

# STRENGTH & CONDITIONING

## HOW MUCH PROGRESS HAVE WE MADE?

With all of these great "advances?" we should be doing better than ever before....but are we?

**NIKE**  
**NAUTILUS**  
**FREE WEIGHTS**  
**POWERADE**  
**SPORTS NUTRITION**  
**ISOMETRICS**  
**VARIABLE RESISTANCE**  
**HIGH-INTENSITY**  
**SPORTS MASSAGE**  
**HAMMER**  
**SPORTS CLOTHING**  
**OLYMPIC LIFTS**  
**RESEARCH**  
**MACHINES**  
**SIZE**  
**REST - RECOVERY**  
**STRENGTH**  
**PERIODIZATION/CYCLING**  
**EXPLOSIVE POWER**  
**AGILITY - QUICKNESS**  
**PERFORMANCE**

### TAKE THE BFS PROGRESS QUIZ

1. How much progress have we, as coaches made in WHAT we do in strength & conditioning?

	A Little	Some	A Lot
A. In the last 5 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. In the last 10 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. In the last 20 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. In the last 30 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. In the last 40 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How much progress have we made in HOW we do our strength & conditioning Programs?

	A Little	Some	A Lot
A. In the last 5 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. In the last 10 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. In the last 20 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. In the last 30 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. In the last 40 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

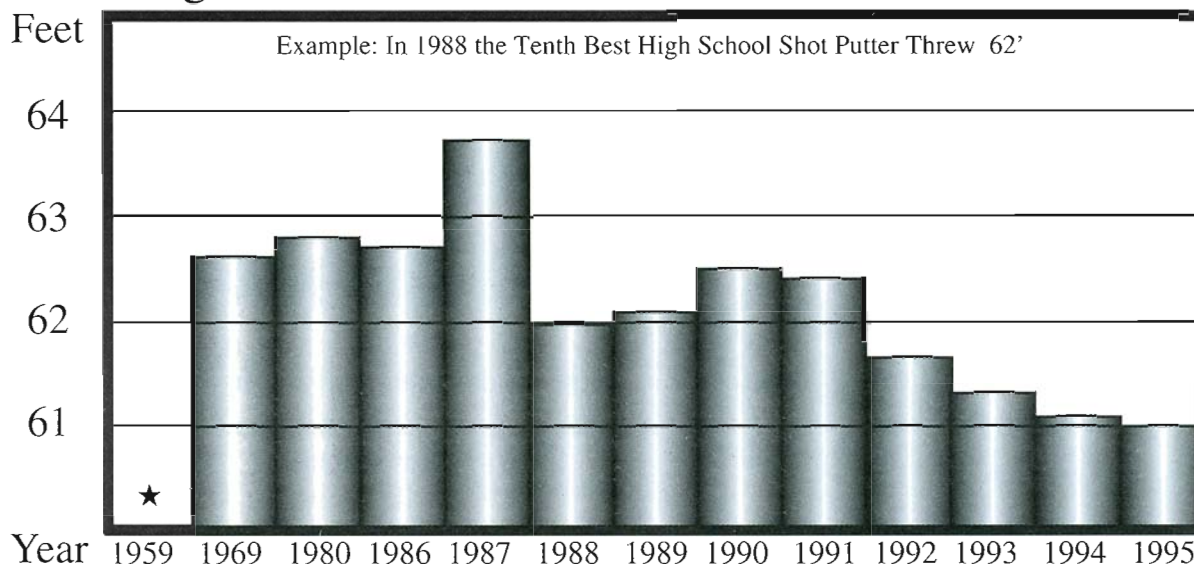
3. How much progress have we made in IMPLEMENTING strength & conditioning programs with team sports?

	A Little	Some	A Lot
A. In the last 5 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. In the last 10 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. In the last 20 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. In the last 30 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. In the last 40 years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Now, Read Pages 6 - 12  
for Surprising Information  
on Our Progress.**

# HOW MUCH PROGRESS HAVE WE MADE?

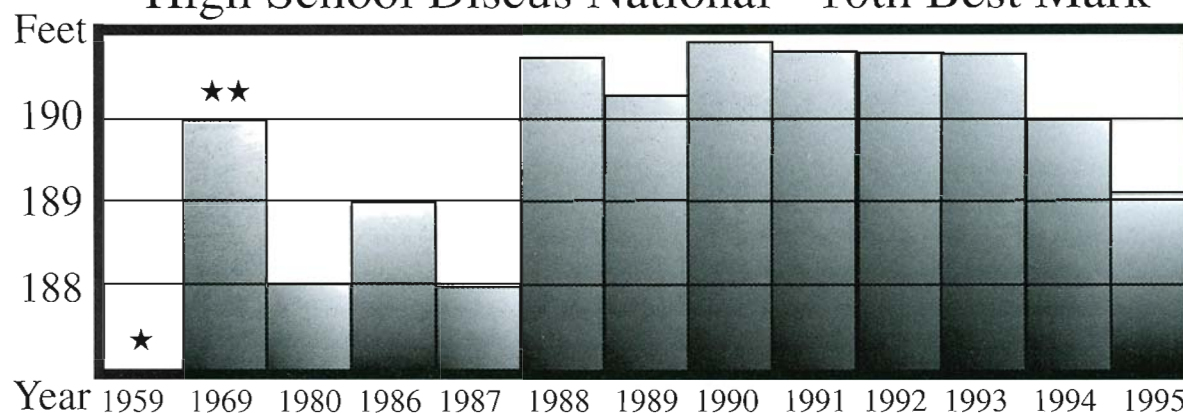
## High School Shot Put National • 10th Best Mark



★ Only 3 Between 59-6 and 61-11 feet

World Record Set by Michael Carter at 81' 3-1/2" in 1979

## High School Discus National • 10th Best Mark



★ Top Three Were: 176 - 168 - 168

★★ Not one athlete went on to world greatness from the top ten list in either the shot or discus  
World Record set by Kami Kashmeri in 1987 at 225-2

### HIGH SCHOOL ENDURANCE RECORDS

Mile Record	Jim Ryan	1965 3:55.3
1500 Meter Record	Jim Ryan	1964 3:39
5,000 Meter	Gerry Lindgren	1964 13:44

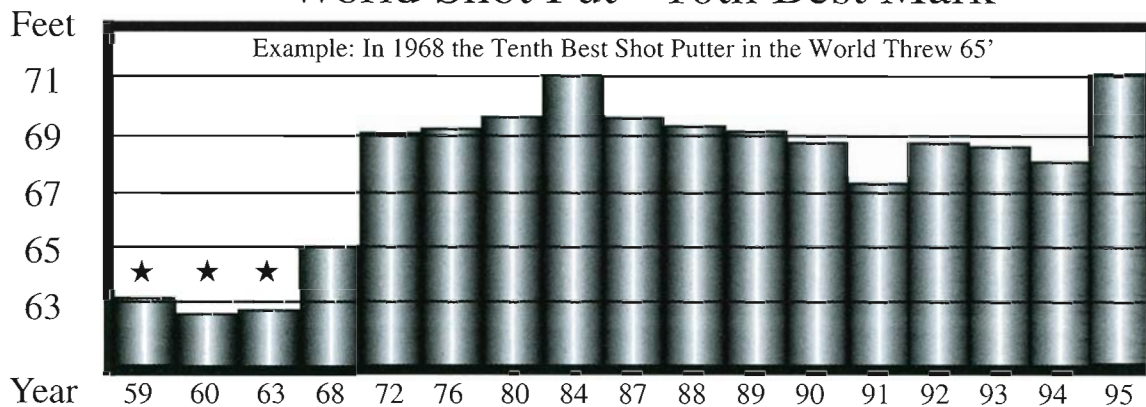
In 1967 Marty Liquori was the last prep to run a sub-4:00 mile





# HOW MUCH PROGRESS HAVE WE MADE?

## World Shot Put • 10th Best Mark

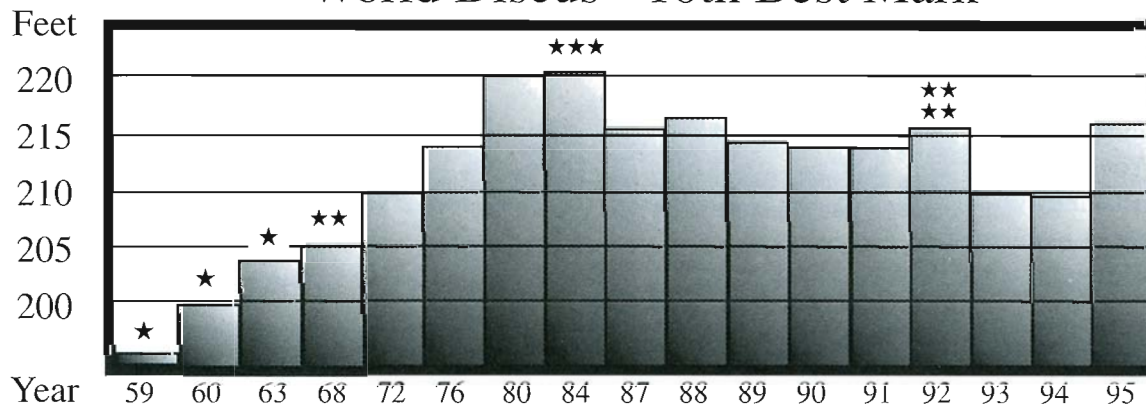


★ Top Three Only. In the 1960 Olympics, the U.S. swept the shot with Bill Neider, Parry O'Brien, Dallas Long.

In 1965 the 70 foot barrier was broken: 70-7 1/4"

World Record by Randy Barnes in 1990: 75-10 1/4"

## World Discus • 10th Best Mark



★ Top Three 190-2 to 184 in 1959; U.S.A. Swept Discus in 1960 Olympics; 1963 the top three were 205 to 203-9.

★★ Al Oerter won Olympics with 212-6 1/2"

★★★ Americans Powell, Burns, and Wilkins had top three throws in world

★★★★ Best U.S.A. finish was 12th place in Olympics. The winning throw was 213-8.

## WORLD ENDURANCE RECORDS

Oldest World Records are 800, 1000, 25000, 30000, meter runs all set in 1981

### OLDEST AMERICAN RECORDS

800 Meter 1985, 1000 meter 1974, 1500 meter 1985, Mile 1982

3000 meter 1981, 5000 meter 1985, 10000 meter 1986,

20000 meter 1977 25000 & 30000 meters 1979

# **Strength & Conditioning Progress Quiz**

**By Dr. Greg Shepard**

Knowing **WHAT** to do is still a stumbling block for over half our nation's athletes. My definition of **WHAT** to do is doing what will help a really big man run a 4.6 forty or faster or what to do to give a team the best possible chance of winning or what to do to give an athlete the best possible chance of reaching his/her athletic potential.

You don't know the secret of **WHAT** to do if you dwell on Benches and Curls or work primarily on any machine. You must use free weights. You're on the wrong path if you don't stretch and do speed, quickness or jumping drills. You can't reach your potential if you

don't vary your workout and record it carefully with a plan. You'll be left in the dust if you don't Parallel Squat and Power Clean with great technique. You must concentrate on your legs and hips and train year round.

Knowing the secret of **WHAT** to do does not include Hammer, High Intensity Training, Circuit Training, High Rep Training, Bodybuilding, Powerlifting or Machines of any kind. These are wrong turns which will never ever allow an athlete to reach his/her potential.

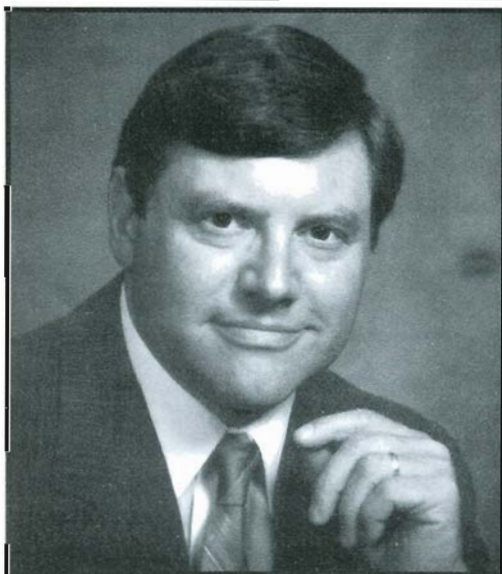
How long have we known the secret of **WHAT** to do? Twenty-five to thirty years! This part of the secret was pretty much perfected between 1965 and 1970. Therefore,

my answer to Section I of the Progress Quiz is that very little progress has been made in our knowledge of **WHAT** to do over the last 30 years, but huge progress was made between 1955 and 1965.

I was considered a radical back in 1966 when my college defensive backs were Power Cleaning 275 pounds. I was considered a radical when my high school football team in 1970 had 50 players running between 4.5 and 5.0 with great strength and size. We were "lucky" to have won the state championship and have no injuries. I was a radical in 1972 when my college linemen were Cleaning 300 or more and

*-continued on page 9-*

## **Dr. Greg Shepard's Educational Background**



### **Master of Science Degree University of Oregon**

**Major:** Physical Education, Exercise Physiology

**Thesis:** Reaction Time

**Subjects:** University of Oregon Football Team

**Result:** Reaction Time Can Be Improved

### **Doctorate Brigham Young University**

**Major:** Physical Education, Exercise Physiology

**Desertation:** Comparing Three Weight Programs

**Subjects:** High School Athletes

**Result:** Negative Resistance Training is  
Not Good for Athletes





*-continued from page 8-*

running faster than other linemen in the nation. Now, in 1995, the BFS program is considered mainstream. Funny thing is that **WHAT** we do now is essentially the same as in the 1960's.

Let's analyze the shot-put/discus charts on the preceding pages from my perspective. I chose to analyze the 10th best marks because I felt it was more indicative of trends than the best mark. The throwers in 1959 generally did not lift weights. Therefore, as you can see, the high school and world marks were way down. Bill Neider, Parry O'Brien and Dallas Long were three of the first pioneers to develop the secret of training. These three dominated the world in the early 1960's. Then, as you might suspect, other throwers began to learn this secret so they too could compete. By the late 1960's, the secret of training was widely known among the throwers. The high school marks in 1969 in both the shot and discus were about the same as any year in the 1990's. The world marks in 1972 in the shot and discus were also roughly the same as any year in the 1990's. Curiously, the endurance marks follow much of the same pattern. Amazing - isn't it!

Most people would think with all the "improvements" and "advances" there would have been a steady year-by-year improvement. What has happened is that a quantum leap has been made in the sheer number of athletes and coaches who now know the **WHAT** part of the secret. As a result, thousands can now do what only handfuls could do twenty-five years ago.

Four hundred thousand high school football players now do the BFS program. Many more do a similar type program. It is my understanding that about 100 of the

105 Division I football schools follow most of the essential ingredients of the **WHAT** part of the secret. Other sports such as basketball, baseball and women's sports have jumped on the **WHAT** bandwagon as well.

Football, in some respects, went through the same transition as the throwers. For example, in the old PAC-8, UCLA and USC dominated in the 1970's. They got the bluest of the blue chip players in the entire west. However, Washington and Washington State got tired of losing. Part of their turn around plan was to

## THE **WHAT** SECRET

1. Parallel Squats
2. Power Cleans
3. Quickness Drills
4. Stretching Drills
5. Speed Drills
6. Vary Workouts
7. Train Year Round
8. Jumping Drills (Plyos)
9. Record Workouts
10. Use Free Weights

develop their players to a level where they could compete with their opponents from the south. They used the **WHAT** part of the secret. Pretty soon the domination of USC and UCLA was over and the other PAC-8 teams followed suit. It is my understanding that USC and UCLA were the last PAC-8 schools to get a full blown strength and conditioning program going. Now, for the past 10 years it's been a real dog fight every season, especially when Arizona and Arizona State were added to make it the PAC-10.

Weber State, a Division I-AA football school, is one of the latest to convert from High Intensity Training to a mainstream program

containing the **WHAT** part of the secret. Mike Jenkins learned his program at Texas A&M and was hired as the Weber State Strength Coach a little over a year ago. Longtime Head Football Coach, Dave Arslanian, who is one of the most respected coaches in America, wanted to hire someone who believed in Free Weights, Power Cleans, Plyometrics, etc. He was correct in thinking there was increased risk with such a program: not because the lifts and plyometrics were dangerous, but he believed they had to be taught correctly.

Top strength coach Meg Ritchie once said, "There are no dangerous lifts only dangerous coaches." Coach Arslanian wanted to make sure not only the **WHAT** of the secret was correct but that the **HOW** part was also done correctly. Mike Jenkins has not let them down. The Weber State Wildcat players are bigger, faster and stronger with an injury-free record in strength and conditioning.

"It's very obvious to me that we are a stronger, more physical and aggressive football team," Arslanian said. "We've increased the risk, but Coach Jenkins does a great job managing that risk. Greg, I'll tell you. There is just no comparison between the two programs. No comparison at all."

Are you ready for a shocker? I told Coach Arslanian to expect less injuries on the football field. The HIT type program leaves a team wide open for season ending injuries, while doing the "secret" mainstream type program dramatically reduces the chances of on-field injuries. Look on page 50 for more detailed information on this concept.

Weber State trainer Joel Bass now confirms that prediction. "We're as injury-free as we've been since I've been here," he said. "It





has a lot to do with what they're doing in the weight room. In past years, early in the season, we've had a lot of shoulder injuries, lower-back injuries and hamstring injuries. We haven't seen a shoulder injury yet this year and the other injuries have been limited."

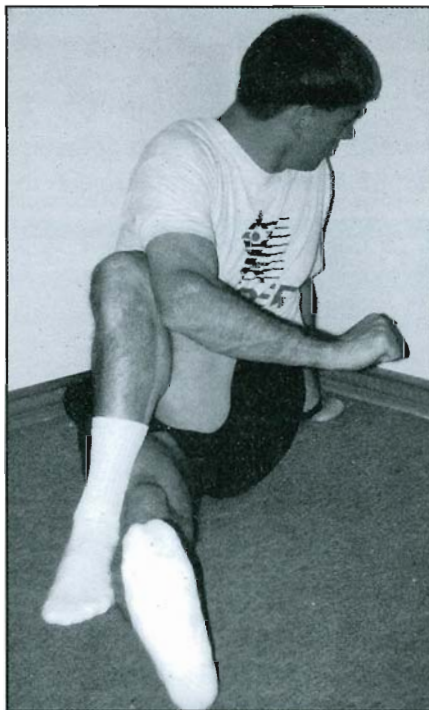
Take the challenge! Analyze the following articles and concepts. How does it compare with your ideas. I will make every attempt to be honest and objective. You should do the same. In any event, the following articles in this Journal should be provocative, informative, challenging and even fun to read.



What's wrong with Lenny?  
Pro Baseball Star Lenny Dykstra

## HOW

Most coaches and athletes get all hung up on the **WHAT** part of the secret. **WHAT** is essentially a no-brainer. The **HOW** is much more important and this deals with technique and the skill in which each part of a strength and conditioning program is performed. We



This is **HOW** to do the  
Glute Stretch!

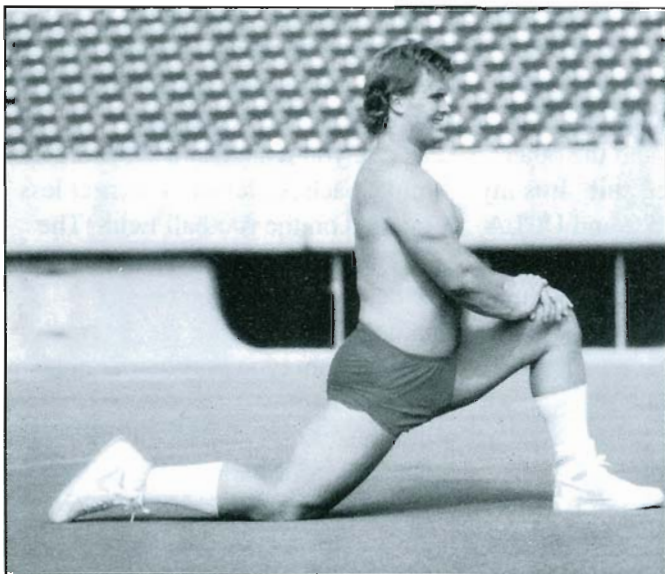
have done more than 500 BFS clinics nationwide. I have only seen one high school that I would have given "A" marks in the **HOW** and **WHAT** parts of the secret.

The job is only beginning when you say, "Yes, we Squat, Clean, Stretch and do Jump and Speed drills." The hard part is making sure each phase is done with flawless techniques. That is most difficult at any level.

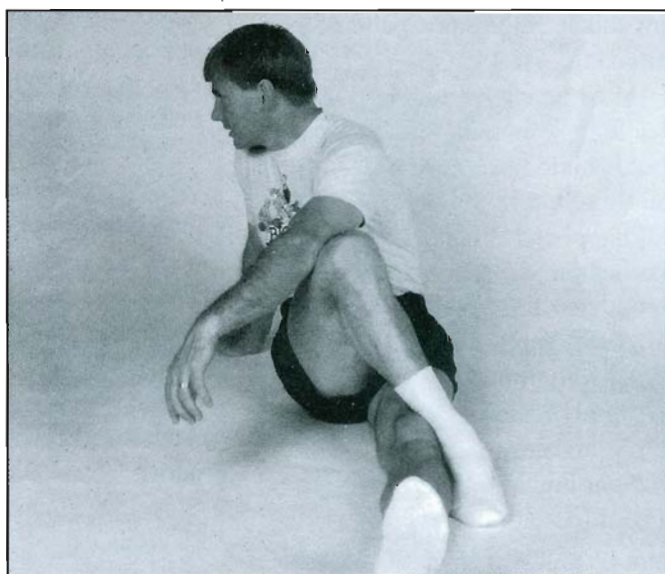
Take Lenny Dykstra. His photo, shown in this article, appeared on the cover of *Inside Sports Magazine* and on the front sports page of *USA Today*. It brought an air of sadness in our BFS offices. Lenny is turned



What's wrong with Germany's  
World Cup Soccer team?



This is **HOW** to do the Hip Flexor Stretch!



What's wrong with this stretch?

the wrong way, nothing is happening. He knows **WHAT** to do but not **HOW** to do it.

The German soccer team is just going through the motions on their Hip Flexor Stretch, as shown. Again, nothing is happening. They know **WHAT** to do but now **HOW** to do it.

The other photo illustrating the Glute Stretch is producing the same result . . . nothing. The elbow needs to push the knee over the down leg to stretch the Glute. About 80% of high school athletes do it incorrectly. It is **HOW** that's important not **WHAT**.

We at BFS go into every tiny detail on **HOW** to do every technique perfect in every phase of training. For example, I devoted 50 pages just on Squats in my Total Program Book. Plus, we have single, detailed videos to explain Flexibility, Cleans, Squats, Speed, etc. - each phase of training per video.

Last month five college football players from a top 25 Division I team called our BFS offices. They had done our BFS program in high school. These outstanding players wanted us to help them prepare for the pro-combine next spring. We asked them if they were now stretching everyday for speed and jumping power. They said, "No." Have you been taught how to start on a forty? "No, we start from a football stance." Have you done video tape analysis of your speed technique? "No." They also felt they needed our help on the Squat and Clean. They were all willing to pay us well to take them to another level. We will teach them the **HOW** part of the Secret!

A Division I-AA head football coach complained to me about "losing a season" due to medial collateral knee injuries. He had found out

they were stretching incorrectly. I responded, "Don't tell me - your players were doing the hurdler stretch." He nodded in amazement that I picked up on the problem so fast and then he swore a blue streak because they didn't know **HOW!**

Okay, how did I answer the Progress Quiz on the **HOW** section? Well, for me personally, I have learned some coaching techniques every year for the last 30 years. I am better at the **HOW** part of the secret this year than I was last year.

## THE IMPLEMENTATION SECRET

Boyd Epley, long-time strength and conditioning coach at Nebraska, gave an inspirational talk on how the Cornhuskers won the national championship in football last season. He revealed that many team members in the early 1990's had fallen into a state of complacency by missing workouts, and lacking interest or intensity. Coach Epley explained a rather bazaar attitude had begun to emerge for missing workouts. Penalties were issued for missing, but some players didn't care and made the decision to do the penalty rather than the workout. Nebraska, as a result, went through some "down" years.

The problem was not **WHAT** they did for their strength and conditioning program, nor was it **HOW** they performed the technique of what they were doing. It was clearly an **IMPLEMENTATION PROBLEM**.

Coach Epley met with the team and basically told the players which way the bear runs through the woods. If you missed a workout, you were gone. Coach Osborne

backed him up. Instead of hundreds of missed workouts, there were none except for a couple of players who chose to quit the team. A new way to **IMPLEMENT** the program had been born and the results speak for themselves. This should give you a profound perspective on the importance of implementation. To **IMPLEMENT** correctly is more important than the **WHAT** or **HOW** part of the secret.

## THE HIGH SCHOOL LEVEL

The average high school has seven different flexibility programs or philosophies floating around the school. Many high school athletes play more than one sport. In the Fall the athlete is told one way to stretch or do an In-season program, then in the Winter another coach tells the same athlete something different and then in the Spring, he must learn yet another approach. Obviously, the above situation is ridiculous but even more amazing is that less than 500 of our nation's 17,500 high schools have a unified strength and conditioning program.

The correct implementation plan is to have all sports, both boys and girls grades 7 thru 12, do the same program. Every athlete stretches the same and does the same in and off-season program.

When we do a BFS clinic, we assemble all the coaches in the school together for two hours. The total unified strength and conditioning program is explained. We have never had one coach say, "Gee, I think you have a bad idea. I think seven different stretching programs is really good."

It makes so much sense that every school has accepted our



approach. Over the last five years our follow-up statistics indicate that both boys and girls sports average 20% more wins overall the very next year after a BFS clinic. One could argue against our **WHAT** and **HOW** approach, but no one can argue against our **IMPLEMENTATION** approach.

You need to get everyone on the same page. When you do, you have a better chance of winning and helping every athlete reach his/her potential. The results are staggering. What piece of equipment could you possibly buy or what else could you possibly do to get 20% more victories in your total athletic program?

It is difficult to install a unified program when one coach, like the football coach, presents the idea. It is human nature that other coaches are suspicious. However, it is always accepted when a BFS Clinician comes in armed with video and overhead presentations, with no ax to grind.

The BFS unified program of correct implementation mandates that all athletes warm-up by doing the BFS Dot Drill, all do the BFS 1-2-3-4 Flexibility Program, all athletes train in-season, everybody Parallel Squats and Power Cleans all year round, everyone works on speed and jumping development and all coaches work together for one another. To **IMPLEMENT** correctly is more important than the **WHAT** and **HOW** part of the secret.

## THE COLLEGE LEVEL

Often times the college strength coach is under-appreciated with each sport coach turning their athletes over to him/her with the charge, "Get'em stronger but don't

you dare hurt'em." The college strength coach might be in charge of hundreds of athletes, sometimes totalling over 500. In bigger Division I programs, one strength coach might be in charge of football, while another might have all the other sports. Most head college strength coaches at the Division I level may have two or more assistants while Division I-AA might be lucky to have one assistant. Division II, III and NAIA are continually restricted on what they can do because of budget. Correct **IMPLEMENTATION** can make a huge difference in the quality and success of any college program.

The University of Miami recently had a head football and strength coaching change. New head football coach, Butch Davis, and I talked about who to hire for the new strength coach. I told Coach Davis, "You hire your offensive and defensive coordinator first, but next in importance for the success of your football program is your strength coach decision." I couldn't believe it . . . he agreed! The reason I tell you this is that more and more college coaches in all sports are more ready to listen to correct implementation procedures than ever before.

I don't really see too much difference between correct implementation at the high school and college level. All power sports should do basically the same program. Examples of power sports are football, basketball, baseball, track, wrestling, tennis, volleyball, softball, lacrosse, ice hockey, field hockey, gymnastics and perhaps swimming. An example of a non-power sport would be golf.

All power sports should have basically the same warm-up, Flexibility, Plyometric, Speed, Jumping and Strength/Power Program. Should women volleyball players do Plyometrics, Quickness Drills, Parallel Squats and Power

Cleans. Of course! Just like the football team.

Here is an implementation idea that I feel strongly about at the college level. Meet with each individual sport coach(s) and the athletes, or better yet, have everyone together in an auditorium. Have your AD there and you explain the program, what is expected and how great they can be as a team and University. Get them excited. Next, the coach(s) should be present in the weight room when at all possible. After all, his athletes aren't going in your weight room to "pump some iron" or "bulk up", his athletes are going to practice and no coach should miss a practice. The coaches role should be one of creating intensity, responsibility and positive attitudes. Finally, a strength and conditioning captain(s) should be selected to assist you as the head strength coach. Help is needed in attendance, intensity, spotting, coaching, record keeping etc. It should be a great experience for the captain and a great aid to you.

An added benefit that college strength coaches may not have considered is that now you too could do the BFS program. You wouldn't have to use a periodization-computer system. Each athlete could break 8 or more records every week. They could get stronger in less time with everyone excited about all the personal records being broken everyday.

Let's say a college strength coach has 20 different sports with 500 athletes. He could now have 25 strength and conditioning captains with 20 head/assistant sport coaches helping under the above guidelines. Now it becomes manageable with amazing possibilities for achieving potential. Imagine the intensity levels and sheer positive energy. It is possible to get much more done with much less work. To **IMPLEMENT** correctly is more important than the **WHAT** and **HOW** part of the secret.....☐