

Jump Programming:

High Intensity, Moderate Volume

Here is the first week of a four-week max strength/power training cycle.

Goal: Improve work capacity, concentric max strength, strength speed.

Monday: Concentric Power/Max Strength

1. [Warm up](#)
 - a. 50 meters each
2. [Dynamic Flexibility](#)
 - a. 10 each
3. [Isometrics](#)
 - a. 4x45 seconds
4. Weight Room:
 - a. [Barbell squat jump](#)
 - i. 4x6 @ 95 lbs (Max intensity)
 - b. Superset
 - i. [Barbell back squat](#)
 1. 5x5; last 2 sets @ 70%
 - ii. Barbell bench press
 1. 4x6 last 3 sets @ 60% w/ 3 second pause
 - c. [RDL](#)
 - i. 2x5 @ 35% of your deadlift w/ 3 second pause
 - d. Seated calf raise
 - i. 4x4 @ RPE 6/10

1. Tuesday: Endurance, Mobility, General Strength

2. Warm up: 5 minute jog OR choice warm up
3. [Dynamic Flexibility](#)
 - a. 30 seconds ea.
4. [Isometrics](#)
 - a. 4x45 seconds
5. Optional Basketball: x 15-20 minutes (if sore or injured, skip)
6. [General Strength Lunge Circuit](#)
 - a. x 10 ea.
7. [General Strength Core Circuit](#)
 - a. x 10 ea.

Wednesday: Specific Strength

1. [Warm up](#)
 - a. 50 meters each
2. [Dynamic Flexibility](#)
 - a. 10 each
3. [Isometrics](#)
 - a. 4x45 seconds
4. Weight Room:
 - a. [Clean pull](#)
 - i. 6x2; last 2 sets @ 85% of your power clean
 - b. Superset
 - i. [High Box DB Step Up](#)
 1. 5x4 @ 15-25% of your back squat
 - ii. DB Row:
 1. 5x3 last 2 sets @ HEAVY (50-100lbs)
 - c. [Barbell good morning](#)
 - i. 2x6 @ bar SLOW
 - d. [Single leg calf raise](#)
 - i. Use smith machine or leg press @ 50% of 1RM if possible; 4x6 SLOW
5. Cool down: 5 minute barefoot jog or easy shoot around

Thursday: Recovery Day

1. [Isometrics](#)
 - a. 4x45 seconds
2. [Jump Specific Flexibility](#)
 - a. x 30 seconds ea.
3. [McGill Big 3](#)
 - a. 2x30 seconds ea.

Friday: Technical/Coordination

1. [Warm up](#)
 - a. 50 meters each
2. [Dynamic Flexibility](#)
 - a. 10 each
3. [Isometrics](#)
 - a. 4x45 seconds
4. [Dunk Warm Up](#)
 - a. 10 x Standing jumps OR low effort short approach jumps
 - b. 10 x Full approach jumps at lower speeds
 - c. OPTIONAL 10-20 x Full approach jumps

Saturday: Max Strength/ Tendon Rehab

1. [Isometrics](#)
 - a. 4x45 seconds
2. [Dynamic Flexibility](#)
 - a. x 10 ea.
3. Weight room:
 - a. [Half squat](#)
 - i. 4x6 @ 50-60% SLOW TEMPO
 - b. [Calf raise](#)
 - i. 4x6 @ 50-60% SLOW TEMPO
 - c. [Band walks](#)
 - i. 4x10 each way
 - d. [Hamstring Curl Machine](#)
 - i. 2x6 @ RPE 7/10

Want more?

If this week of training helped you out and you would like to learn more about our coaching, click here to book a consultation call with us:

[SCHEDULE CALL](#)

BONUSES

[How we periodize training](#)

[Tendon health principles](#)

[The mental side of training](#)

[Back health guidelines](#)

[Morning routine](#)

[Jump technique tutorial](#)