



TRAINING
HAUS

NFL COMBINE PREP



Our HAUS is home to everything a player needs to maximize their potential, all under one roof. Our state-of-the-art flagship facility is located in Eagan, Minnesota, and offers 22,000 square feet of turf, court, studio, and sports science lab space. New in 2026, we are excited to offer this same elite training in Arizona. Our experts have decades of experience helping players train, improve performance, and recover. We make sure athletes are at their best for their biggest moments.

NFL COMBINE PREP

Get better. Get noticed. Guaranteed.

Our personalized approach to preparing players for every aspect of the NFL Draft process is proven to take a player's game to the next level. We take pride in the details because that's what separates good from great. Our innovative, science-based methods produce real results, and we've got the data to prove it.

OUR SPORTS SERVICES

- **PERFORMANCE**
- **POSITIONAL COACHING**
- **NUTRITION**
- **SCIENCE**
- **RECOVERY**
- **MEDICINE**



WATCH OUR NFL COMBINE
PREP HYPE VIDEO

OUR TEAM



BILL WELLE

35+ YEARS NFL COMBINE
PREPARATION EXPERIENCE

His former athletes call it the “Welle Way.” It’s a work ethic and mindset that just hits different – and ultimately, makes all the difference. With 35+ years of experience, Welle has trained 800+ players for their NFL Combine and Pro Day workouts, and has produced 40+ first round picks. After 15 years at XPE in Florida, Welle now calls the HAUS his permanent home. To be your best, train with the best.

35+
YEARS OF EXPERIENCE

800+
PLAYERS TRAINED

40+
FIRST ROUND PICKS

POSITIONAL AND PERFORMANCE COACHES

Minnesota



ERIC PERKINS

WIDE RECEIVER/HEAD SPORTS PERFORMANCE COACH



AYO IDOWU

DEFENSIVE LINE COACH



LEWIS KIDD

OFFENSIVE LINE COACH



OSCAR WHITE

DEFENSIVE BACKS/SPORTS PERFORMANCE COACH

Arizona



ALEX BOONE

OFFENSIVE LINE COACH



DERRICK DAVISON

DEFENSIVE LINE COACH



MIKE GIOVANDO

QUARTERBACK COACH



SUPPORT STAFF



CHRISTIAN DAWSON, PT
SPORTS PHYSICAL THERAPIST



RACHEL GORHAM, MA, RD, LD
SPORTS DIETITIAN



JONATHAN GRAVES, DC
SPORTS CHIROPRACTOR



GARRETT EGGLESTON, MS
SPORTS SCIENTIST (BIOMECHANIST)



TYLER WHEELER, LAT, ATC, CSCS
ATHLETIC TRAINER/MEDICAL LIAISON



DENISE STRENGER, MS, MA, NBC-HWC
PILATES INSTRUCTOR





WATCH JOE ALT'S
NFL DRAFT PREP

“The thing that stands out about Training HAUS is the people. When you’re around people who care about you, want to see you succeed, and push you, it brings out the best in you. I ran a 5.27 40-yard dash before training at the HAUS and cut that down to a 5.05 at the NFL Combine. My 14.14 mph from 0 to 5 yards was the fastest ever by an offensive lineman. That’s not an accident. Bill Welle’s attention to detail makes all the difference, and working on my blocking technique with Alex Boone was a game-changer. I give the HAUS a lot of credit for being taken in the Top 5 of the NFL Draft.”

JOE ALT | LOS ANGELES CHARGERS

TRUSTED BY THE BEST

- JOE ALT
- JOHN MICHAEL SCHMITZ
- BOYE MAFE
- CORDELL VOLSON
- LARRY FITZGERALD JR.
- CRIS CARTER

PROVEN RESULTS

Success stories come in all shapes and sizes. Whether you’re looking to move up the Draft Board or simply turn enough heads to land with a team, our people, programs, and personalized approach will help you achieve your goals.

AVERAGE COMBINE IMPROVEMENTS

TEST	IMPROVEMENT
40-YARD DASH	-0.21 seconds
SHORT SHUTTLE	-0.25 seconds
L-DRILL	-0.23 seconds
BROAD JUMP	+10.5 inches
VERTICAL JUMP	+4 inches
BENCH PRESS (225 LBS)	+9 reps

1000+
NFL FOOTBALL
ATHLETES TRAINED

250+
UNDRAFTED FREE AGENTS
SIGNED BY NFL TEAMS

PERSONALIZED APPROACH



SPORTS PERFORMANCE

Our expert coaches not only get players in the best shape of their lives, but they teach game-changing techniques to excel at every test the NFL Combine offers. Extensive preparation leads to excellent performance. We help players push past their limits and reach new heights.



POSITIONAL COACHING

Learn to become a pro, from the pros. Our coaches have been there, done that, and are motivated to help the next generation do the same. We prepare players in the classroom and on the field to dominate both Combine drills and positional workouts.



“From day one, Training HAUS provided personalized attention and tailored their approach to my specific needs. They were always pushing me to be my best, and I could tell they genuinely cared about my success. Getting drafted was my dream, and the HAUS helped make it a reality.”

JOHN MICHAEL SCHMITZ | NEW YORK GIANTS





SPORTS NUTRITION

Using a science-based approach, our nutrition experts provide individualized testing to help ensure players build muscle and lose fat. Throughout the program, our team monitors and provides enhanced supplementation and catered meals tailored to individualized nutrient needs.



SPORTS SCIENCE

Efficiency of movement matters. In our world-class Sports Science lab, our scientists use cutting-edge technology to study movement patterns. This information helps us better understand a player's weaknesses or limitations in order to develop an individualized plan of corrective exercises to reduce the risk of injury and maximize performance.



**WATCH KRISTIAN BOYD
BECOME HAUS BUILT**

“The technology at Training HAUS is second to none. Their Sports Science Lab relies on data to help produce real results, and my Northern Iowa Pro Day record of 38 reps in the bench press is a direct result of my work in the Lab. When I started at the HAUS, I was projected to sign with a team as an undrafted free agent. By the time I was finished, I had moved up the Draft board into the 6th round. Training HAUS has everything you need to reach your full potential, all under one roof.”

KRISTIAN BOYD | NEW ORLEANS SAINTS





SPORTS RECOVERY

Recovery is a crucial part in the overall performance and well-being of a player. Proper recovery is essential to optimizing performance and reducing the risk of injuries. Whether a player is banged up from the season or sore after a workout, our goal is to provide ways to relax, recover, and come back even stronger.



SPORTS MEDICINE

Located right next door to Training HAUS is Twin Cities Orthopedics, the Official Sports Medicine Provider of the Minnesota Vikings. Training HAUS, powered by TCO, has in-house medical experts monitoring and caring for athletes before, during, and after their Combine prep. We work closely with some of the top physicians in the world to make sure players are provided the highest possible care.



“I came to Training HAUS beat up from my senior season. In a short period of time, I needed to get my body right to perform at my best. From physical therapy to sports massage, I used all the services Training HAUS provides. When the Combine came around, I was ready to roll, and was thrilled with my results.”

CORDELL VOLSON | CINCINNATI BENGALS



SAMPLE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00	Breakfast/ Supplementation	Breakfast/ Supplementation	Sleep In	Breakfast/ Supplementation	Breakfast/ Supplementation	Sleep In
8:00-9:30	Speed Work/ 40 Technique	Change of Direction	Mobility/Flexibility	Speed Work/ 40 Technique	Positional Drills	Medical/Correctives
9:30-10:00	BREAK					
10:00-2:00	Medical Staff/ Recovery	Medical Staff/ Recovery	Positional Drills	Medical Staff/ Recovery	Lower Body Strength	
2:00-3:00	Lower Strength Vertical/Broad Jump Work	Upper Body Strength	Board Work/X's and O's	Upper Body Strength	Massage/ Regeneration	
3:00	BREAK FOR DAY					



WATCH LOGAN BROWN
BECOME HAUS BUILT

“Training HAUS helped me improve in every aspect. Their staff has been around the game forever, and being exposed to some truly brilliant minds was a great experience. If you come here, work hard, and trust the process, you’ll see the results you want at the Combine and your Pro Day.”

LOGAN BROWN | CLEVELAND BROWNS



HOUSING

AIRBNB/VRBO

Many of our past athletes have found that short-term rentals offer the space and amenities they need to feel at home throughout the program. These options provide flexibility, privacy, and comfort, key for staying focused and recovered during training.

PACKAGE OPTIONS



O-LINE PACKAGE

Training HAUS – Arizona

- **Training:** 6 days per week
- **Workouts:** 2 per day (speed, strength, and positional work)
- **Therapy:** Massage, chiropractic, and physical therapy
- Daily offensive line development
- Recovery package included
- 12 catered meals per week



PLATINUM PACKAGE

Training HAUS – Arizona

- **Training:** 6 days per week
- **Workouts:** 2 per day (speed, strength, and positional work)
- **Therapy:** Massage, chiropractic, and physical therapy
- Recovery package included
- 12 catered meals per week



GOLD PACKAGE

Training HAUS – Eagan

- **Training:** 6 days per week
- **Workouts:** 2 per day (speed, strength, and positional work)
- **Nutrition:** Pre- and post-workout supplementation
- **Therapy:** Chiropractic and physical therapy
- Recovery package included
- 5 catered meals per week

For more information, contact Bill Welle

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