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-ups
- Jump 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

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 sprint
- 10 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