

# High School Football Off-Season Periodized Strength & Speed Plan

## Program Structure:

- **4 days per week** (same as the previously designed program)
  - **75 minutes per session**
  - **Progressive overload over 12–16 weeks**
  - **Primary Goals by Phase:**
    - Phase 1: Anatomical Prep / Foundation
    - Phase 2: Strength & Power Base
    - Phase 3: Maximum Power / Speed Development
    - Phase 4: Pre-Season Peak
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# Phase 1 – Anatomical Prep & Movement Foundation (Weeks 1–3)

**Goal:** Establish proper movement mechanics, build general strength, and prevent injuries.

## **Key Guidelines:**

- Use **moderate weights** (~50–60% 1RM)
- Focus on **perfect form and technique**
- Introduce basic plyometrics and sprint mechanics
- Reps: 10–15 for strength lifts, low volume for jumps

## **Adjustments to 4-Day Program:**

- Strength: 3–4 sets × 10–12 reps (moderate weight)
- Plyometrics: low boxes, low-impact bounding
- Speed: short sprints, focus on mechanics, ≤80% max intensity
- Rest: 60 sec between lifts, 30 sec for plyometrics/sprints

## **Example Week 1–3:**

- **Day 1:** Back Squat, Romanian Deadlift, Walking Lunges, Low Box Jumps, Broad Jumps, 10–20 yd sprints
  - **Day 2:** Bench Press, Incline Dumbbell Press, Pull-Ups, Push Press, Med Ball Toss, Resisted sprints ≤10 yds
  - **Day 3:** Deadlift, Front Squat, Step-Ups, Single-Leg RDL, Depth Jumps, Agility ladder
  - **Day 4:** Power Clean (light), Pull-Ups, Goblet Squat, Incline DB Press, Broad Jumps, Flying 20s
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## Phase 2 – Strength & Power Base (Weeks 4–7)

**Goal:** Build maximal strength while beginning to integrate explosive power work.

### Key Guidelines:

- Strength lifts: 4–5 sets × 5–8 reps (~70–80% 1RM)
- Plyometrics: medium height/intensity boxes, moderate bounds
- Speed: acceleration drills 80–90% effort, maintain mechanics
- Include **bilateral and unilateral exercises** for balance
- Introduce **progressive overload** weekly (add 2–5% weight or increase box height)

### Example Adjustments:

- Day 1: Back Squat 4×6, Romanian Deadlift 4×6, Walking Lunges 3×8, Box Jumps 3×8, 10/20 yd sprints ×6
  - Day 2: Bench 4×6, Incline DB Press 3×8, Pull-Ups 3×8, Push Press 3×6, Med Ball Toss 3×8
  - Day 3: Deadlift 4×5, Front Squat 3×6, Step-Ups 3×8, Single-Leg RDL 3×8, Depth Jumps 3×6
  - Day 4: Power Clean 4×4, Pull-Ups 3×8, Goblet Squat 3×8, Incline DB Press 3×8, Broad Jumps 3×6
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## Phase 3 – Maximum Power & Speed (Weeks 8–11)

**Goal:** Maximize explosive strength and sprint speed. Prepare players for game-specific intensity.

### Key Guidelines:

- Strength: 3–5 sets × 3–5 reps (80–90% 1RM)
- Plyometrics: high-intensity, single-leg emphasis, reactive jumps
- Speed: maximum effort, flying sprints, resisted sprints
- Rest: 90 sec–2 min between heavy lifts, 45–60 sec for plyo/sprints

### Example Adjustments:

- Day 1: Back Squat 4×4, Romanian Deadlift 3×5, Walking Lunges 3×6, Box Jumps 4×6, Flying 20s ×6
  - Day 2: Bench 4×4, Incline DB Press 3×6, Pull-Ups 4×6, Push Press 3×5, Med Ball Toss 4×6
  - Day 3: Deadlift 4×4, Front Squat 3×5, Step-Ups 3×6, Single-Leg RDL 3×6, Lateral Bounding ×6
  - Day 4: Power Clean 4×3, Pull-Ups 3×6, Goblet Squat 3×6, Incline DB Press 3×6, Bounding ×6
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## Phase 4 – Pre-Season / Peak (Weeks 12–16)

**Goal:** Peak strength, power, and speed for in-season performance. Focus on explosive output and position-specific energy systems.

### Key Guidelines:

- Reduce volume slightly to prevent fatigue (2–3 sets per lift)
- Plyometrics: high-intensity, reactive, and position-specific
- Speed: maximum intensity, 90–100% effort sprints, short distances
- Strength: maintain maximal lifts; avoid heavy new PR attempts
- Integrate position-specific drills post-lifts

### Example Adjustments:

- Day 1: Back Squat 3×3, Romanian Deadlift 3×3, Walking Lunges 2×6, Box Jumps 3×5, Flying 20s ×6
  - Day 2: Bench 3×3, Incline DB Press 3×5, Pull-Ups 3×6, Push Press 3×5, Med Ball Toss 3×5
  - Day 3: Deadlift 3×3, Front Squat 3×3, Step-Ups 2×6, Single-Leg RDL 2×6, Lateral Bounding ×5
  - Day 4: Power Clean 3×3, Pull-Ups 3×6, Goblet Squat 2×6, Incline DB Press 3×5, Bounding ×5
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## Key Coaching Notes:

1. **Warm-Ups:** Always include hip, ankle, shoulder, and core mobility before lifting.
2. **Progression:** Increase weight weekly when form is solid. Adjust jumps, bounds, and resisted sprint load for speed progression.
3. **Recovery:** Encourage active recovery, foam rolling, and flexibility work between sessions.
4. **Monitoring:** Track 40-yard dash, vertical jump, and max lifts at the end of each phase to measure progress.
5. **Integration:** After Week 8, incorporate more **position-specific skill work** at the end of sessions or on off-days.