

Grid Iron Chalk Talk-

Linemen and Cardio

Past few months we have been inundated with questions as per the importance of “cardio” training for Linemen. Many coaches, trainers and players have expressed the opinion that strength rules when it comes to battles in the pit. Well, in fact strength is a component of the success that may be experienced by linemen, but more importantly...yes, I said MORE IMPORTANTLY is the cardiovascular level of these players.

Don’t get me wrong, I have been a Strength Coach of pro-athletes for 17 years, I preach the importance of power and strength, but only when coupled with a good cardio base. In fact, without a good cardio base, strength will diminish over the first few quarters and often leave these players more prone to injury and poor execution later in the game.

I thought I would bring another expert on this to relay his thoughts on his conditioning and how it relates to his spectacular success in the CFL, 7 time CFL all-star Mr. Doug Brown.

“ The biggest fallacy in professional football is the idea that linemen, offensive and defensive, don’t require aerobic conditioning due t the nature of their position. In my estimation, the biggest variable that has separated me from my competitors in the CFL is the fact that most players don’t condition their cardiovascular systems to the same extent that I do. Being in shape aerobically allows me to compete as consistently in the fourth quarter as it does in the first and helps my anaerobic recovery between plays. Excluding this component from your training regiment puts you at a tremendous disadvantage and prevents an athlete from maximizing his potential.”

Doug Brown, former NFL and current CFL player

For all of you linemen spending the whole winter under a bench, flipping tires during your power workouts, know that you are only limiting your own potential by not exploring the aerobic component to your game. Take it from 2 people who know football...

Jeff Fisher

Doug Brown

7 Year Trainer CFL

3 Seasons NFL

3 Year Director CFL Combine

10 Seasons CFL (7 time CFL All-star)

1 Year NFL Canada