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# Sports Stack

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## NFL Players' New Workout Plans

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Saturday, May 14, 2011

An array of sports training facilities throughout the U.S. have opened their doors to NFL players, who have been banned from working out at their team facilities since the lockout began in March. One example of a new stomping ground for NFLers is New York City's Chelsea Piers sports complex. I spoke recently with Jarrod Jordan, the program director for Chelsea Pier's BlueStreak sports training facility, about how he has trained NFL players since the lockout.

I find it interesting that NFL players have to find themselves new gyms. They can't interact with their team trainers—all contact between players and team personnel is prohibited during a league work stoppage. So, these finely-tuned athletes must seek out unfamiliar trainers and complexes. Some guys do train at independent sports complexes during the off-season, but they will often carry with them some kind of prescribed training program from their team's training staff. That's not the case with Jordan's workouts.

Four or five days per week, for three to five hours per day, New York Giants linebackers Zak DeOssie and Jonathan Goff, as well as several other NFL players and recent NFL draftees, train using a program designed by Jordan. He stresses flexibility and recovery – flexibility to reduce chance of injury during workouts and recovery to prevent them from physically overtaxing their bodies. It's smart to emphasize each area since players can be their own worst enemy during training. They may overtrain out of fear that doing anything less can compromise them a position on their team during training camp.

An NFL player's job security is so fleeting. Contracts aren't fully guaranteed, and the risk of a career-ending injury is high at any time. Younger players, aware of this, often think that consistently intensive training is the way to be prepared. "They think they just have to keep going," Jordan says. The recovery days, even recovery weeks, that Jordan has instituted keeps them in check.

I can imagine this is as stressful a time for NFL players as any training camp or any regular season game. Players don't know when they get to return to work. They can't communicate with their team staffs to understand if they're training the way their team wants them to. They have to trust that trainers, like Jordan, will prepare them for the rigors of playing in the NFL, whenever they actually get to do that again.

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