8-Week High-Intensity Program

Overview

- I. Schedule: 4 days/week (M, Tu, Th, F) @ 9 am
- II. Location: Francis Howell High School, grass field by the shot put area behind the school.
 - A. What if it rains?
 - 1. Players will be expected to do the exercises at home on their own
- III. Goal: Explosive power, speed, mobility, muscular endurance, mental toughness
- IV. Progression: Linear + overload with varied ploys, sprint volume, intensity, and minimal rest.
- V. Phases:
 - A. Weeks 1-2: Foundation + Form
 - B. Weeks 3-4: Volume + Acceleration
 - C. Weeks 5-6: Max Power + Top Speed
 - D. Weeks 7-8: Complex Training + Deload/Test Week

Weekly Progression

Weeks	Plyo Reps	Sprint Volume	Strength Volume	Conditioning	Notes
1-2	Medium	Medium	Medium	Short	Form + Rhythm
3-4	High	High	High	Moderate	Explosiveness
5-6	Max	Max	High	High	Peak Intensity
7	Medium	Medium	Moderate	Low	Complex + Reactive
8	Test Week	Max Effort	Test icrcuits	Sprint tests	Record metrics

Each day starts with a warm up consisting of the following:

- Jog 2 laps
- Hip openers
- Inchworms
- High knees
- Power skips
- lateral lunges
- Agility ladder

Weeks 1-2: Establish Foundation and Form

Monday

Exercise	Sets	Reps/Distance
Broad Jumps	3	10 reps
Tuck Jumps	3	10 reps
Skater Bounds	3	20 yards
Sprint starts (10 m)	3	1 sprint/rep
20 m Sprint	3	1 sprint/rep
Flying 30s (10 yard buildup)	2	30 yards

Tuesday

Exercise	Sets	Reps
Ladder Drills	3 per variety	20s each
Walking Lunges	3	20/leg
Incline Push-ups	3	20
Plank Hold	3	60 s
Flutter Kicks	3	60s

Thursday

Exercise	Sets	Distance/Reps
Hill Bounds (explosive)	3	10 bounds
Hill Sprint (20 yards)	4	20 yards sprint
Bear Crawl	3	20 yards
Jump Squats	3	20 yards
Push-ups	3	20

Friday

Circuit (60s on/ 20s off - rotate through) consisting of the following exercises

- Wall sit
- Sprint shuttle (10 yards)
- Push-upsJump Squats
- Russian Twists
- Repeat circuit 2 more time (you will do each exercise 3 times through)

Weeks 3-4: Volume + Acceleration

Monday

Exercise	Sets	Reps/Distance
Depth Jumps (bench height)	4	10
Single-leg hops (each leg)	3	15
Lateral Bounds	3	10 each side
Sprint starts	4	10 yards
20 yard Sprint	4	20 yards
Flying 30s	3	30 yards
40 yard Sprint	2	40 yards

Tuesday

Exercise	Sets	Reps
T-Test	3	Full run
Cone Zig-Zag SPrint	3	Down And back
Bulgarian Split Squats	3	20/leg
Plyo push-ups	3	10
Marine Push-ups	3	10
Plank to wide push-up	3	10

Thursday

Exercise	Sets	Reps/Distance
Hill Sprint (30 yards)	5	30 yards
Backward Hil Walk	2	30 yards
Bear Crawl Uphill	3	15 yards
Jump Squat + Push-up combo	3	15

Friday

Exercise	Sets	Reps/Distance
Plyo Push-ups	1	Max in 1 minute
Marine Push-ups	1	Max in 1 minute
Wall sit	1	As long as you can hold
Shuttle sprint	1	5 yards-10 yards-5 yards timed
Plank	1	Max hold

Weeks 5-6: Max Power + Top Speed

Monday

Exercise	Sets	Reps/Distance
Depth Jump to sprint combo	4	1 jump + 10 yards
Bounding (30 yards)	3	30 yards
Flying 40s	4	40 yards
Sprint ladder	2	10 yards - 20 yards - 30 yards

Tuesday

Tuooday			
Exercise	Sets	Reps	
Max Plyo Push-ups	3	1 min as fast as you can	
Max Ply marine Push-ups	3	1 min as fast as you can	
Walking lunges	3	20/leg	
Bench dips	3	15	
V-ups	3	20	

Thursday

Exercise	Sets	Distance
Hill Sprints	6	40 yards
Crawl Up/ Sprint down	3	20 yards each
Stair Sprint	5	Flight of stairs
Suicide Shuttle	4	5-10-15 yards

Friday (Timed Team Challenge)

Relay (teams of 3-4)

- 10 yard sprint10 yard jump squats
- 20 push ups
- 10 yard bear crawl
- Complete 3 rounds to win

Week 7: Complex + Power Maintenance

Same at week 6, but reduce reps to 80%. Will add side planks to Tuesday, along with bear holds.

Week 8: Test + Celebrate

Not a full week, just one day to test.

Monday

Test	Format	
10 yard sprint	Timed	
40 yard sprint	Timed	
Broad Jump	Distance measured	
Vertical Jump	Height measured	
Push-ups	Max reps	
Plank	Max time	
Wall sit	Max time	