In-Season Maintenance Program

Game-Day-Minus Schedule

Program Overview

This in-season maintenance program is built around the game-day schedule. Training occurs on GD-4 (Game Day minus 4 — typically Monday) and GD-2 (typically Wednesday). GD-4 is the heavy day with low volume but high intensity, targeting the CNS while allowing full recovery by game day. GD-2 is moderate and explosive — lighter loads with an emphasis on speed and movement quality. The goal is to maintain the strength gained in the off-season without accumulating fatigue that impacts game performance. Never sacrifice game-day readiness for a training PR.

How to Use This Template

Fill in the "Actual Weight," "Reps Done," and "Notes" columns after each session. Track your progress week-over-week to ensure progressive overload. If you miss a rep target, note the reason and adjust the following session accordingly.

Warm-Up Protocol

- 5 minutes of light movement (jog, bike, or dynamic stretching)
- Foam roll: key areas (quads, glutes, upper back) — 90 seconds total
- Band pull-aparts x 12
- Hip circles x 8 each direction
- Bodyweight squats x 8
- Movement-specific warm-up sets: 1-2 sets of 3 at 50-65%
- Keep warm-up to 8-10 minutes total — conserve energy for the session

Week 1 — Game Week

GD-4: Heavy, low-volume. GD-2: Moderate, explosive. Adjust loads based on how you feel after last game.

GD-4 (Monday) — Heavy / Low Volume

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	3 x 2	85%			
Back Squat	3 x 3	85%			
Bench Press	3 x 3	85%			
Weighted Pull-ups	2 x 5	85%			
Band Pull-Aparts	2 x 15	Light			

GD-2 (Wednesday) — Moderate / Explosive

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Incline Press	3 x 6	75%			
RDL	2 x 8	75%			
DB Row	2 x 8	75%			
Plank	2 x 30s	BW			

Week 2 — Game Week

GD-4: Heavy, low-volume. GD-2: Moderate, explosive. Adjust loads based on how you feel after last game.

GD-4 (Monday) — Heavy / Low Volume

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	3 x 2	85%			
Back Squat	3 x 3	85%			
Bench Press	3 x 3	85%			
Weighted Pull-ups	2 x 5	85%			
Band Pull-Aparts	2 x 15	Light			

GD-2 (Wednesday) — Moderate / Explosive

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Incline Press	3 x 6	75%			
RDL	2 x 8	75%			
DB Row	2 x 8	75%			
Plank	2 x 30s	BW			

Week 3 — Game Week

GD-4: Heavy, low-volume. GD-2: Moderate, explosive. Adjust loads based on how you feel after last game.

GD-4 (Monday) — Heavy / Low Volume

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	3 x 2	85%			
Back Squat	3 x 3	85%			
Bench Press	3 x 3	85%			
Weighted Pull-ups	2 x 5	85%			
Band Pull-Aparts	2 x 15	Light			

GD-2 (Wednesday) — Moderate / Explosive

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Incline Press	3 x 6	75%			
RDL	2 x 8	75%			
DB Row	2 x 8	75%			
Plank	2 x 30s	BW			

Week 4 — Game Week

GD-4: Heavy, low-volume. GD-2: Moderate, explosive. Adjust loads based on how you feel after last game.

GD-4 (Monday) — Heavy / Low Volume

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	3 x 2	85%			
Back Squat	3 x 3	85%			
Bench Press	3 x 3	85%			
Weighted Pull-ups	2 x 5	85%			
Band Pull-Aparts	2 x 15	Light			

GD-2 (Wednesday) — Moderate / Explosive

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Incline Press	3 x 6	75%			
RDL	2 x 8	75%			
DB Row	2 x 8	75%			
Plank	2 x 30s	BW			

Progress Tracker

Week	Squat 3RM	Bench 3RM	Clean 2RM	Body Wt	Notes
Wk 1					
Wk 2					
Wk 3					
Wk 4					
Wk 5					
Wk 6					
Wk 7					
Wk 8					