

# Lanphier Football Workout Plan – Stage 1

## OVERVIEW

1. Athletes to be in groups of 8 or less.
2. Athletes will report to the exterior doors on the North-East part of Lanphier outside of the Weight Room. (See Map)
3. Athletes will need to arrive 15 minutes prior to scheduled weight room time to have temperature taken and answer questions. Athletes will need to wear masks during the check-in process and when social distancing cannot be maintained.
4. Workouts in Weight Room - **Mon, Tue, Wed, Thur from 3:45 pm until 5:30 pm.** (We will also offer time slots from 9:00 am to 10:00 am on the same days to accommodate players with work schedules)
  - a. There will be a group of 8 in Weight Room 1. The plan is to have 2 circuits of the same 4 exercises in Weight Room 1.
  - b. The athletes will have approximately 12-15 minutes to complete their circuits in Weight Room 1. The athletes will then rotate to Weight Room 2. Weight Room 1 will then be sanitized.
  - c. The next group of 8 will enter Weight Room 1 after the first group has rotated to Weight Room 2 and equipment has been sanitized.
  - d. Weight Room 2 will also have 2 Circuits of the same 4 exercises that are different from Weight Room 1.
  - e. The athletes will be given approximately 12-15 minutes to complete their circuits in Weight Room 2. The athletes will then exit down the hall (west) to exit the doors near the North Office. Weight Room 2 will then be sanitized.
  - f. Athletes from Weight Room 1 will then be rotated into Weight Room 2 and a third group rotated into Weight Room 1.
  - g. This pattern will continue with the last group entering Weight Room 1 around 5:00 pm. This should allow for 6 groups to rotate through.
  - h. The Free Weight Room (a.k.a. “The Old Weight Room”) will not be utilized (point i) unless numbers dictate developing a “contained” group of 8 that does not rotate every 15 minutes, but completes both circuits in 1 room before exiting.
  - i. The exercises cannot use a spotter, which means the exercises will use machines, dumbbells and/or bodyweight.
  - j. Athletes will rotate (as a group of 8) from the weight room to the field if weather permits.
  - k. There will be 4 stations outside for athletes to rotate through on the field.
  - l. Each outside rotation will take 10 to 15 minutes.
  - m. Total time for a group of eight: 30 min Weight Room, 40 min on field ≈ 1.5 Hours max.
  - n. If the first group starts at 3:45 pm, then they will finish at 5:15 pm at the latest.
  - o. If the last group starts at 5:00 pm, then they will finish at 6:30pm at the latest.
5. Workout Structure.
  - a. Mon & Wed: Upper Body Lifting Circuits. Speed and Agility Training on Field.
  - b. Tue & Thur: Lower Body Lifting Circuits. Aerobic Injury Prevention Circuit on Field.
6. We will try to group players homogenously by position type and/or grade (Freshmen/First Year Players).
7. In the case of INCLEMENT WEATHER, athletes will need to be picked up 15 minutes after they are done in the weight room. If allowed, we may utilize running the stairs near the North Office (and exit) for condition purposes. In the case of Inclement Weather, Athletes will be picked up at the doors they exit near the North Office in the Parking Lot.
8. If weather permits outside activities, then athletes will need to be picked in the parking lot near the Lober-Nika Gymnasium. (See Map)

## ATHLETES NEED TO BRING

1. Signed permission form. Form is posted on Lanphier Football Website.  
<https://www.sps186.org/downloads/basic/845648/Stage%201%20Return%20to%20Play%20Policy.pdf>
2. Players shall bring a mask. This will be worn during check-in, anytime an athlete is in the restroom by the weight rooms, and anytime social distancing (6 feet) cannot be maintained.
3. Players shall bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during this stage.

## INCLEMENT WEATHER PLAN MAP



**LANPHIER FOOTBALL - Stage 1 Plan Diagram**

