

# The Miles Austin Project



**From D3 to the NFL in 8 weeks!**

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***“Is bleu cheese bad for me?”***

*-Miles Austin (December 11<sup>th</sup>, 2005)*

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# THE EVALUATION

*"If you don't know where you are; how do you know where you're going?"*

**Bodyweight – 240 lbs.**

**Electronic 10-yard sprint – 1.77 (1.71)**

**40-yard dash (NFL Blesto time) – 4.62**

**Vertical Jump – 37" (38")**

**225 lb. bench press rep test – 17 reps**

**Broad Jump – 9'09" (10')**

**20-yard shuttle – 4.37 (4.25)**

**L Drill – 7.38 (7.27)**



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# 3-STEP PROGRAM DESIGN

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□ **STEP 1 – Develop a NEEDS ANALYSIS**

□ **STEP 2- WORK BACKWARDS!**

□ **STEP 3 – ADHERE to the “TRAINING ECONOMY!”**



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# NEEDS ANALYSIS

**#1 – Run under a 1.65-second electric 10-yard sprint**

**#2 – Drop to 215 lbs. without losing muscle & strength.**  
*(Only one chance to make a 1<sup>st</sup> impression)*

**#3 – Have the highest Vertical Jump of any receiver at the Combine**  
*(Jump over 40")*



# WORK BACKWARDS!



**THURSDAY:** February 23, 2006 – *Receivers report to Indianapolis*

**FRIDAY:** February 24 – *Weigh-in, bench press test, medical exams*

**SATURDAY:** February 25 – *40-yard dash & all other Combine tests*

**-Determine important dates & design your template around them-  
EXAMPLES...**

**Saturday, February 11<sup>th</sup>** – *Last full lower body strength workout*

**Monday, February 20<sup>th</sup>** – *Last running workout*

**Tuesday, February 21** – *Last Max-Effort Upper body workout*

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# TRAINING ECONOMY

*“Choose the fewest methods that will produce the fastest results!”*



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# The **TEMPLATE**

**MONDAY, A.M.** – *10-yard sprint technique*

**MONDAY, P.M.** – *ME Upper body strength*

**TUESDAY** – *(Interview technique, Wonderlick test, work with agents, etc.)*

**WEDNESDAY** – *Agility tests technique (20-yard shuttle, L Drill, 60-yard shuttle)*

**THURSDAY** – *Rep Upper body strength*

**FRIDAY** – *10-yard sprint technique / “Tempo” 40’s*

**SATURDAY** – *Lower Body strength (DE or ME depending on athlete)*

*\*Vertical Jump and/or broad jump technique included in warm-up*

*\*Use of chains*

**SUNDAY** – *OFF*

*\*Hip Flexor stretching everyday, 2X a day*

# QUICK-FIX TO A FAST 40!

*Your stance sets you up for the entire race!*

- **Foot positioning**
- **Shoulder/hand ratio**
- **Head/torso**
- **Weight distribution**
- **Shin angle**
- **Breathing**
- **Troubleshooting**



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# THE FIRST 10 YARDS



➤ **Body angle / Head position**

➤ **1<sup>st</sup> step**

➤ **Shin angle**

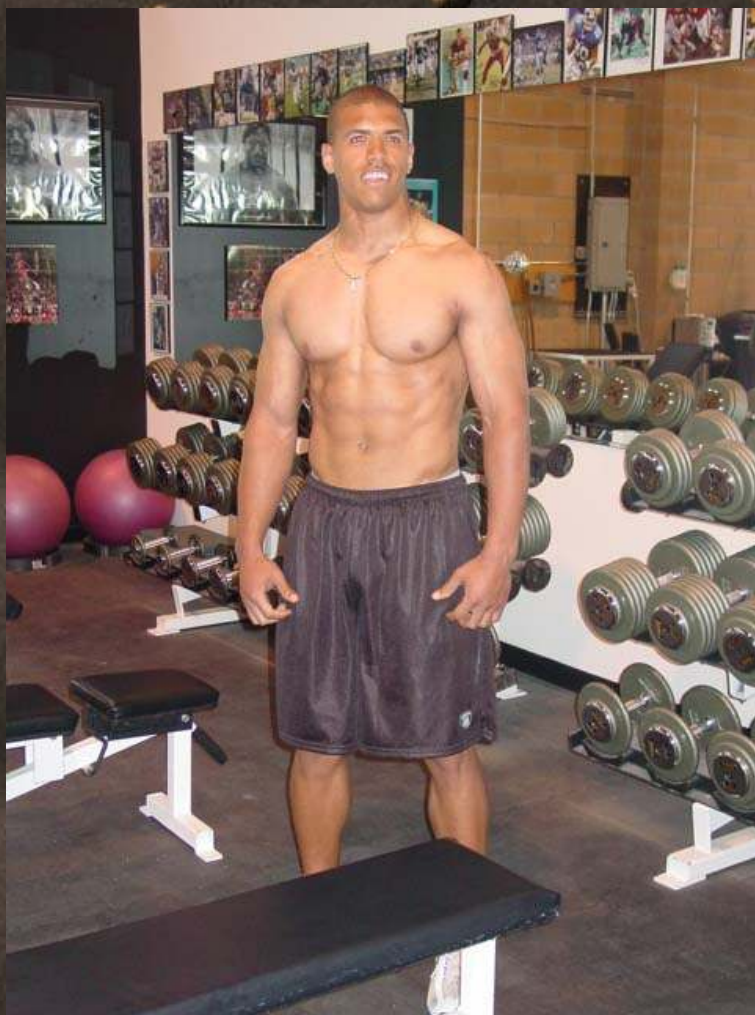
➤ **Stride Frequency / GCT**

➤ **Stride length**

*7.5 steps = 1.77*

*6 steps = 1.62!*

# RELATIVE STRENGTH = SPEED!



Miles the day before leaving for the Combine – 216 lbs.

**Breakfast:** 3 organic omega-3 eggs, 1 slice cheese, 1 cup oatmeal w/ skim milk, 1 cup green tea

**Pre-Workout:** DeFranco Energy Bar



**Post-Workout:** Lean Body Instant Breakfast Shake, 1 banana

**Lunch:** Turkey sandwich on 7 grain bread w/ lettuce, tomato, 1 slice cheese, mustard  
1 cup organic blueberry yogurt

**Dinner:** Houston's Seared tuna salad

## TOTALS:

**Calories** = 2134

**Fiber** = 40g

**Protein** = 208g

**Carbs** = 213g

**Fat** = 50g

# THE ULTIMATE POST-TEST...The NFL Combine

1<sup>st</sup> Week of January

NFL Combine  
(7 weeks later)

Bodyweight – **240 lbs** ..... **215 lbs.**

Electronic 10-yard sprint – **1.77** ..... **1.56**

40-yard dash (NFL Blesto time) – **4.62** ..... **4.47**

Vertical Jump – **37”** ..... **\*40.5”**

225 lb. bench press rep test – **17 reps** ..... **\*23 reps**

Broad Jump – **9’09”** ..... **10’03”**

20-yard shuttle – **4.37** ..... **4.09**

L Drill – **7.38** ..... **7.09**

# OTHER NOTES:

- Know when to refer out
- Video tape for instant feedback
- Shoe wear / surface
- Last week mental prep
- Supplementation



# OPEN DISCUSSION



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