

## **4-Week Plyometric Exercise Progression**

### **Winter Park Ski Team 2011**

This is a 4-week plyometric program to be used in conjunction with a proper strength and conditioning program. The purpose of this program is to allow your body time to gradually adapt to high-impact plyometric workouts. Perform each workout once a week. As each week progresses, complete the whole workout from the week prior, adding the new exercises just before the sprints. Sprints should always be performed at the end of each session. All workouts should be performed on a semi-soft surface (grass, sand, or similar) in proper clothing and shoes (note: tie your shoes for plyos please!). Before each workout make sure to warm up and stretch well. A warm up should include some jogging, high knees, butt kickers, sideways shuffle, crossovers, backwards running, etc. After a proper warm up, you should have broken a light sweat.

#### **Week 1:**

##### **Warm-Up and Stretch**

Lunge Progression: 20-30 yds each

Straight lunges

Lunge w/ rotation

Lunge w/ rotation and jump

Monster Walk

##### **Quad Killers**

6 x 20 sec. air squat/10 sec. tuck, resulting in 3 minutes of agony

##### **One Directional Jumps**

30 sec. double leg vertical jump

30 sec. single leg vertical jump (switch legs at 15 sec.)

30 sec. alternating leg hops (right-to-left jumps)

Sprints: 3 x 50 yds

Week 2:

Week 1 workout (warm up, lunge progression, quad killers, one directional jumps)

Two Directional Jumps

30 sec. double leg side-to-side vertical jumps over line or water bottle

30 sec. single leg side-to-side vertical jumps over line or bottle (switch legs at 15 sec.)

30 sec. double leg front-to-back vertical jumps over line or water bottle

30 sec. single leg front-to-back vertical jumps over line or bottle (switch legs at 15 sec.)

Sprints: 3 x 50 yds

Week 3:

Week 2 workout

Travelling Two Directional Jumps

5x broad jump – 2 times

5x side jump – 1 time facing each side

Alternating Leg Broad Jumps – 2 times

2 leg take-off, jump right, jump left, jump right, jump left, 2 leg landing

Sprints: 3 x 50 yds

Week 4:

Week 3 workout

Three Directional Jumps

5x 45° broad jump – 2 times

5x 45° backwards broad jump – 2 times

180 vertical jumps – 5 each way for 10 total jumps

Sprints: 3 x 50 yds