

It is important to note that during the 4th week of each phase the plyometric session is dropped. This is perfectly fine and will actually enhance your explosiveness as the lower volume will allow you to fully recover and you will actually find yourself feeling most explosive heading into the 1st week of each phase. Some individuals will need to drop the once/weekly plyometric session throughout the duration of the entire program if this extra workout is being detrimental to their strength gains. This is quite easy to determine. If you are not gaining strength and able to add weight to the bar each week in the weight room then there's a good chance you're overtraining so in order to promote better recovery cut out the plyometric session.

Goals: The number 1 goal is to dramatically increase basic strength by focusing on compound movements such as squats and deadlifts. The #2 goal is to increase reactive (plyometric) strength and efficiency.

Intensity: Moderately High to High Length: 4 phases with each phase 4 weeks in length for a total of 16 weeks

Frequency: 2 weight training sessions per week with 1 plyometric session. The plyometric session is termed the "B" workout and should ideally fall in between the "A" and "C" workouts during the week. So you might do Workout A on Monday, Workout B on Wednesday, and Workout C on Friday or Workout A on Tuesday, Workout B on Thursday and Workout C on Saturday.

Rest Intervals: Generally 2-3 minutes between sets

Phase 1: Weeks 1-4

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout A					
1-leg on/off box jumps	2x10	3x10	4x10	3x10	Per leg - start off with low box and try to slightly increase the height each week
Lateral cone jumps	2x10	3x10	4x10	3x10	Use fairly low cone or other obstacle - Don't try to go 100%
Single leg squat	3x10	4x10	4x10	3x10	Start off holding onto an object for balance - try to progress into performing the movement unassisted
DB Split Squat	3x10	4x8	5x6	3x6	
Barbell Squat	3x8	4x6	6x4	3x5	Perform 2 lighter warm-up sets before counting the working sets.
Glute ham curls	3x10	4x8	4x6	3x6	
Calf Raises	3x20	4x15	4x15	3x20	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout B					
1-leg slalom jump	2x15	2x15	2x15	N/A	Eliminate this session during week 4
Standing broad jump	2x8	2x8	2x8	N/A	
1-leg step-up jump	2x8	2x8	2x8	N/A	Per leg
Low box depth jump	2x6	2x6	2x6	N/A	Box less than 18 inches
1-leg speed hop	2x20 yards	2x20 yards	2x20 yards	N/A	

Glute ham curls	3x10	4x8	4x6	3x6	
Calf Raises	3x20	4x15	4x15	3x20	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout C					
Deadlift	3x8	4x6	5x5	3x5	
DB lunge	3x10	4x8	4x6	3x6	
Glute ham raises	3x10	4x8	5x6	3x6	
Leg extension	3x15	4x12	4x10	3x8	
1-leg on/off box jumps	2x10	3x10	4x10	3x10	Per leg - start off with low box and try to slightly increase the height each week
Lateral cone jumps	2x10	3x10	4x10	3x10	

Phase 2: Weeks 5-8

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout A					
Jump rope	3x1 minute	3x2 minutes	3x3 minutes	3x3 minutes	Start off doing 3 sets of 1 minute increase the duration 1 minute each week until you get to 3 minutes
Squat	3x8	4x6	6x4	3x5	
Dynamic lunge	3x10	4x8	4x6	3x6	Step forward and push forcefully back to starting position. Alternate legs
Glute ham raises	3x10	4x8	4x6	3x6	
Calf Raises	3x15	4x12	4x10	3x15	
Drop jumps	N/A	N/A	4x6	3x5	Use a high box at least 20% higher than your best vertical. Attempt to "stick" the landing in ¼ squat position. Land quietly.

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout B				Eliminate this workout during the 4th week	
1-leg box jumps	2x15	2x15	2x15	N/A	Per leg - use low box or stairs 6-8". Be fast and move reflexively-fully extend the plant leg at ground contact
Box squat jumps	4x6	4x6	4x6	N/A	Use a box placing you in ¼ to ½ squat position when sitting back. Jump up as high as possible for 2 sets and out as far as possible for 2 sets

3 steps + jump for height from 1 leg	3x6	3x6	3x6	N/A	Per leg
On box jumps	2x6	2x6	2x6	N/A	Use a box of challenging height - jump on step off and repeat for 6 reps
40 yard sprints	4	4	4	N/A	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout C					
Jump rope	3x1 minute	3x2 minute	3x3 minutes	3x3 minutes	
Drop jumps (shock jumps or altitude landings)	N/A	N/A	4x6	3x5	Land in ¼ squat position attempting to “stick” the landing
Deadlift	3x8	4x6	6x4	3x5	
Barbell split squat	3x10	4x8	4x6	3x6	
Glute ham raises	3x10	4x8	4x6	3x6	
1 leg calf raises	3x15	4x12	4x10	3x8	Per leg

Phase 3: Weeks 9-12

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout A					
Ankle jumps	3x15	3x15	3x15	3x15	
Knees to chest tuck jumps (kangaroo jumps)	3x8	3x8	3x8	3x8	
Deep consecutive lunge jumps	3x8	3x8	3x8	3x8	Per leg
Squat	2x8	3x6	4x4	2x5	
¼ squat	2x8	3x6	4x4	2x5	Add weight to the bar after doing the regular squats and proceed to do supramaximal ¼ rep squats
DB Jump Squat (rhythmic)	3x10	4x8	4x6	3x6	Use 30% of your 3-rep max squat and perform ¼ jump squats in rhythmic fashion
Glute Ham raises	3x8	3x6	3x6	3x6	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout B					
1-leg 4 star drill	3x10	3x10	3x10	N/A	Per leg
Double leg bounding	3x25 yards	3x25 yards	3x25 yards	N/A	Hands behind head-Drop into full squat position before each jump
Lateral cone jump	3x10	3x10	3x10	N/A	Use fairly high cone or obstacle - make it very challenging
Standing triple jump	6 sets	6 sets	6 sets	N/A	Alternate the lead leg with each set
40 yards dash	4	4	4	N/A	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout C					
Deadlift	2x8	3x5	4x4	2x5	
Deadlift from blocks	2x8	3x5	4x4	2x5	Use boxes to elevate the plates 6-8" higher than normal - Add additional load to the bar after the regular deadlifts
DB jump squat (rhythmic)	3x10	4x8	4x8	3x8	Use 30% of 3-rep max squat
Glute ham raises	3x15	3x15	3x15	3x15	
Ankle jump	3x15	3x15	3x15	3x15	
Knees to chest tuck jump	3x8	3x8	3x8	3x8	

Low squat ankle jump into paused lunge	3x8/leg	3x8	3x8	3x8	Hold the lunge position for 3 seconds
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Phase 4: Weeks 13-16

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout A					
Jump rope	3x2 minutes	3x3 minutes	3x3 minutes	3x3 minutes	
½ squat	4x8	4x6	2x5	2x5	Stop 1-2" above parallel rather than going all the way down
DB Jump squat with pause (iso-ballistic jump squat)	3x8	4x6	5x6	3x6	Use 35% of 3 rep max squat - descend down and pause 3 seconds 2" above parallel with each rep and explode up trying to leave the ground
DB RDL	3x8	3x8	2x8	2x8	Use fairly light DBs
3 step + jump for height	2x4 with 1 leg & 2x4 with both legs	2x4 with 1 leg & 2x4 with both legs	2x4 with 1 leg & 2x4 with both legs	2x4 with 1 leg & 2x4 with both legs	Perform 2 sets each per leg executing a one legged takeoff and then 2 sets of 4 reps jumping off of both legs
High depth jumps	3x6	4x6	4x6	3x5	Use a box of 18"-24"

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout B				Eliminate this workout during week 4	
Power skipping	3x40 yards	3x40 yards	3 x 40 yards	N/A	
Low box jump for height	3x6	3x6	3x6	N/A	
Hurdle barrier jumps	3x6	3x6	3x6	N/A	
Low squat foot jump into lunge jump	3x5	3x5	3x5	N/A	Per leg
40 yard sprints	4	4	4	N/A	

Exercise	Week 1	Week 2	Week 3	Week 4	Remarks
Workout C					
Jump rope	3x2 minutes	3x3 minutes	3x3 minutes	3x3 minutes	
High depth jumps	3x6	4x6	4x6	3x6	
3 step + jump for height	2x4 with 1 leg + 2x4 with both legs	2x4 with 1 leg + 2x4 with both legs	2x4 with 1 leg + 2x4 with both legs	2x4 with 1 leg + 2x4 with both legs	Perform 2 sets each per leg executing a one legged takeoff and then 2 sets of 4 reps jumping off of both legs
Romanian deadlift	4x8	4x6	2x5	2x5	

DB Jump squat with pause (iso-ballistic jump squat)	3x8	4x8	5x6	3x6	On each rep pause 3 seconds 2" above parallel and explode up. Use 25% of 3 rep max squat
Barbell lunge (step-back)	3x8	3x8	2x8	2x8	Instead of stepping forward, step back with each rep. Complete all the reps for one leg before moving on to the other leg