Michael Johnson Performance, founded by 4-time Olympic gold medalist Michael Johnson, is considered to be one of the top pre-draft training facilities in the country and has been preparing athletes for the NFL Combine and Collegiate Pro Day for more than 15 years.

Every year, our pre-draft training programs produce some of the fastest times and best performances on all of the biggest stages. Our approach to training takes into consideration decades of research and includes the latest and most innovative training techniques designed specifically for each athlete to help them break down the barriers to allow for optimal performance.

There are no other training programs designed to help NFL draft prospects maximize every ounce of their potential. By combining our comprehensive training, facilities, expertise and methodology, MJP is committed to make sure you perform at the highest level, increase draft stock, and dominate any test.
At MJP, we understand the importance of the NFL Combine & Pro Day, what it means to you and your family, and how being a top performer will increase your draft stock. Our pre-draft training programs are designed to prepare you for every physical measurement, interview, position-specific drill, medical examination, agility test and speed assessment you will perform.

Our comprehensive programs provide each athlete with individualized training based on results from initial performance tests, medical assessments, and athlete goals. MJP experts will gather your data points and take a targeted approach to maximize your training to lower times and achieve results. If you want to perform at your highest potential and impress NFL coaches & scouts, our proven training methods will take you to the next level.

THE MJP COMBINE & PRO DAY EXPERIENCE

MJP PREPARES YOU FOR THE NFL COMBINE & YOUR PRO DAY WITH:

- A team of experts who deliver a personalized program for each athlete
- Training programs that include systematic and sequential progression for maximum performance
- The latest technology in the industry including the utilization of the Nike Explore Team’s sport researchers to analyze performance data to optimize results
- A nutrition profile, meal strategy & supplementation to achieve an optimal weight
- Access to the MJP Sports Medicine clinic and full-time physical therapists
- A wide range of recovery modalities and regenerative techniques
- A proprietary pre-training system that dramatically enhances performance and reduces injury each session

MAXIMIZE YOUR POTENTIAL
EXPERTISE
With a wide range of experience preparing players for the pre-draft process, MJP coaches have the expertise to quickly identify individual player’s needs and areas for improvement, and understand the demands of each position and how to prepare players accordingly.

Our pre-draft programs have produced some of the fastest times and best performances at the NFL Combine and collegiate Pro Days every year. On average, players can expect to add 5.5 inches to their vertical jump, 6.5 inches to their broad jump, 6 reps on bench press, and lower their 40-yard dash time by .19 of a second.

RESULTS
MJP has a history of helping players improve their draft stock, regardless if you are a projected first round pick or late round prospect. The MJP staff prides ourselves on our ability to help all players turn heads and impress top executives, coaching staffs, and NFL personnel during the biggest job interview of your life.

HISTORY
MJP uses the latest technology and equipment including: high speed motion capture cameras, ground force measurement systems with force plates, speed analysis software, under water treadmills, recovery modalities, and a state-of-the-art Sports Medicine clinic.

RESOURCES
Utilizing the Nike Sports Research Lab at MJP, Nike’s major extension of its original lab at the world headquarters in Oregon, MJP is able to provide you access to the latest in biomechanics, physiology, sensory/perception, and data science to help you perform at your best.
Our objective is to provide you with all the necessary training and preparation to maximize your draft potential. MJP will hone your talents and techniques with the best performance coaches, NFL coaches, nutritionists and physical therapists in the industry so you can become a top performer in each event.
GET PREPARED

40-YARD DASH
MJ P breaks down all the elements of the 40-yard dash and teaches each athlete the individual techniques needed to perfect this event, including: being more explosive from the start, running with proper mechanics & stride frequency and increasing top-end speed.

VERTICAL & BROAD JUMP
MJ P focuses on improving athlete’s lower-body explosion, strength, and power to achieve optimal results in the vertical and broad jump by enhancing the athlete’s peak force and using technology to measure the amount of force exerted into the ground.

BENCH PRESS
MJ P implements a unique strategy for the 225 bench press test, training not only for strength but endurance. Our proven system will ensure you demonstrate to pro scouts your strength and endurance off the field.

3 CONE DRILL
Running a low time in the 3 cone drill requires the ability to change directions at a high speed. MJ P teaches players the techniques needed to perform this drill with efficient movement and no wasted steps, resulting in optimal results.

SHUTTLE RUN
NFL coaches and scouts want to see if you have lateral quickness and how explosive you are in short distances. MJ P will teach you the techniques needed to explode out of a three-point stance, accelerate, decelerate, and change directions at a high speed for maximum performance.

TRAINING

MJ P assesses all of your current physical capacities and consults with you to understand your goals, and then develops a customized high performance training plan designed to enhance and enrich your athleticism for the NFL Combine & Pro Day.

MJ P integrates meal-planning strategies, hydration and a personalized supplementation program to assist in daily recovery, weight gain or loss, and long-term performance.

MJ P has created a high performance atmosphere, which is critical for athletes seeking a comprehensive training experience that provides all the necessary components for success at the NFL Combine & Pro Day.

MJ P has a protection, correction, and progression coaching process to constantly motivate you so you stay focused, positive, and driven to put in the work required to maximize performance.

MJ P applies a multitude of methods and strategies to effectively enhance the body’s natural recovery processes and reduce recovery time.

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MJP’s unique and laser-focused training breaks down each athlete’s running mechanics to increase technical proficiency and has been proven to lower our athlete’s 40 time. Our specific philosophy of teaching athletes to increase their performance in the 40-yard dash are the same principles that helped Michael Johnson set world records.
Our innovative power enhancement methods improve raw explosive ability by enhancing peak force and rate of force development, making athletes more explosive on standing power tests. MJP’s cutting-edge maximal strength and speed endurance training, integrated with efficient technique and specific attack strategy, has produced unparalleled improvements with an average rep increase of 45% to each athlete’s bench press.
We provide you with the full support needed to not only dominate the NFL Combine and your Pro Day, but every training camp and game in your professional career. You will work extensively with former NFL players and coaches to prepare you for the transition from collegiate to professional ball, including position-specific drills for the combine, All-Star Bowl game preparation, board work, film review, and more.
YOUR PERFORMANCE

2015-2018 AVERAGES

- **RB/WR/DB**
  - +8.2 lbs. lean mass gained
  - -7.76 lbs. fat mass loss

- **TE/LB**
  - +10.43 lbs. lean mass gained
  - -15.13 lbs. fat mass lost

- **OL/DL**
  - +14.7 lbs. lean mass gained
  - -15.13 lbs. fat mass lost

MJP's performance nutrition program is the most integrated and evolved nutrition physiology system in the industry and is an integral part of our NFL Combine and Pro Day programs. MJP's nutrition support includes:

- Individual consultations
- Customized meal plans
- Customized supplement plan
- Bi-weekly body weight/lean mass monitoring
- Live meal coaching
- Grocery store tours & education
- Regeneration/recovery/readiness to train assessments

MJP SPORTS MEDICINE

Many football players end their collegiate season with injuries -- our goal is to rehabilitate those injuries so you can perform at a peak performance level.

MJP Sports Medicine integrates the best in physical therapy and sports injury rehabilitation with individualized care, and years of practical clinical experience to optimize injury recovery and enhance your performance.

Our sports medicine team provides an in-depth evaluation for every athlete on your first day of training and simulates the medical screen you will complete at the NFL Combine. MJP physical therapists look for any red flags that may be the result of your college football career and areas of opportunity to maximize training. After your screen, our experts will design a daily therapy routine for you based on your initial evaluation and injury history to optimize training for best results.
Led by Lewis Johnson, 7-time NBC Olympic Broadcaster and named one of the Best Sideline Reporters in the business by SI.com, you will learn how to create your brand, how to tell your story, and how to effectively and confidently communicate with scouts, head coaches, and general managers.

You will gain valuable insight into the test, complete practice tests and learn test-taking strategies needed to dominate the NFL administered Wonderlic exam.

Mental conditioning classes focus specifically on providing proven methods to develop, advance, and maintain the proper mindset so you can succeed not only on one of the biggest days of your lives, but every day, every practice and every game in your professional career.
MJP brings a full support team to Indianapolis for the duration of the NFL Combine to provide training, nutrition, physical therapy, massages, and other recovery modalities. This includes a relaxing suite at a local hotel as well as a reserved training facility for last minute preparation.
Michael Johnson Performance is a world-class and state-of-the-art training facility that will help you to prepare for the greatest performance of your life.

- The latest training technology and equipment
- 6,000-square-foot multi-purpose indoor turf field
- 4 lane indoor track
- 3D motion capture system with 20 HD motion-capture cameras
- Ground force measurement system with track & turf force plates
- State-of-the-art weight room
- 23-meter, outdoor swimming pool
- Outdoor multi-purpose turf field
- Nike Sports Research Lab
- MJ P Sports Medicine clinic
- HydroWorx underwater treadmill
- Recovery suite including hot and cold tubs, NormaTec, and Hyperice Units
- Muscle Milk fueling/nutrition station
- Locker room with showers
The NFL Combine & Pro Day programs at MJP are made up of a team of experts including performance specialists, football coaches, nutrition experts, mental conditioning consultants, media coaches, and physical therapists whose sole purpose is to help you improve your draft stock and perform at the highest level.

**PERFORMANCE LEADERSHIP TEAM**

**MICHAEL JOHNSON**  
**FOUNDER & PRESIDENT**
- Established a record of 33 Olympic and World Championship medals, all of which were gold
- Became known as the “Fastest Man in the World” in 1996 when completing the historic 200/400-meter Olympic double
- Founded MJ P with a mission of helping athletes of all ages and all sports reach their full potential, using the same training philosophy and training approach he used in his own career
- As one of the most successful and focused athletes of our time, Michael’s motivational techniques are a benefit to athletes and coaches desirous of improving the work ethic, focus, and professional approach needed to achieve at the highest level

**LANCE WALKER**  
**VICE PRESIDENT & GLOBAL PERFORMANCE DIRECTOR**
- Brings 20 plus years of experience working with athletes in all sports and for some of the most respected sports organizations in the world including the Dallas Cowboys
- B.S. degree in Kinesiology and M.S. degrees in Exercise Physiology and Physical Therapy
- Responsible for managing the results and innovative training systems that MJ P is world-renowned for
- Major contributor of product insight for Nike Innovation Kitchen and the Nike Explore Team
- Recognized globally as a leading expert and pioneer in high-performance training systems integration, and multi-disciplinary sports performance training methodology

**BRYAN McCall**  
**DIRECTOR OF PERFORMANCE**
- B.S. degree in Exercise Science from the University of Texas at Arlington
- Over 16 years of experience working in the high performance industry
- Oversees the performance of all training programs and methods that are facilitated at MJ P
- Certified Strength and Conditioning Specialist through the National Strength & Conditioning Association and Collegiate Strength & Conditioning Coaches Association
- Registered Strength and Conditioning Coach with Distinction
- Member of the Cooper Clinic advisory board, NSCA-Ohio advisory board, Nike trainers network, and consultant for Nike football

**COACHING STAFF**

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The nutrition and meal plan here is unbelievable; it went above and beyond anything I thought it could be.

Nick Martin,
Houston Texans
University of Notre Dame

You need to learn from the best to become the best.

Ndamukong Suh,
Miami Dolphins
University of Nebraska

Having full access to the MJP support team and player suite at the NFL Combine allowed me to focus on the Combine and perform at my best.

Evan Boehm,
Arizona Cardinals
University of Missouri

Learning and working with Michael Johnson, a former gold medal Olympian, to improve my 40-yard-dash technique was an awesome experience.

Shaquill Griffin,
Seattle Seahawks
University of Central Florida

To the younger class men looking for the best training facility, make sure you come to MJP.

Tyus Bowser,
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WHERE LEGENDS ARE BORN

NOTABLE ALUMNI

Amee Abdullah, Detroit Lions
Davante Adams, Green Bay Packers
Jordan Akins, Houston Texans
Marcell Atemen, Oakland Raiders
Daren Bates, Tennessee Titans
Jeremy Beal, Denver Broncos
Evan Beanhun, Los Angeles Rams
Tyus Bowser, Baltimore Ravens
Trevone Boykin, Seattle Seahawks
Malcolm Brown, Los Angeles Rams
Ryan Brown, Cincinnati Bengals
Kevin Byard, Tennessee Titans
Dj Chark, Jacksonville Jaguars
Sedrick Cooper, Atlanta Falcons
Anthony Coyle, Green Bay Packers
Michael Crabtree, Baltimore Ravens

Knile Davis, Pittsburgh Steelers
John Diarse, Denver Broncos
Kenneth Dixon, Baltimore Ravens
Garrett Dooley, Minnesota Vikings
Lance Dunbar, Los Angeles Rams
Steven Dunbar, San Francisco 49ers
Chase Edmonds, Arizona Cardinals
Trey Flowers, New England Patriots
Kyle Fuller, Chicago Bears
Taylor Gabriel, Chicago Bears
Jacybo Glenn, Kansas City Chiefs
Marquise Goodwin, San Francisco 49ers
Shaquem Griffin, Seattle Seahawks
Shaquill Griffin, Seattle Seahawks
Pj Hall, Oakland Raiders
Rayshawn Jenkins, Baltimore Ravens

DeAngelo Henderson, New York Jets
Bug Howard, Cleveland Browns
Donjoe Jackson, Carolina Panthers
Chris Jones, Kansas City Chiefs
Joshua Kalu, Minnesota Vikings
Hau'oli Kikaha, New Orleans Saints
Derrick Kindred, Cleveland Browns
Asion King, New England Patriots
Mathias Kiwanuka (Retired)
Brandon LaFell, Oakland Raiders
Des Lawrence, Detroit Lions
Ty Logan, Carolina Panthers
Cole Luke, Virginia Tech
Nick Martin, Miami Dolphins
I'Tavius Mathis, Jacksonville Jaguars
Tyler Patmon, Jacksonville Jaguars

Dexter McCluster, Los Angeles Chargers
LJ McCray, Carolina Panthers
Majin McFarland, Free Agent
Connor McGovern, Denver Broncos
Elija McGuire, New York Jets
Paul McRoberts, Indianapolis Colts
Henry Melton, Carolina Panthers
Jordyn Mills, Buffalo Bills
Joshua Michael, Texas Tech
Jordan Roos, Seattle Seahawks

Alex Smith, Washington Redskins
Trey Quinn, New Orleans Saints
Ndamukong Suh, Los Angeles Rams
Dak Prescott, Dallas Cowboys
Tyreek Hill, Kansas City Chiefs
Jaylon Johnson, Tennessee Titans

Breshad Perriman, Baltimore Ravens
Brandon Pettigrew, Detroit Lions

Darius Philon, Los Angeles Chargers
Jamiyus Pittman, Miami Dolphins
Shakeel Rashad, Houston Texans
Elandon Roberts, New England Patriots
Corey Raymond, Minnesota Vikings
Jordan Roos, Seattle Seahawks
Alex Smith, Washington Redskins

Charvarius Ward, Kansas City Chiefs
Chris Warren III, Oakland Raiders
Charcandrick West, New York Jets
Eli Manning, New York Giants
Nick Martin, Houston Texans
I'Tavius Mathis, Jacksonville Jaguars
Tre'Quan Smith, New Orleans Saints
Ndamukong Suh, Los Angeles Rams
Aqib Talib, Los Angeles Rams

Brandon Williams, Baltimore Ravens
物业服务, New England Patriots
Dontre Wilson, Los Angeles Chargers
Deatrich Wise Jr., New England Patriots

Tim Williams, Baltimore Ravens
Brandon Wilson, Cincinnati Bengals
Donte Wilson, Los Angeles Chargers
Deatrich Wise Jr., New England Patriots

Mike Wallace, Philadelphia Eagles
Benjamin Watson, New Orleans Saints