



2020

# OFFSEASON UPDATE

PRESENTED BY:

*Michelob*  
**ULTRA**

# WORKOUT PLAN

## WEEK 1

### MONDAY

Conditioning Run

Upper Body Lift:

Push-Ups

Pull-Ups

Sit-Ups

### TUESDAY

Sprints

Lower Body Lift:

Bodyweight

Squats

Walking Lunges

Leg Curls

### WEDNESDAY

Agilities

Upper Body Lift:

Medicine Ball

Chest Passes

Chin-Ups

Planks

### THURSDAY

Tempo Run

Conditioning

Lower Body Lift:

Car Pushes

Kettlebell Swings

Lateral Lunges

### FRIDAY

Total Body  
Movements

Football Drills

Stretching

### SATURDAY

Recovery

Yoga

Stretching

### SUNDAY

Recovery

Light Activity

## WEEK 2

Conditioning Run

Upper Body Lift:

Push-Ups

Pull-Ups

Sit-Ups

Sprints

Lower Body Lift:

Bodyweight

Squats

Walking Lunges

Leg Curls

Agilities

Upper Body Lift:

Medicine Ball

Chest Passes

Chin-Ups

Planks

Tempo Run

Conditioning

Lower Body Lift:

Car Pushes

Kettlebell Swings

Lateral Lunges

Total Body  
Movements

Football Drills

Stretching

Recovery

Yoga

Stretching

Recovery

Light Activity



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## MEAL PLAN

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	3 Scrambled Eggs 2 Slices Turkey Bacon 1 C. Roasted Potatoes	3-Egg Omelet: Mushrooms, Spinach, Onions 2 Slices Turkey Bacon 1/2 C. Roasted Potatoes	Breakfast Burrito: 2 Scrambled Eggs 2 oz. Chicken Chorizo Peppers & Onions 1/2 C. Diced Potatoes	3 Eggs Over Easy Sautéed Spinach 1/2 Avocado 2 Pieces Whole Wheat Toast	1 C. Oatmeal + Peanut Butter, Cinnamon, Almonds, Walnuts, Pecans, Bananas, Strawberries 2 Slices Turkey Bacon	Bacon, Egg & Cheese Sandwich 1/2 C. Roasted Potatoes	3 Egg Whites Scrambled + Mushrooms, Spinach, Onions 2 Slices Turkey Bacon 1/2 C. Oatmeal + Cinnamon, Banana, Strawberries
LUNCH	6-8 oz. Salmon 1 C. Israeli Couscous 1 C. Roasted Carrots	6-8 oz. Blackened Catfish 1 C. Black Eyed Peas 2 C. Sautéed Kale	Chicken Stir-Fry: 6-8 oz. Chicken Bok Choy, Broccoli, Peppers, Onions, Carrots 1-2 C. Jasmine Rice	6-8 oz. Grilled Rockfish 1 C. Wild Rice Pilaf 1 C. Sautéed Garlic Green Beans	Fajita Friday: 6-8 oz. Chicken & Skirt Steak 1 C. Black Beans & Rice 1/2 C. Peppers & Onions 1/4 C. Guacamole & Pico de Gallo	4 oz. Fried Cod Fish 1/2 C. Baked Potato Wedges 1 C. Summer Squash	6 oz. Roasted Bone-In Chicken Quarters 1 Large Baked Sweet Potato 1 C. Seared Broccoli
SNACK	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt		
DINNER	6-8 oz. Italian Marinated Chicken Breast 1 C. Quinoa 1 C. Spaghetti Squash	6-8 oz. Flat Iron Steak 1 C. Fingerling Potatoes 1 C. Broccolini	6-8 oz. Braised Haddock 1 C. Freekeh 1 C. Grilled Asparagus	6-8 oz. Grilled Pork Chop 1 C. Jalapeno Mashed Potatoes 1 C. Roasted Cauliflower	6-8 oz. Steelhead Trout 1 C. Tomato & Herb Farro 1 C. Mixed Root Vegetables	6 oz. Smoked Brisket 1/2 C. Mac & Cheese 1 C. Braised Collard Greens	6 oz. Grilled Monkfish 1 C. Grilled Polenta 1 C. Roasted Brussel Sprouts
SNACK	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein		



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## MEAL PLAN

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	3 Scrambled Cheese Eggs 2 Pieces Chicken Apple Sausage 1 C. Roasted Potatoes	2 Eggs Over Easy 3 Slices Turkey Bacon Whole Wheat English Muffin 1/2 Avocado	1 C. Oatmeal + Peanut Butter, Cinnamon, Almonds, Walnuts, Pecans, Bananas, Strawberries 2 Slices Turkey Bacon	3 Scrambled Eggs 2 Slices Bacon 1 C. Roasted Potatoes	3 Egg Omelet + Mushrooms, Spinach, Onions 2 Slices Turkey Bacon	3 Scrambled Eggs 2 Pieces Pork Sausage 2 Pancakes	3 Egg Whites Scrambled + Mushrooms, Spinach, Onions 2 Slices Turkey Bacon 1/2 C. Oatmeal + Cinnamon, Banana, Strawberries
LUNCH	6-8 oz. Swordfish 1 C. Jambalaya Rice 1 C. Romanesco Cauliflower	6-9 oz. Chicken Schnitzel 1 C. Spaetzle 1 C. Braised Cabbage	6-8 oz. Short Ribs 1 C. Yukon Gold Mashed Potatoes 1 C. Green Beans	Mediterranean Bowl: 6-8 oz. Chicken 1 C. Basmati Rice Squash, Eggplant, Sweet Peppers, Cucumber & Tomato Salad	6-8 oz. Miso Glazed Snapper 1 C. Jasmine Rice 1 C. Chinese Broccoli	4 oz. Chicken & Bacon Sandwich 1/2 C. Smashed Pee Wee Potatoes 1 C. Sautéed Escarole	Pork Stir Fry: 4-6 oz. Pork 1 C. Brown Rice Squash, Broccoli, Bok Choy, Carrots, Onions, Bean Sprouts
SNACK	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt	5 oz. Greek Yogurt		
DINNER	6-8 oz. Chicken Lo Mein Celery, Carrot, Mushroom, Bok Choy	Taco Tuesday 6-8 oz. Mahi Mahi Mango, Corn & Black Bean Salsa 1/2 Avocado 1 C. Mexican Rice	6-8 oz. Shrimp Scampi Side of Sautéed Spinach	6-8 oz. Salmon 1 C. Warm Barely Salad 1 C. Grilled Asparagus	6-8 oz. Teres Major Steak 1 C. Mashed Sweet Potatoes 1 C. Sugar Snap Peas	Lasagna	6 oz. Grilled Monkfish 1 C. Grilled Polenta 1 C. Roasted Brussel Sprouts
SNACK	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein	Protein Shake w/ >20g Protein		