



# 52 WEEK ANNUAL OVERVIEW

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52 Week Annual  
Plan for High  
School Football





# PURPOSE

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The purpose of this program is to outline of how to properly schedule football strength and conditioning training throughout an entire training year, including all Preseason, In-Season, Post-Season and Offseason Training.

This is not a “cookie cutter” program. This is meant to give you as the coach the tools to put together a total year plan on your own using best practices backed by science, research and past proof of success.

Within this full program, we prescribe weight room strength and power training protocols as well as linear speed, Change of Direction, and conditioning options programmed efficiently together to create a cohesive and comprehensive full training plan that works together.

This program also includes a “full needs” analysis that will encompass training needs, common injuries, energy systems, as well as a full mock schedule for all “Games” and Practice Times.

Like I stated previously, this is by no means a plug and play program. This is a group of documents and suggestions that can help you as the coach develop your own full year training program based on the equipment and facilities you have access to, as well as the specific needs of your team and program.



# OVERVIEW

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## WINTER/SPRING OFF SEASON

This portion of the off season is broken down into 20 Weeks, utilizing a 4-day per week training split. The purpose of this program is to build a base for the athletes returning from Christmas break. We have to assume at times that our athletes are not going to follow a break plan as we would have expected so we always begin a training year from scratch.

This program is broken into 5 phases:

1. Reintroduction (work capacity and mobility emphasis)
2. General Physical Performance (GPP)
3. Functional Hypertrophy (Growth)
4. Power Development
5. Strength



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## **SUMMER OFF SEASON**

The summer off season program will consist of a 10-Week block, and training 4-days per week. The emphasis of this block is to build on top of the winter/spring off-season gains by creating physical qualities that are now possible to develop and to prepare the athletes for the upcoming season.

The emphasis in training shifts slightly more to movement and linear speed, and slightly away from the weight room. The athlete will Run/conduct Speed, Agility and Quickness 4 days per week during the duration of this phase. This block as with most of the blocks will follow an undulation periodization model which means we will stress and recover the athletes in waves to maximize gains.

## **TRAINING CAMP**

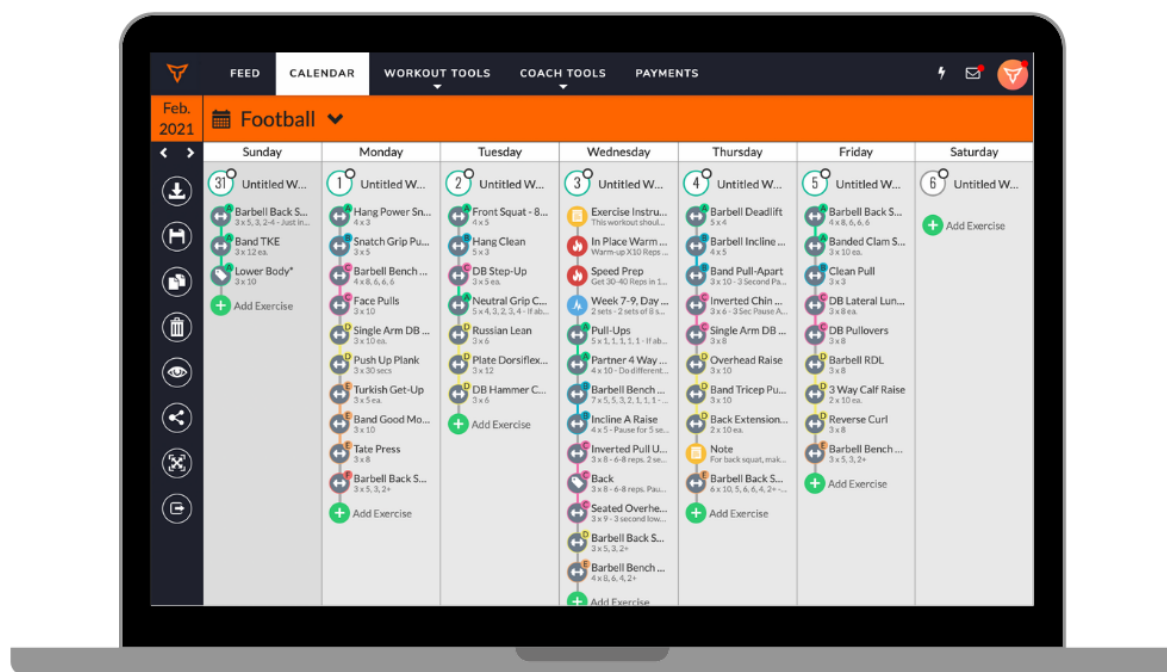
This 3-Week portion of the annual plan will focus on having 2 lifts per week leading up to the in-season phase of the program. Though the majority of the time the athletes will be concentrating on Practice, we still want to be able to train and maintain the progress that has been made during the previous blocks.

# OVERVIEW



## IN SEASON

The In-Season is the longest continuous block of training that an athlete has. We must continue to train at an intensity that can still elicit functional changes in the athlete without hindering their on-field performance. This phase will cover 15 weeks with 3 days per week training for the athletes. Obviously this can be modified to fit within your schedule and facility availability.



Week View in the TeamBuilder Platform