
Skill Position Program

WR / DB / RB — 4 Weeks

Gridiron Encyclopedia

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Program Overview

Designed for wide receivers, defensive backs, and running backs, this program emphasizes single-leg strength, hip mobility, and explosive speed. The 5-day split includes 3 lift days and 2 speed/agility days. Single-leg exercises dominate the lower-body work because skill positions spend most of their playing time on one leg — cutting, jumping, and accelerating. Upper-body work is functional: enough pressing to protect yourself, enough pulling to maintain balance and posture. Speed days focus on position-specific movement patterns and explosive first-step quickness.

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

- Light jog: 400 meters
- Dynamic stretching: hip circles, leg swings, arm circles — 3 min
- Mini-band walks (forward, lateral, monster) x 10 each
- A-skips x 20 yards
- High knees x 20 yards
- Lateral shuffles x 20 yards each direction
- Build-up sprints: 2 x 30 yards at 70% and 80%

Week 1 — Base

Main lifts at 75%. Speed/agility days: full effort, full recovery between reps.

Day 1 — Lift (Lower Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	4 x 4	75%			
Bulgarian Split Squat	3 x 8/leg	Moderate			
Single-Leg RDL	3 x 8/leg	Moderate			
Hip Flexor March	3 x 10/leg	BW			
Calf Raises	3 x 15	Moderate			

Day 2 — Speed

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
10yd Starts	6 reps	Max Effort			
Pro Agility	4 reps	Max Effort			
Backpedal-to-Sprint	4 reps	Max Effort			
Hip Turn Drill	6 reps	Max Effort			
Cone Weave	4 reps	Max Effort			

Day 3 — Lift (Upper Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
DB Bench	4 x 8	Moderate			
Pull-ups	4 x 8	75%			
DB Press (standing)	3 x 10	Moderate			
Face Pulls	3 x 15	Light			
Plank	3 x 30s	BW			

Day 4 — Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
L-Drill	4 reps	Max Effort			
Mirror Drill	4 x 30s	Max Effort			
Shuffle-Sprint	4 reps	Max Effort			
Route Running Cuts	8 reps	Game Speed			
Ball Tracking Drill	8 reps	Game Speed			

Day 5 — Lift (Full Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	75%			
Front Squat	3 x 5	75%			
Incline DB Press	3 x 8	Moderate			
Row (cable or DB)	3 x 8	Moderate			
Core Circuit	3 rounds	BW			

Week 2 — Build

Main lifts at 80%. Speed/agility days: full effort, full recovery between reps.

Day 1 — Lift (Lower Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	4 x 4	80%			
Bulgarian Split Squat	3 x 8/leg	Moderate			
Single-Leg RDL	3 x 8/leg	Moderate			
Hip Flexor March	3 x 10/leg	BW			
Calf Raises	3 x 15	Moderate			

Day 2 — Speed

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
10yd Starts	6 reps	Max Effort			
Pro Agility	4 reps	Max Effort			
Backpedal-to-Sprint	4 reps	Max Effort			
Hip Turn Drill	6 reps	Max Effort			
Cone Weave	4 reps	Max Effort			

Day 3 — Lift (Upper Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
DB Bench	4 x 8	Moderate			
Pull-ups	4 x 8	80%			
DB Press (standing)	3 x 10	Moderate			
Face Pulls	3 x 15	Light			
Plank	3 x 30s	BW			

Day 4 — Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
L-Drill	4 reps	Max Effort			
Mirror Drill	4 x 30s	Max Effort			
Shuffle-Sprint	4 reps	Max Effort			
Route Running Cuts	8 reps	Game Speed			
Ball Tracking Drill	8 reps	Game Speed			

Day 5 — Lift (Full Body)					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	80%			
Front Squat	3 x 5	80%			
Incline DB Press	3 x 8	Moderate			
Row (cable or DB)	3 x 8	Moderate			
Core Circuit	3 rounds	BW			

Week 3 — Intensity

Main lifts at 82%. Speed/agility days: full effort, full recovery between reps.

Day 1 — Lift (Lower Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	4 x 4	82%			
Bulgarian Split Squat	3 x 8/leg	Moderate			
Single-Leg RDL	3 x 8/leg	Moderate			
Hip Flexor March	3 x 10/leg	BW			
Calf Raises	3 x 15	Moderate			

Day 2 — Speed

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
10yd Starts	6 reps	Max Effort			
Pro Agility	4 reps	Max Effort			
Backpedal-to-Sprint	4 reps	Max Effort			
Hip Turn Drill	6 reps	Max Effort			
Cone Weave	4 reps	Max Effort			

Day 3 — Lift (Upper Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
DB Bench	4 x 8	Moderate			
Pull-ups	4 x 8	82%			
DB Press (standing)	3 x 10	Moderate			
Face Pulls	3 x 15	Light			
Plank	3 x 30s	BW			

Day 4 — Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
L-Drill	4 reps	Max Effort			
Mirror Drill	4 x 30s	Max Effort			
Shuffle-Sprint	4 reps	Max Effort			
Route Running Cuts	8 reps	Game Speed			
Ball Tracking Drill	8 reps	Game Speed			

Day 5 — Lift (Full Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	82%			
Front Squat	3 x 5	82%			
Incline DB Press	3 x 8	Moderate			
Row (cable or DB)	3 x 8	Moderate			
Core Circuit	3 rounds	BW			

Week 4 — Recovery

Main lifts at 70%. Speed/agility days: full effort, full recovery between reps.

Day 1 — Lift (Lower Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	4 x 4	70%			
Bulgarian Split Squat	3 x 8/leg	Moderate			
Single-Leg RDL	3 x 8/leg	Moderate			
Hip Flexor March	3 x 10/leg	BW			
Calf Raises	3 x 15	Moderate			

Day 2 — Speed

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
10yd Starts	6 reps	Max Effort			
Pro Agility	4 reps	Max Effort			
Backpedal-to-Sprint	4 reps	Max Effort			
Hip Turn Drill	6 reps	Max Effort			
Cone Weave	4 reps	Max Effort			

Day 3 — Lift (Upper Body)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
DB Bench	4 x 8	Moderate			
Pull-ups	4 x 8	70%			
DB Press (standing)	3 x 10	Moderate			
Face Pulls	3 x 15	Light			
Plank	3 x 30s	BW			

Day 4 — Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
L-Drill	4 reps	Max Effort			
Mirror Drill	4 x 30s	Max Effort			
Shuffle-Sprint	4 reps	Max Effort			
Route Running Cuts	8 reps	Game Speed			
Ball Tracking Drill	8 reps	Game Speed			

Day 5 — Lift (Full Body)					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	70%			
Front Squat	3 x 5	70%			
Incline DB Press	3 x 8	Moderate			
Row (cable or DB)	3 x 8	Moderate			
Core Circuit	3 rounds	BW			

Progress Tracker

Week	40 Time	Pro Agility	Vertical	Trap Bar DL	BW
Wk 1					
Wk 2					
Wk 3					
Wk 4					
Wk 5					
Wk 6					
Wk 7					
Wk 8					