
Combine/Camp Prep Program

8-Week Countdown to Testing

Gridiron Encyclopedia

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Program Overview

This 8-week combine and camp preparation program is built to peak your testing performance. It is organized into 4 phases: Base (Weeks 1-2) builds general strength and work capacity. Build (Weeks 3-4) increases intensity and specificity. Peak (Weeks 5-6) trains at near-max effort with testing-specific drills. Taper (Weeks 7-8) reduces volume while maintaining intensity so you walk into testing day fresh, fast, and explosive. Each week includes 3 training days and 2 testing-specific days. Record every test result — you need to see your trend line improving.

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: 5 minutes
- Band work: pull-aparts, dislocates, monster walks — 2 min
- Sprint-specific warm-up: A-skips, B-skips, high knees — 2 min
- Build-up sprints: 2 x 40 yards at 70% and 85%
- Movement prep: lateral shuffles, backpedals — 2 min

Week 1 — Base (Wk 1-2)

Phase target intensity: 75%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	75%			
Squat	4 x 3	75%			
Bench Press	4 x 3	75%			
Weighted Pull-ups	3 x 5	75%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	75%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 2 — Base (Wk 1-2)

Phase target intensity: 75%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	75%			
Squat	4 x 3	75%			
Bench Press	4 x 3	75%			
Weighted Pull-ups	3 x 5	75%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	75%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	75%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 3 — Build (Wk 3-4)

Phase target intensity: 80%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	80%			
Squat	4 x 3	80%			
Bench Press	4 x 3	80%			
Weighted Pull-ups	3 x 5	80%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	80%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	80%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 4 — Build (Wk 3-4)

Phase target intensity: 80%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	80%			
Squat	4 x 3	80%			
Bench Press	4 x 3	80%			
Weighted Pull-ups	3 x 5	80%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	80%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	80%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 5 — Peak (Wk 5-6)

Phase target intensity: 85-90%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	85-90%			
Squat	4 x 3	85-90%			
Bench Press	4 x 3	85-90%			
Weighted Pull-ups	3 x 5	85-90%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	85-90%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	85-90%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 6 — Peak (Wk 5-6)

Phase target intensity: 85-90%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	85-90%			
Squat	4 x 3	85-90%			
Bench Press	4 x 3	85-90%			
Weighted Pull-ups	3 x 5	85-90%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	85-90%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	85-90%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 7 — Taper (Wk 7-8)

Phase target intensity: 80%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	80%			
Squat	4 x 3	80%			
Bench Press	4 x 3	80%			
Weighted Pull-ups	3 x 5	80%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	80%			
DB Press	3 x 8	Moderate			
RDL	3 x 5	80%			
Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Week 8 — Taper (Wk 7-8)

Phase target intensity: 80%. Focus on quality reps and full recovery between sets.

Day 1 — Lift (Strength)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Power Clean	3 x 3	80%			
Squat	4 x 3	80%			
Bench Press	4 x 3	80%			
Weighted Pull-ups	3 x 5	80%			

Day 2 — 40 / Sprint Work

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Stance Work	10 reps	Perfect form			
Block Starts	6 reps	Max Effort			
10yd Dash	4 reps	Max Effort			
Full 40	2 reps	Max Effort			

Day 3 — Jump / Agility

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Approach Jumps	6 reps	Max Effort			
Standing Vertical	4 reps	Max Effort			
Broad Jump	4 reps	Max Effort			
3-Cone Drill	4 reps	Max Effort			
Shuttle (5-10-5)	4 reps	Max Effort			

Day 4 — Lift (Power)

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Trap Bar DL	3 x 3	80%			
DB Press	3 x 8	Moderate			
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Core Circuit	3 rounds	BW			

Day 5 — Position Drills / Testing

Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Position-Specific Drills	20 min	Game speed			
40yd Time Trial	1-2 reps	PR attempt			
Vertical Jump Test	3 reps	PR attempt			
Broad Jump Test	3 reps	PR attempt			
3-Cone / Shuttle Test	2 reps each	PR attempt			

Progress Tracker

Week	40 Time	Vertical	Broad Jump	3-Cone	Shuttle	Bench Reps
Wk 1						
Wk 2						
Wk 3						
Wk 4						
Wk 5						
Wk 6						
Wk 7						
Wk 8						