

**BIGGER
FASTER
STRONGER**

IN-SEASON TRAINING

**IT'S
PERFECT**

By Dr. Greg Shepard

**OVER 50% OF
HIGH SCHOOL
TRACK ATHLETES
DON'T WEIGHT
TRAIN DURING
THE SEASON!**

**ONLY ABOUT TWO
THIRDS OF
HIGH SCHOOL
FOOTBALL TEAMS
BOTHER TO LIFT
IN-SEASON!**

**SEVENTY-FIVE %
OF HIGH SCHOOL
BASKETBALL
COACHES ARE
AFRAID TO TRAIN
IN-SEASON!**

MOST BASEBALL COACHES WON'T WEIGHT TRAIN ANYTIME!

Another startling fact is with the 3-sport athlete. Less than 10% of these athletes nationwide have the opportunity to train in-season in all these sports. The bottom line is tragic. These athletes can never achieve their potential. This is not perfect.

So what's the problem? Is it a time and facilities problem? Perhaps, but only through misconceptions of in season objectives. The BFS spectacular in-season program only takes two 30-minute workouts per week. I've never had anybody say they couldn't do that. As far as facilities, I say, "If you really believe it's important, you'll find a way."

With the Utah Jazz, we solved the long road trip problem, which sometimes can extend for two weeks. In every NBA city, we located a suitable training facility. A bus picks them up at the hotel and brings them back in one hour.

Many coaches, especially in baseball or basketball, when "weights" are mentioned, think of a bodybuilder doing arm curls. Visions of screwing up touch, timing and making their athletes muscle bound come to mind.

Terms like "Bulking Up" "Pushing Iron" and "Pumping Weights" should never be used with athletes. Preferred terms are "Weight Training" or "Strength and Conditioning." I believe the best term is our BFS concept. To us, it is simply practice.

When we go to the weight room, we go to practice because all athletic phases of athletic training are emphasized, such as agility, flexibility, explosive power, jumping, sprinting etc. In-season training is merely an extension of practice.

It is vital to work primarily on the legs, hips and functional explosive power. We don't want a big arm - we want to win!

At BFS Clinics, an option we give is to talk to all the coaches from all sports. At this one to two hour session, the primary subject is unification of all sports into a single program concept. It is typical for a 3-sport athlete to be subjected to three different philosophies and programs. Many times these athletes are confused or even torn as to who to believe. It is all too common for a coach to bad mouth another coach's philosophy, even though he may be "Old Fashioned." Obviously, this is not a healthy environment.

In our unified program, everyone in every sport, both boys and girls, do the BFS Dot Drill, the BFS 1-2-3-4 Flexibility program and the BFS In-Season program. This is really slick. When the football player goes into basketball and then to baseball, nothing changes. The coaches don't have to waste valuable time teaching those things. It's a beautifully smooth transition. It's perfect!

The athletes use the same Record Cards or Set-Rep Logs. They continue to break at least 8 personal records per week even during the season. One Parallel Squat workout is done along with an additional Squat Variation workout. Benches and a Bench Variation is done in the same manner. Power Cleans and either the Trap Bar or Straight Leg Dead Lifts are also done. Three Core Lifts are done each workout, with each lift taking only about ten minutes for a total of thirty minutes.

We wouldn't think of maintaining. What if the 3-sport athlete did that? We keep breaking all those records month after month during all sport seasons. It's unifying. It's wonderfully effective. It gives athletes the opportunity to reach their potential. It's perfect!



*Utah Jazz Guard Blue Edwards Trains
Twice Per Week During The Hectic 7-
Month NBA Schedule*

