

GULF COAST RANGERS FOOTBALL CLUB



Pre-Season Workout

Start's Monday 13st July

All exercises are body weight exercises.

Week 1

All Exercises Body Weight	Push Ups	Sit Ups	Sprints (timed- 12 seconds max)	Run	Pull Ups	Body Weight Squats
Monday 13th July	3 sets 20 reps	3 sets of 25 reps	50-yards sprints, 8 reps	20 Minute Run	3 sets of 4 pull ups	3 sets of 12 reps
Tuesday 14th July	OFF	OFF	OFF	OFF	OFF	OFF
Wednesday 15th July	3 sets of 20 reps	3 sets of 20 reps	50-yards sprints, 8 reps	20 Minute run	3 sets of 4 pull ups	3 sets of 12 reps
Thursday 16th July	OFF	OFF	OFF	OFF	OFF	OFF
Friday 17th July	3 sets of 20 reps	3 sets of 25 reps	50-yard sprint, 8 reps	20 Minute run	3 sets of 4 pull ups	3 sets of 12 reps
Saturday 18th July	OFF	OFF	OFF	OFF	OFF	OFF
Sunday 19th July	OFF	OFF	OFF	25 Minute Run	OFF	OFF

Week 2

All Exercises Body Weight	Push Ups	Sit Ups	Sprints (timed- 12 seconds max)	Run	Pull Ups	Body Weight Squats
Monday 20th July	3 sets of 25 reps	3 sets of 25 reps	50-yard sprints, 10 reps	20 Minute Run	3 sets of 5 pull ups	3 sets of 12 reps
Tuesday 21st July	OFF	OFF	OFF	OFF	OFF	OFF
Wednesday 22nd July	3 sets of 25 reps	3 sets of 25 reps	50-yard sprints, 10 reps	20 Minute run	3 sets of 5 pull ups	3 sets of 12 reps
Thursday 23rd July	OFF	OFF	OFF	OFF	OFF	OFF
Friday 24th July	3 sets of 25 reps	3 sets of 25 reps	50-yard sprint, 10 reps	20 Minute run	3 sets of 5 pull ups	3 sets of 12 reps
Saturday 25th July	OFF	OFF	OFF	OFF	OFF	OFF
Sunday 26th July	OFF	OFF	OFF	30 Minute Run	OFF	OFF

Nutrition

Pre-workout foods



EGGS



BROCCOLI



COTTAGE CHEESE



BERRIES



TURKEY



ASPARAGUS



OATS



APPLES



CHICKEN



YOGHURT



BEANS



BROWN RICE

Best POST-Practice Snacks *for on-the-go kids*

Carrots & Hummus



Milk

Peanut Butter Sandwich



Variety of Nuts

Cheese Sticks



Protein Bar

SIGNS OF DEHYDRATION

