



PLT4M

TRAINING CALENDAR

2025 SUMMER

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 SPEED 1 — LIFT 1: BACK SQUAT ☒ ASSESSMENT DAY	8 LIFT 2: BENCH PRESS — CONDITIONING 1 ☒ ASSESSMENT DAY	9	10 SPEED 2 — LIFT 3: DEADLIFT ☒ ASSESSMENT DAY	11 CONDITIONING 2	12
13	14 SPEED 3 — LIFT 4: CLEAN ☒ ASSESSMENT DAY	15 LIFT 5: BACK SQUAT — CONDITIONING 3	16	17 SPEED 4 — LIFT 6: BENCH PRESS	18 CONDITIONING 4	19
20	21 SPEED 5 — LIFT 7: DEADLIFT	22 LIFT 8: CLEAN — CONDITIONING 5	23	24 SPEED 6 — LIFT 9: BACK SQUAT	25 CONDITIONING 6	26
27	28 SPEED 7 — LIFT 10: BENCH PRESS	29 LIFT 11: DEADLIFT — CONDITIONING 7	30	31 SPEED 8 — LIFT 12: CLEAN		

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			- -		1 CONDITIONING 8	2
3	4 SPEED 9 — LIFT 13: BACK SQUAT	5 LIFT 14: BENCH PRESS — CONDITIONING 9	6 - -	7 SPEED 10 — LIFT 15: DEADLIFT	8 CONDITIONING 10	9
10	11 SPEED 11 — LIFT 16: CLEAN	12 LIFT 17: BACK SQUAT — CONDITIONING 11	13 - -	14 SPEED 12 — LIFT 18: BENCH PRESS	15 CONDITIONING 12	16
17	18 SPEED 13 — LIFT 19: DEADLIFT	19 LIFT 20: CLEAN — CONDITIONING 13	20 - -	21 SPEED 14 — LIFT 21: BACK SQUAT 📅 ASSESSMENT DAY	22 CONDITIONING 14	23
24	25 SPEED 15 — LIFT 22: BENCH PRESS 📅 ASSESSMENT DAY	26 LIFT 23: DEADLIFT — CONDITIONING 15 📅 ASSESSMENT DAY	27 - ↓	28 SPEED 16 — LIFT 24: CLEAN 📅 ASSESSMENT DAY	29 CONDITIONING 16	30

TRAINING NOTES

Tips for implementing the summer training calendar.

- This calendar includes a combination of the PLT4M 3-Day Off Season Training, Speed Training, and Conditioning programs
- Athletes should have maxes established and entered in PLT4M prior to beginning this training cycle
- Worksets are used throughout the program to continually assess relevant strength levels and provide athlete feedback
- Athletes will be assessed in the following performance markers



• Athletes will be assessed in the following

ASSESSMENTS

Lift 1: Grip Hang Test

Lift 2: Vertical Jump, Air Squat & Jump Rope Test

Lift 3: Pull Up & Plank Hold Test

Lift 4: Broad Jump & Push Up Test

Lift 21: Back Squat & Grip Hang Retest

Lift 22: Bench Press, Vertical Jump, Air Squat & Jump Rope Retest

Lift 23: Deadlift, Pull up & Plank Hold Retest

Lift 24: Clean, Push Up & Broad Jump Retest

KEY

● LIFT

● SPEED

● CONDITIONING

● ASSESSMENT