

8 Week Plyometric N Jump Training Program Summary/Synopsis

Overall Summary

This 8-week program is designed to progressively improve both your vertical and horizontal jumping ability. The program follows a structured progression, beginning with low-impact exercises that build a strong foundation before advancing to higher-impact movements that develop power and explosiveness.

One important component that is **not** included in this program is a structured warm-up. Performing a proper warm-up before each workout is essential for maximizing performance and, most importantly, reducing the risk of injury.

A thorough warm-up increases blood flow, raises muscle temperature, and prepares your muscles, tendons, and nervous system for explosive movements. Warm muscles are able to contract more quickly and efficiently, allowing you to produce greater force and react faster. In contrast, training with cold or unprepared muscles can lead to decreased performance, increased stiffness, and a higher risk of injury.

For the best results, always complete a dynamic warm-up before beginning each training session. If you have any questions about how to warm up properly or would like a personalized warm-up routine, please don't hesitate to contact me or schedule a consultation.

The first three weeks are the most physically demanding. During this phase, the workouts include a greater number of exercises and higher repetitions to build strength, coordination, tendon resilience, and work capacity. As the program progresses, the total number of exercises decreases, but the intensity and impact of each movement increase, allowing you to safely transition into more explosive training.

Throughout the first three weeks, it is recommended that most exercises be performed barefoot or in socks whenever it is safe to do so. Training with direct contact between your feet and the ground helps strengthen the muscles, tendons, and ligaments of the feet and lower legs while

improving foot stability and elasticity. Building this foundation can enhance force transfer and overall performance when training or competing in trainers, spikes, or cleats.

Proper technique becomes increasingly important as the program advances. Beginning in Week 4, you will perform more single-leg bounding and other high-impact plyometric exercises. These movements should always be performed with an emphasis on proper mechanics and body control. Prioritizing technique over speed or intensity will maximize performance gains while significantly reducing the risk of injury.

One of the greatest advantages of this program is that it requires little to no investment in training equipment. The majority of the exercises rely solely on body weight, making the program accessible to athletes of all levels.

The only equipment that may be helpful is a pair of dumbbells, a 50-meter measuring tape, and access to a track and football field. While these items can enhance certain workouts and help track progress, most of the program can be completed with minimal equipment, allowing you to focus on developing strength, power, and explosiveness without the need for an expensive gym or specialized training tools.

Each workout requires at least 24 hours or more for recovery. Professional athletes are not just professionals at their sport, they are professionals at listening to their body and mind.

Week 1-3 synopsis

Week 1 includes three training sessions: **Pogo Jump**, **Horizontal Force**, and **Vertical Force**. The main focus this week is developing proper technique. Before increasing the intensity or performing the exercises at full effort, make sure you have mastered the correct movement patterns. Good technique will improve your performance and reduce your risk of injury.

Do **not** complete these workouts on consecutive days. Allow at least **24 hours of recovery** between each session so your body has time to recover and adapt. For example, you could train on **Monday, Wednesday, and Friday**.

Week 4 synopsis

Week 4 introduces sprint training and marks the beginning of the program's higher-intensity phase. Sprinting should be performed at the prescribed effort level listed in the program. The **Effort** column indicates the percentage of your maximum sprinting speed to use for each repetition. For example, a sprint prescribed at **90% effort** should be completed at approximately 90% of your maximum speed, rather than at full intensity.

Proper sprint mechanics are essential for maximizing performance and reducing the risk of injury. If you are unfamiliar with sprinting technique or would like individualized coaching, feel free to schedule an appointment with me. All of the necessary contact information and scheduling links can be found in the Linktree at the end of this document.

Week 4 also introduces higher-impact plyometric exercises, including **single-leg bounds** and **hurdle jumps**. These movements require greater force production and coordination than previous exercises.

As the program progresses, you will notice that some exercises include **fewer repetitions and more sets**. This shift is intentional and reflects an increase in training intensity and power development. Each repetition should be performed with maximum quality and intent, emphasizing explosive movement rather than high volume. This phase is designed to build upon the technical foundation established during the earlier weeks and is where significant improvements in speed, power, and athletic performance begin to emerge.

Week 5-6 Synopsis

Week 5-6 is where the program begins to shift toward maximizing performance. The number of sets increases while the number of repetitions decreases, resulting in higher training intensity. By this point, you have built a solid strength foundation during the previous weeks. Your cardiovascular fitness has improved, your muscles have adapted to the workload, and you are now ready to safely perform higher-impact exercises.

Proper technique should always be your first priority. Once you have mastered the movements, begin focusing on increasing your explosiveness and reactivity, along with maximizing jump height and distance.

The pogo jumps with stairs can be performed on bleachers, parking lot curbs, or any stable, even ledge. As long as the surface is secure and consistent, it will work for this exercise. Sprint workouts will be longer while the rest periods will be shorter to develop speed endurance and overall stamina. As you progress further into the program, the workouts will shift again, with shorter sprint distances, fewer repetitions, and longer rest periods to maximize speed and power output.

For the weighted vertical jumps, you can use dumbbells, a medicine ball, rocks, or any other safe object that adds resistance without interfering with proper jumping mechanics.

Week 7-8 Synopsis

Weeks 7–8 are the final phase of the training program. During these last two weeks, the training schedule is reduced from three workout days to two. Although there are fewer training days, each session is more demanding and includes two sprint workouts along with a combination of horizontal and vertical force exercises.

This is the finish line of the program, and performance should be the focus of every exercise. Every jump should be performed with the goal of maximizing height, and every plyometric movement should emphasize explosive power and distance. Continue to prioritize proper technique, but now perform each movement with as much speed and power as possible.

During these weeks, you will also be introduced to the **Cycle Cycle + Cycle Cycle** drill. This exercise is similar to alternating bounds, but instead of switching legs after every bound, you perform two consecutive bounds on the same leg before switching to the other leg.

For example:

Right, Right + Left, Left = 1 repetition

Right, Right + Left, Left = 2 repetitions

Continue alternating in this pattern until you complete the prescribed number of repetitions.

Focus on driving your knee aggressively, applying force into the ground, and maintaining rhythm throughout the drill. Stay tall through your hips, minimize ground contact time, and cover as much distance as possible with each bound while maintaining control.

I hope you enjoy this program and see meaningful improvements in your performance throughout the training process. If you have any feedback, suggestions, or encounter any issues with the program, I would greatly appreciate hearing from you. Your input is valuable and helps me continue to grow as a coach so I can provide the best possible experience for every athlete.

My contact information and social media accounts are listed at the end of this guide. Please don't hesitate to reach out if you have any questions or need additional support.

Thank you for your trust and commitment, and I wish you the best of luck with your training!

Price: \$200

For payment links, refer to linktree. I accept Cash App, Venmo, and Apple Pay

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