
Off-Season Strength Program

4-Week Periodized Template

Gridiron Encyclopedia

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Program Overview

This is a 4-day-per-week periodized strength program designed for the off-season. The loading scheme progresses from 75% of your 1RM in Week 1, to 80% in Week 2, to 85% in Week 3, followed by a 70% deload in Week 4. The focus is on compound movements that build functional football strength: squat, bench, deadlift, overhead press, and Olympic lifts. Accessory work targets weak points and injury prevention. Rest 2-3 minutes between heavy sets and 60-90 seconds between accessory sets.

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 jogging or bike
- Foam roll: quads, hamstrings, glutes, upper back (2 min)
- Band pull-aparts x 15
- Band dislocates x 10
- Bodyweight squats x 10
- Leg swings (front-to-back and side-to-side) x 10 each
- Arm circles x 10 forward and backward
- Movement-specific warm-up sets: 2 sets of 5 at 50% and 65%

Week 1 — Base (75%)

All main lifts at 75% of your tested 1-rep max. Record actual weights used.

Day 1 — Upper Push (75%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Bench Press	4 x 5	75%			
Overhead Press	3 x 8	75%			
DB Incline Press	3 x 10	Moderate			
Tricep Extension	3 x 12	Light			
Face Pulls	3 x 15	Light			

Day 2 — Lower Squat (75%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	4 x 5	75%			
Front Squat	3 x 6	75%			
Walking Lunges	3 x 10/leg	Moderate			
Leg Curl	3 x 10	Moderate			
Calf Raises	3 x 15	Moderate			

Day 3 — Upper Pull (75%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Barbell Row	4 x 6	75%			
Weighted Pull-ups	3 x 8	75%			
DB Row	3 x 10	Moderate			
Barbell Curl	3 x 10	Light			
Band Pull-Aparts	3 x 20	Light			

Day 4 — Lower Hinge (75%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Deadlift	3 x 5	75%			
Power Clean	4 x 3	75%			
RDL	3 x 8	Moderate			
Hip Thrust	3 x 10	Moderate			
Plank	3 x 30s	BW			

Week 2 — Build (80%)

All main lifts at 80% of your tested 1-rep max. Record actual weights used.

Day 1 — Upper Push (80%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Bench Press	4 x 5	80%			
Overhead Press	3 x 8	80%			
DB Incline Press	3 x 10	Moderate			
Tricep Extension	3 x 12	Light			
Face Pulls	3 x 15	Light			

Day 2 — Lower Squat (80%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	4 x 5	80%			
Front Squat	3 x 6	80%			
Walking Lunges	3 x 10/leg	Moderate			
Leg Curl	3 x 10	Moderate			
Calf Raises	3 x 15	Moderate			

Day 3 — Upper Pull (80%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Barbell Row	4 x 6	80%			
Weighted Pull-ups	3 x 8	80%			
DB Row	3 x 10	Moderate			
Barbell Curl	3 x 10	Light			
Band Pull-Aparts	3 x 20	Light			

Day 4 — Lower Hinge (80%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Deadlift	3 x 5	80%			
Power Clean	4 x 3	80%			
RDL	3 x 8	Moderate			
Hip Thrust	3 x 10	Moderate			
Plank	3 x 30s	BW			

Week 3 — Peak (85%)

All main lifts at 85% of your tested 1-rep max. Record actual weights used.

Day 1 — Upper Push (85%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Bench Press	4 x 5	85%			
Overhead Press	3 x 8	85%			
DB Incline Press	3 x 10	Moderate			
Tricep Extension	3 x 12	Light			
Face Pulls	3 x 15	Light			

Day 2 — Lower Squat (85%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	4 x 5	85%			
Front Squat	3 x 6	85%			
Walking Lunges	3 x 10/leg	Moderate			
Leg Curl	3 x 10	Moderate			
Calf Raises	3 x 15	Moderate			

Day 3 — Upper Pull (85%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Barbell Row	4 x 6	85%			
Weighted Pull-ups	3 x 8	85%			
DB Row	3 x 10	Moderate			
Barbell Curl	3 x 10	Light			
Band Pull-Aparts	3 x 20	Light			

Day 4 — Lower Hinge (85%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Deadlift	3 x 5	85%			
Power Clean	4 x 3	85%			
RDL	3 x 8	Moderate			
Hip Thrust	3 x 10	Moderate			
Plank	3 x 30s	BW			

Week 4 — Deload (70%)

All main lifts at 70% of your tested 1-rep max. Record actual weights used.

Day 1 — Upper Push (70%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Bench Press	4 x 5	70%			
Overhead Press	3 x 8	70%			
DB Incline Press	3 x 10	Moderate			
Tricep Extension	3 x 12	Light			
Face Pulls	3 x 15	Light			

Day 2 — Lower Squat (70%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	4 x 5	70%			
Front Squat	3 x 6	70%			
Walking Lunges	3 x 10/leg	Moderate			
Leg Curl	3 x 10	Moderate			
Calf Raises	3 x 15	Moderate			

Day 3 — Upper Pull (70%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Barbell Row	4 x 6	70%			
Weighted Pull-ups	3 x 8	70%			
DB Row	3 x 10	Moderate			
Barbell Curl	3 x 10	Light			
Band Pull-Aparts	3 x 20	Light			

Day 4 — Lower Hinge (70%)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Deadlift	3 x 5	70%			
Power Clean	4 x 3	70%			
RDL	3 x 8	Moderate			
Hip Thrust	3 x 10	Moderate			
Plank	3 x 30s	BW			

Progress Tracker

Week	Bench 1RM	Squat 1RM	Deadlift 1RM	Clean 1RM	BW
Wk 1					
Wk 2					
Wk 3					
Wk 4					
Wk 5					
Wk 6					
Wk 7					
Wk 8					