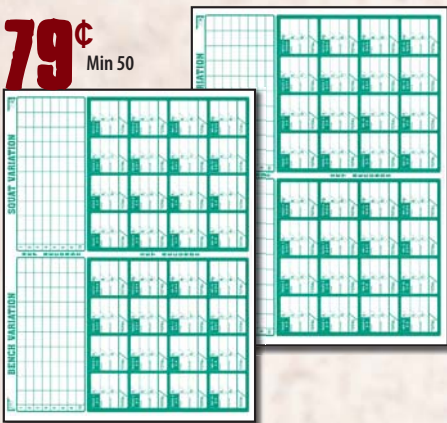
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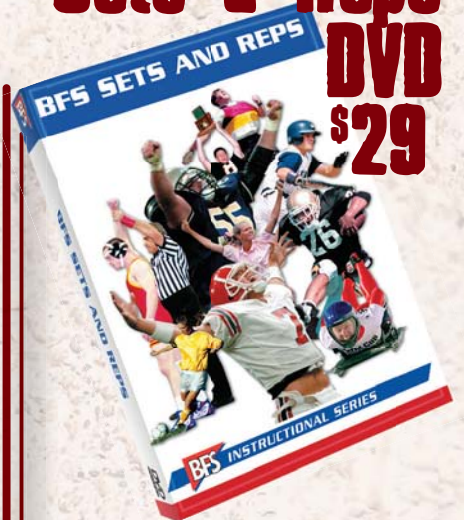
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