



COMBINE TRAINING

➔ thetrenchacademy.com



TRAINING PROGRAM

Training for the Combine is not just about being in the best shape of your life and maximizing your athleticism. Combine Drills are a Skill, and to master that skill set, we must learn, practice, review, track our results, and repeat. Here at The Trench Academy, we do this every single day. We break down each and every measured drill at the NFL Combine. We teach every step and customize different techniques and execution points based on each athlete's build and skill set. We consistently film our training sessions with these drills and review after each session. We believe that we must teach before we train so our athletes are armed with knowledge and purpose for each and everything we do. This allows them to confidently walk into their interview, knowing that they are the most prepared in the room.



“ Since coming to The Trench, I've become faster, stronger, leaner, and a better person overall. From toughness in the weight room to toughness on the field, The Trench Academy will prepare you to be a better man. ”

WILL GHOLSTON
Buccaneers, #92/ DE



01

SPEED

The Trench equips athletes with unparalleled speed training using systems, science, and experience to teach linear speed techniques to all different styles of players. Our path to creating the fastest athletes follows a five-pillar progression that teaches you how to turn over quicker, and how to maximize force and power delivered into the ground. This system builds speed through power progression and acceleration techniques known by many but taught correctly by few. We've mastered this process and continue to see groundbreaking results.

02

STRENGTH

We take pride in building some of the strongest football players in the world. In the Weight Room, we run a true Proprietary Hybrid Method that combines Power Lifts, Olympic Lifts, Plyometrics, and Hypertrophy Accessory movements that build precise strength and power. We take the time to build the athlete from the ground up immediately following a rigorous football season. With a constant focus on stability, mobility, and structure, we can master body control and muscle activation with perfect technique and execution. Our system builds stronger, faster, quicker, more explosive athletes while simultaneously correcting movement patterns to prevent injury.

“ The most beneficial part of Trench is the technique side of it, and I think that's something that a lot of people miss out on. You think that you have the right information from your background, but it's good to be in a facility where you have somebody who's trained many people and you can see the proof is right there in front of you. It's tangible. You can touch people and see this is what happens when you follow the program. ”

BRANDON HOLLOWAY

Miss State, 4.28 Forty yd, among the fastest top 5 times in 2017. Combine class 2017





03

AGILITY

The foundation of next-level agility is body control. In every process, our focus is based on stability, mobility, and structure. We master muscle activation techniques that teach players how to recruit fast-twitch muscle fibers that their bodies traditionally haven't used. Through proper training and proper trigger point, and ART Treatment, we can reduce inefficiencies in athletes' muscular activation and movement. Ultimately these methods lead to a change of direction that builds a much faster, quicker, more agile, and violently explosive athlete. The result is better times on the clock and faster reaction in the game.

04

POSITION-SPECIFIC WORK

Many training facilities see the NFL Combine or College Pro Day as the finish line. Here in The Trench, with eight coaches with a combined experience of almost 40 years of professional football, we know that is not the case. The Combine and Pro Day is just the starting line, and for many, the most significant way to make an impact is in their All-Star Game. We don't just build great combine performance. We build better football players, both physically and mentally. We consistently do position work 2-3 days a week with some of the country's best position-specific coaches. All of our coaches have been doing this for at least five years and have trained, in total, over 100 NFL Athletes. We focus on everything from the field, to the whiteboard, to the film breakdown. We take pride in teaching, coaching, and mentoring these young men to the next level.

THERAPY PERFORMANCE SERVICES

We train and treat some of the top athletes in the NFL both in-season and off-season to train and recover their bodies. Many people confuse under-recovering with over-training. This means they miss out on crucial training sessions because their bodies are broken down. It's not too much training, it's the lack of active recovery. We have a therapy block that compliments every one of our training blocks throughout the day. This allows athletes to have their bodies worked on by our therapists and specialists before and after every training session throughout the day.

INCLUDES

- Instrument-Assisted Soft Tissue Massage
- Yoga
- Active Release Therapy
- Recovery/Treatment
- Thera Lase Treatment
- Nutritional / supplemental guides
- Video Analysis



COMBINE TRAINING SCHEDULE

MONDAY - FRIDAY

- 8:00 AM Breakfast
- 8:30 AM Treatment/ Medical
- 9:30 AM Speed/ Combine-Specific Work
- 10:30 AM Supplement Break
- 11:00 AM Weight Room Training
- 12:30 PM Lunch
- 1:00 PM Treatment
- 2:00 PM Position Work/ Film Break
Down/ Yoga
(Depends on Training Focus, Work or
Recovery Day)
- 3:00 PM Treatment/ Medical
- 4:00 PM Dismissed

SATURDAY

- 9:00 AM Breakfast
- 9:30 AM Combine Specific Breakdown
- 10:30 AM Yoga
- 11:30 AM Treatment
- 12:30 PM Dismissed

SUNDAY

OFF or Group Activity

“ I feel like everything the Trench incorporates into the program really transfers to my playing. Whenever we work defensive lineman skills, I feel like my technique is better. ”

DAESHON HALL

Texas A&M, 3rd round Draft pick to Carolina Panthers. Combine class 2017



MEAL PLAN AND NUTRITION

We provide every single meal throughout the week for our athletes. We have our own healthy restaurant and kitchen in-house with incredible chefs that prepare the food fresh every day. They use only the freshest ingredients that lead to the most nutritious meals that taste great. Each athlete will sit down with our in-house nutritionist. Based on their goals, size, muscle mass, and body scan, we provide each athlete with a custom diet, meal, and supplement plan given to our chefs. Our chefs prepare the meals for them in the morning, after every training block. Before they leave, we cover every meal and make sure each athlete is getting the right food and the correct caloric intake to maximize their results. They will also receive protein and/or gainer shakes throughout the day after sessions, depending on each athlete's custom diets. Within that meal plan, each athlete will also receive a customized supplement regime designed to optimize their muscle growth, recovery time, energy levels, and overall health.

INCLUDES

- Custom Diet
- Weekly Weigh-Ins and Body Fat Scans
- Custom Supplement Regimen
- In House Meal Prep
- Post Workout Protein Shakes



ACCOMMODATIONS

Top Level Housing Available in Beautiful Tampa, Florida. Close to the beach, downtown Tampa, The Bucs Stadium, The Airport, and All the Amenities.



COMBINE TRAINING RESULTS

We test our athletes 2-3 times on every Combine-Measured Drill, pending whether they are going to the Combine or Pro Day. All timing is laser times, and we use the same measuring tools they will use at the NFL Combine in Indy.

40 YRD

.23 Second Decrease

BROAD JUMP

B10" Increase

3 CONE DRILL

.42 Second Decrease

VERTICAL JUMP

5.25" Increase

5-10-5 SHUTTLE

.38 Second Decrease

BENCH PRESS

10 Rep Increase

“ This is not for everybody, but if you wanna be great, this is the place to be. ”

RAKEEM NUNEZ-ROCHES “NACHO”

Buccaneers #56/DT



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