

MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Blue Heaven</u> Hamilton Blue	2 COMPLEX 90% 3 sets; 3, 2, 1 Horiz. Upper <u>D MEETING</u>	3 COMPLEX 90% 3 sets; 3, 2, 1 Quads <u>O MEETING</u>	4 <u>Africentric meet</u> 3 sets; 3, 2, 1 Vert. Upper	5 Saturday Workout
6	7 CITY'S	8 OFF	9 CITY'S	10 OFF	11 OFF	12 QB SCHOOL O Skill Workout 11 am
13	14 REPS 60% 4 @ 6 Hips NECKS Resistance	15 REPS 60% 4 @ 6 Horiz. Upper Forearms	16 Ply's, ABS	17 REPS 60% 4 @ 6 Quads D MEETING O MEETING	18 REPS 60% 4 @ 6 Vert. Upper Sprints	19 Saturday Workout 11 am
20	21 REPS 60% 4 @ 6 Hips NECKS Resistance O MEETING	22 REPS 60% 4 @ 6 Horiz. Upper Forearms	23 Ply's, ABS	24 REPS 60% 4 @ 6 Quads D MEETING	25 REPS 60% 4 @ 6 Vert. Upper Sprints	26 Saturday Workout 11 am
27	28 HOLIDAY	29 MAX OUT SQUAT DEADS	30 MAX OUT BENCH CLEANS D MEETING	31 O MEETING		
31						

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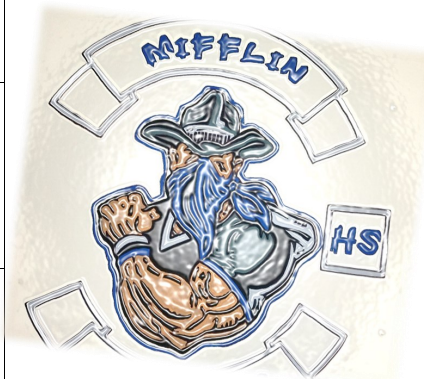
**JUNE 2018
LIFTING PROGRAM**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <u>Speed/Strength</u> Hips 55%, 4 @ 6	5 <u>Speed/Strength</u> Horizontal Upper Plyos, Abs	6 <u>Speed/Strength</u> Quads	7 <u>Speed/Strength</u> Vertical Upper Repeat 100s	8	9
10	11 <u>Speed/Strength</u> Hips 55%, 4 @ 6	12 <u>Speed/Strength</u> Horizontal Upper Overhead Press Plyos, Abs	13 <u>Speed/Strength</u> Quads	14 <u>Speed/Strength</u> Vertical Upper Repeat 100s	15	16 Over-speed Training
17	18 <u>Speed/Strength</u> Hips 60%, 5 @ 5	19 <u>Speed/Strength</u> Horizontal Upper 60%, 5 @ 5	20 <u>Speed/Strength</u> Quads 60%, 5 @ 5 Plyos, Abs	21 <u>Speed/Strength</u> Vertical Upper 60%, 5 @ 5 50's Run Game	22	23 Over-speed Training
24	25 <u>Speed/Strength</u> 60%, 5 @ 5 Hips	26 <u>Speed/Strength</u> 60%, 5 @ 5 Horizontal Upper Overhead Press	27 <u>Speed/Strength</u> Quads 60%, 5 @ 5 Plyos, Abs	28 <u>Speed/Strength</u> Vertical Upper 60%, 5 @ 5 50's Run Game	29	30 Over-speed Training
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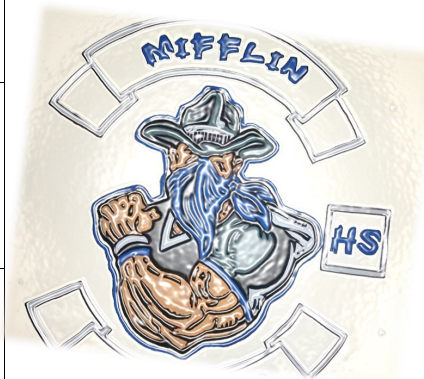
JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 WEIGHT ROOM OPEN THRU JUNE 15TH 10-12, 430-630	5 <u>5-STEP ROUTES:</u> POST DB POST	6 <u>AKRON CAMP</u> 5 PM	7 <u>5-STEP ROUTES</u> TRAIL DB TRAIL	8 <u>STATE CAMP</u> <u>AKRON CAMP</u> 5 PM	9 PITT CAMP
10 PITT CAMP	11 <u>AKRON CAMP</u> STAFF MTGS. 5-8	12 <u>STATE CAMP</u> <u>3-STEP</u> HITCH, SLANT STAFF MTGS. 5-8	13 STAFF MTGS. 5-8	14 <u>3-STEP</u> FAST PIVOT/PHY STAFF MTGS. 5-8	15	16 <u>STATE CAMP</u> SPECIALISTS
17	18 D INSTALL PR-VORTEX., BASE OVER/ RED, WHITE	19 O INSTALL PUNT, GEORGE/ GENO	20 D INSTALLS SWAP OVER, CLOUD WEAK	21 O INSTALL FG, QUICKS FIRE/BLAST OSCAR	22	23
24	25 D INSTALL KO., BASE UNDER/ RED (W/S)	26 O INSTALL KOR, LINDA/ROBIN LEO/ROVER STEELER/ STEELO	27 D INSTALLS SWAP UNDER, CLOUD (W/S)	28 O INSTALL PUNT, STEEL SAM JIMMY, PRINCE	29	30
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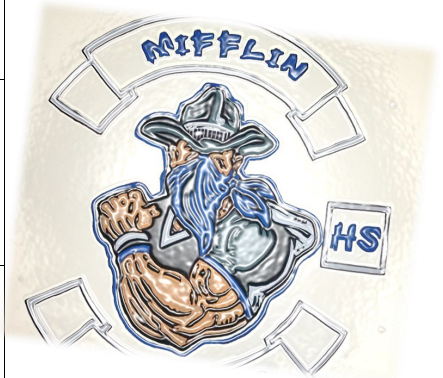
**JULY 2018
LIFTING PROGRAM**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7
8	9 County Fair Week	10 Ten's	11 County Fair Week	12 Ten's	13	14 Over-speed
15 Complex; 10 seconds, Then Jumps or Throws	16 Complex Hips 1 @ 3 90% 3 min. recovery	17 Complex Horizontal 1 @ 3 90% 3 min. recovery	18 Complex Quads 1 @ 3 90% 3 min. recovery	19 Complex Vertical, Plyos 1 @ 3 90% 3 min. recovery	20	21
22	23 Circuit	24 Plyos	25	26 Circuit	27	28
29	30 No Lifting	31 No Lifting Conditioning Ten's				

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JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7
8 FINDLAY CAMP	9 D INSTALL PUNT BLOCK BASE OVER/ TRAP	10 O INSTALL PUNT[PIN IT] FRED/HUEY; TEAM [READ] SALT/PEPPER SPOT	11 D INSTALLS SWAP OVER, TRAP	12 O INSTALL WILLY KEY PROTECTION DRIVE	13	14
15	16 D INSTALL ONSIDE BASE UNDER/ 4 MATCH	17 O INSTALL EXTRA PT FK WALTER/ LANGSTON DALLAS	18 D INSTALLS SWAP UNDER, 4 MATCH	19 O INSTALL TIGHT BASH	20 ELON CAMP ELONFBCAMP S.COM	21 DUBLIN 7 ON 7
22	23 D INSTALL	24 O INSTALL SHORT YDG. MONEY/TKO DB FAST MESH	25 D INSTALLS	26 O INSTALL SHORT YDG. MONEY/TKO DB FAST MESH	27	28
29	30 DOUBLES 1 PM— 9 PM	31 DOUBLES 1 PM— 9 PM				

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AUGUST 2018 LIFTING PROGRAM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO LIFTING	2 NO LIFTING CONDITIONING TEN'S	3 NO LIFTING	4 Paintball
5	6 <u>Circuit</u>	7 <u>Endurance</u>	8 <u>Speed/Strength</u> Plyos, Abs	9 <u>Circuit</u>	10	11 LONDON SCRIMMAGE 10 AM
12	13 <u>Circuit</u>	14 <u>Endurance</u>	15 Plyos, Abs	16 EA SCRIMMAGE 6 PM	17 <u>Circuit</u>	18
19	20	21	22 AM PRACTICE 10 AM	23 RIDGE [HOME]	24 Recovery	25 Circuit
26	27	28	29	30	31	

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Business Tagline or Motto



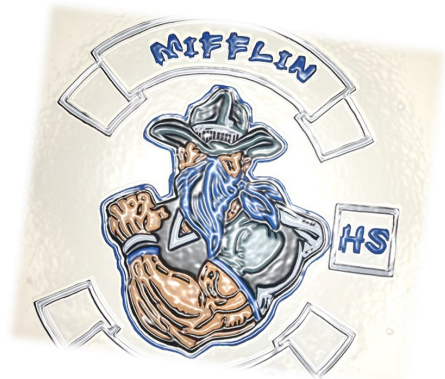
AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 DOUBLES 1 PM— 9 PM	2 DOUBLES 1 PM— 9 PM	3 DOUBLES 1 PM— 9 PM	4 PRACTICE 10—1 PM
5	6 PRACTICE 4 - 7 PM	7 SOUTH SCRIMMAGE	8 DOUBLES 1 PM— 9 PM	9 DOUBLES 1 PM— 9 PM	10 PRACTICE 4 - 7 PM	11 LONDON SCRIMMAGE 10 AM
12	13 DOUBLES 1 PM— 9 PM	14 DOUBLES 1 PM— 9 PM	15 PRACTICE 4 - 7 PM	16 EA SCRIMMAGE 6 PM	17 DOUBLES 1 PM— 9 PM	18
19	20	21	22 AM PRACTICE 10 AM	23 RIDGE [HOME]	24	25
26	27	28	29	30	31	

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SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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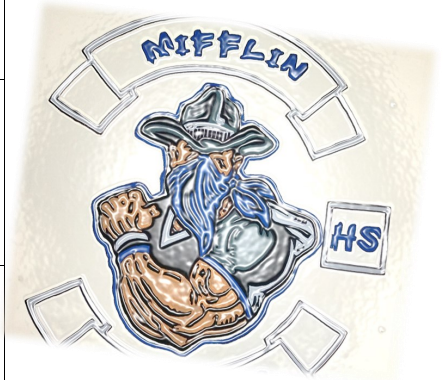
OCTOBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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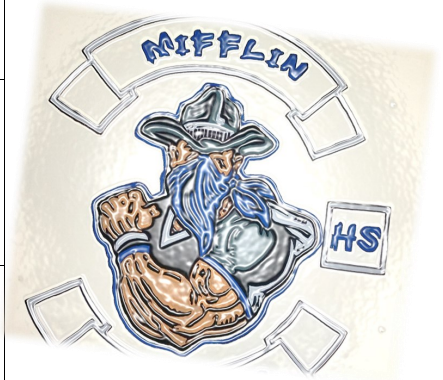
NOVEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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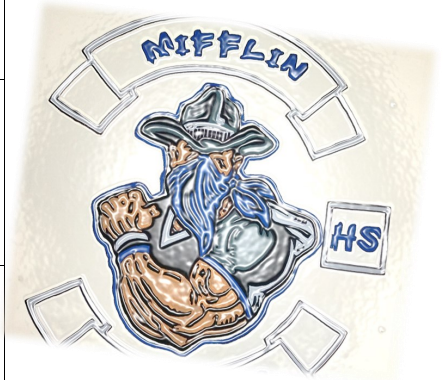
DECEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Lift; 3 to 5pm Sprint work	5 Lift; 3 to 5pm	6 Sprint work	7 Lift; 3 to 5pm	8	9
10	11 Lift; 3 to 5pm Sprint work	12 Lift; 3 to 5pm	13 Sprint work	14 Lift; 3 to 5pm	15	16
17	18 Lift; 3 to 5pm Sprint work	19 Lift; 3 to 5pm	20 Sprint work	21 Lift; 3 to 5pm	22	23
24	25	26	27	28	29	30
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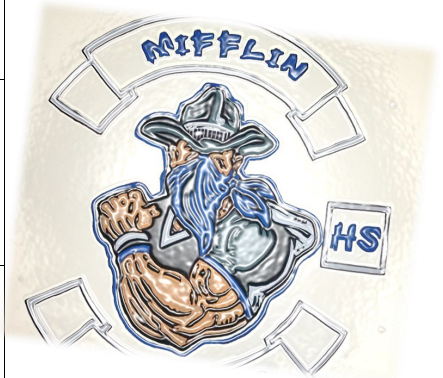
JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Otterbein in- door
7	8 Lift; 3 to 5pm Horiz. Upper Hips	9 Lift; 3 to 5pm Plyometric Form Run Abs	10 STAFF MEETING Resistance Runs Endurance Runs	11 Lift; 3 to 5pm Quads Vert. Upper Abs	12	13 FINDLAY IN- VITE
14	15 MLK DAY	16 Lift; 3 to 5pm Horiz. Upper Hips	17 D MEETING Resistance Runs Endurance Runs	18 Lift; 3 to 5pm Quads Vert. Upper Abs O MEETING	19 Lift; 3 to 5pm Plyometric Form Run Abs	20 BGSU OPEN
21 TIFFIN	22 Hips NECKS BW Cardio Abs	23 Plyometric Form Run Abs Horiz. Upper Forearms	24 NO SCHOOL	25 Quads Vert. Upper Abs Ramp work Up Challenge	26 Resistance Runs Endurance Runs	27 QB SCHOOL
28	29 Hips NECKS BW Cardio Abs O MEETING	30 Plyometric Form Run Abs Horiz. Upper Forearms	31 Resistance Runs Endurance Runs D MEETING			
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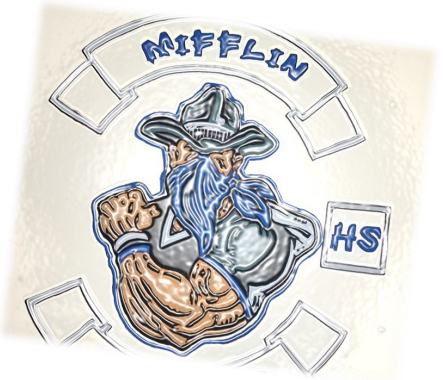
FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Quads Vert. Upper Abs Ramp work Up Challenge	2	3 Oiler invite
4	5 Hips NECKS ABS	6 BW Cardio Abs Horiz. Upper Forearms Up Challenge	7 Endurance Runs Form Run	8 CLINIC Quads Vert. Upper Abs Ramp work	9 OHSAA CLINIC	10 OHSAA CLINIC
11 QB SCHOOL 9 - 1 pm	12 Hips NECKS BW Cardio ABS	13 STAFF MTG. Plyometric Abs Horiz. Upper Forearms	14 Endurance Runs Form Run	15 Quads Vert. Upper Ramp work Abs, Up challenge	16	17 Concessions
18	19 No School	20 Recovery week Max Out D MEETING	21 Recovery week Max Out	22 Recovery week Max Out O MEETING	23	24
25	26 Hips NECKS Resistance Runs Abs	27 Plyometric Abs Horiz. Upper Forearms	28 Endurance Form Run			
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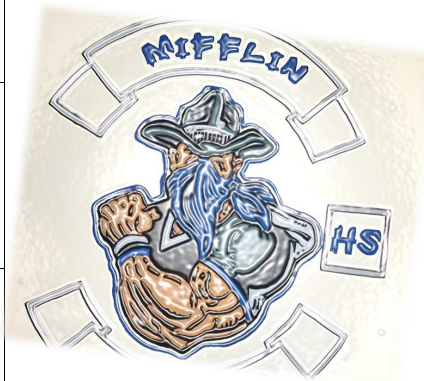
MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Vert. Upper Quads Resistance Abs Up challenge	2	3
4	5 Hips NECKS Resistance	6 Horiz. Upper Abs, Forearms Exchanges Throws Jumps	7 Endurance Plyometrics Abs D MEETING	8 Quads Vert. Upper Resistance Sprints O MEETING	9	10 SAT. WORK
11	12 Hips NECKS Endurance Runs Resistance Sprints	13 Horiz. Upper Abs, Forearms Exchanges Throws Jumps	14 Endurance Plyometrics ABS	15 Quads Sprints Up challenge	16 Vert. Upper Abs	17 QB SCHOOL
18 COMPLEX- TRAINING 90% OF MAX	19 Hips NECKS	20 Horiz. Upper Forearms	21 Plyometrics Endurance ABS D MEETING	22 Quads Resistance Sprints O MEETING	23 Vert. Upper Abs	24 SAT. WORK
25 COMPLEX- TRAINING 90% OF MAX	26 Hips NECKS ABS	27 Horiz. Upper Forearms	28 Plyometrics Endurance ABS	29 Quads Vertical Upper	30 SPRING BREAK State Practice 8:45 am	31
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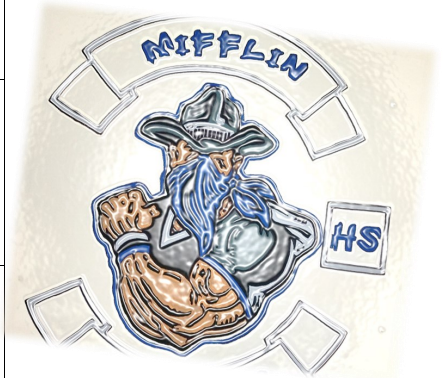
APRIL 2018 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SPRING BREAK PITT VISIT	3 SPRING BREAK	4 SPRING BREAK	5 SPRING BREAK STAFF MEETING	6 SPRING BREAK	7
8	9 POWER 75% 3 sets of 6 Hips Horizontal Upper	10 Plyometric ABS	11 POWER 75% 3 sets of 6 Quads Vertical Upper D MEETING	12 Licking Heights meet State clinic	13	14 Saturday workout
15	16 POWER 80% 3 sets; 6, 5, 4 Hips NECKS	17 POWER 80% 3 sets; 6, 5, 4 Horiz. Upper	18 Ply's, ABS Throws	19 Chillicothe Meet	20 POWER 80% 3 sets; 6, 5, 4 Quads Vert. Upper	21 QB SCHOOL
22	23 Northland Meet	24 POWER 85% 3 sets; 5, 4, 3 Hips NECKS Horiz. Upper	25 Ply's, ABS D MEETING	26 POWER 85% 3 sets; 5, 4, 3 Quads Vert. Upper O MEETING	27 Hamilton meet	28 Gary Smith meet
29	30 COMPLEX 90% 2 sets of 3 Hips NECKS Resistance					
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