



GAINING BY TRAINING, BUT NOT AS USUAL

When it comes to keeping in shape during the offseason, the methods preferred are often as varied as the players themselves.

New Orleans Saints running back **REGGIE BUSH** has been trying out California fitness guru Kappel Clarke's unconventional "Fre Flo Do" training routine. The innovative workout is based on martial arts, with an emphasis on spatial awareness, core balance, injury prevention and enhanced consciousness of the mind-body duality.

"Fre Flo Do means living on the path through which freedom flows," Clarke said of his training philosophy. "Reggie is regarded as one of the most spatially aware and dynamic athletes."

Clarke says the workouts will improve Bush's agility and reaction time, and will also help prevent injury during the second year of his NFL career.

"It's really based on pushing until you feel you don't have any more, then pushing that extra 10-15% you don't think you have left," Bush said. "It simulates a long play, the fourth quarter, or overtime."

Fre Flo Do has piqued the interest of 2005 NFL Most Valuable Player **SHAUN ALEXANDER** of the Seattle Seahawks. The running back is also putting the program to the test during his break from the in-season schedule.

Here's a rundown of some other unorthodox offseason training regimens from around the league:

- Philadelphia Eagles kicker and three-time Pro Bowler **DAVID AKERS** trains in Brazilian Jiu-Jitsu and Shaolin Kempo. Akers says that practicing these martial arts helps him to focus when it comes time to attempt a kick. He does a bow after each successful kick.

- Seven-time All Star tackle **WALTER JONES** of the Seattle Seahawks pushes a three-ton Escalade around a parking lot twice a week.

"After doing these workouts, it doesn't bother me if I'm stuck in my stance for a while," says Jones.

- Baltimore Ravens linebacker **RAY LEWIS**, a two-time NFL Defensive Player of the Year, spends his offseason running in deep sand to help train and get stronger.

"Everybody knows I only go one way, and that's full speed," says Lewis. "That's all I know, and that's what I train for in the offseason."

The seven-time All Star's work-out caught on, and gained so much popularity with teammates, that the Ravens recently built a huge sandpit for the players to run and train in during the offseason. Ravens safety **ED REED** is also reported to be a fan of the sandpit.

- Boxing is becoming one of the league's most popular training exercises. It should come as no surprise that hard-hitter **JOHN LYNCH** of the Denver Broncos enjoyed testing his endurance and intensity in the ring this offseason, along with **SIMEON RICE**, **ELLIS WYMS** and **CATO JUNE** of the Tampa Bay Buccaneers.

"Training like a boxer is my thing," June says. "I've always liked the way boxers train. It helps me with my skills at being a linebacker."

- 2006 NFL Offensive Player of the Year and Most Valuable Player **LA DANIAN TOMLINSON** of the San Diego Chargers has taken a cue from Pro Football Hall of Famers **WALTER PAYTON** and **JERRY RICE**, and supplements his training in the gym by running up the hill behind his home in San Diego for speed training.

- New York Jets wide receiver **LAVERANUES COLES** runs alone in the outskirts of Jacksonville through swampy, wooded areas, battling suffocating heat, mud and angry insects. "I don't run on the street," says Coles. "I go in the ditches and run until my legs say I can't run anymore. Then I turn around and try to run back home, as far as I can."

- Oakland Raiders wide receiver **ALVIS WHITTED**, who competed in the 1996 Olympics in the 200 meters, runs on 45-degree angles in the heat.

"In the heat of Jacksonville, I run 150 yards on a 45-degree incline," says Whitted, who began his NFL career with the Jaguars (1998-2001). "I do it eight times and in the heat, those last couple of climbs take forever."