

High School Football – 16-Week Off-Season Periodized Strength & Speed Calendar

Week	Phase	Day 1 – Lower Body	Day 2 – Upper Body	Day 3 – Lower Body / Agility	Day 4 – Full Body / Speed
1–3	Anatomical Prep & Movement Foundation	Back Squat 3–4×10–12 RDL 3×10–12 Walking Lunges 3×10 Box Jumps 2×6 Broad Jumps 2×6 10–20 yd sprints, 80% effort	Bench Press 3–4×10–12 Incline DB Press 3×12 Pull-Ups 3×8–10 Push Press 3×10 Med Ball Toss 2×8	Deadlift 3×10 Front Squat 3×10 Step-Ups 3×10 Single-Leg RDL 3×8 Depth Jumps 2×6 Agility ladder 5–6 drills	Power Clean 3×10 (light) Pull-Ups 3×8 Goblet Squat 3×12 Incline DB Press 3×12 Broad Jumps 2×6 Flying 20s ≤80% effort
4–7	Strength & Power Base	Back Squat 4×6 RDL 4×6 Walking Lunges 3×8 Box Jumps 3×8 Broad Jumps 3×6 10–20 yd sprints ×6	Bench Press 4×6 Incline DB Press 3×8 Pull-Ups 3×8 Push Press 3×6 Med Ball Toss 3×8	Deadlift 4×5 Front Squat 3×6 Step-Ups 3×8 Single-Leg RDL 3×8 Depth Jumps 3×6 Ladder/agility 5–6 drills	Power Clean 4×4 Pull-Ups 3×8 Goblet Squat 3×8 Incline DB Press 3×8 Broad Jumps 3×6 Flying 20s ×4

8–11	Maximum Power & Speed	Back Squat 4×4	Bench Press 4×4	Deadlift 4×4	Power Clean 4×3
		RDL 3×5	Incline DB Press 3×6	Front Squat 3×5	Pull-Ups 3×6
		Walking Lunges 3×6	Pull-Ups 4×6	Step-Ups 3×6	Goblet Squat 3×6
		Box Jumps 4×6	Push Press 3×5	Single-Leg RDL 3×6	Incline DB Press 3×6
		Broad Jumps 3×6	Med Ball Toss 4×6	Lateral Bounding ×6	Bounding ×6
		Flying 20s ×6		Agility ladder 5–6 drills	Flying 20s ×4
12–16	Pre-Season / Peak	Back Squat 3×3	Bench Press 3×3	Deadlift 3×3	Power Clean 3×3
		RDL 3×3	Incline DB Press 3×5	Front Squat 3×3	Pull-Ups 3×6
		Walking Lunges 2×6	Pull-Ups 3×6	Step-Ups 2×6	Goblet Squat 2×6
		Box Jumps 3×5	Push Press ×5	Single-Leg RDL 2×6	Incline DB Press 3×5
		Broad Jumps 3×5	Med Ball Toss 3×5	Lateral Bounding ×5	Bounding ×5
		Flying 20s ×6		Agility ladder 5 drills	Flying 20s ×4

Legend / Notes:

- **RDL** = Romanian Deadlift
 - **Box/Broad/Depth Jumps**: Focus on **explosiveness and landing mechanics**
 - **Flying 20s** = Build top-end speed, sprint 20 yards at 90–100% effort
 - **Agility ladder & lateral bounding**: Develop **foot speed, change of direction, and lateral power**
 - **Progression**: Increase weight 2–5% weekly if technique is solid
 - **Recovery**: Adequate sleep, hydration, and mobility work are mandatory
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