

PLYOMETRIC PATHWAY

12 weeks for athletes

A simple guide to improve landing, jumping, and reactive movement.

2 SESSIONS PER WEEK

Start at the level you control well

There is no need to rush. If technique declines, repeat the level or move back.

Four key rules

These rules matter more than the week shown on the calendar.

01 Two sessions per week

Allow at least 48 hours between the more demanding sessions.

02 Jump while you are fresh

Perform the jumps after the warm-up and before the most fatiguing work.

03 Increase one thing at a time

Add repetitions, height, speed, or difficulty. Do not increase everything together.

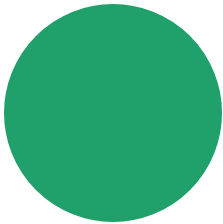
04 Technique decides

Progress only when you maintain control, rhythm, and clean landings.

Rest 60-90 seconds at easier levels and 2-3 minutes for more intense jumps.

Continue, slow down, or stop

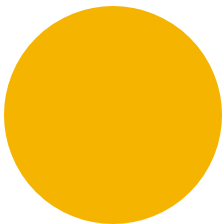
Use this traffic-light system during the session and over the next 24 hours.



GREEN

CONTINUE

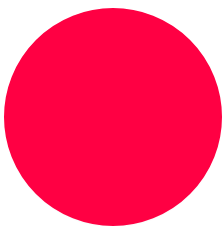
No pain. Stable landings. Height and rhythm remain consistent.



YELLOW

SLOW DOWN

Technique declines or fatigue feels unusual. Reduce sets, height, or difficulty.



RED

STOP

Pain, swelling, limping, or a clear loss of control. Do not push through it.

If a symptom persists or changes your movement, speak with a qualified professional.

The six-level pathway

Each level lasts two weeks. Repeat it if you do not yet control the exercises well.

1-2	LANDING	Learn to stop with control
3-4	RHYTHM	Pogos and low jumps
5-6	PROPULSION	More height or distance
7-8	REACTIVITY	Faster contacts
9-10	IMPACT	More intense jumps
11-12	TRANSFER	One limb, directions, and cues

More advanced means more specific and better controlled.

Clean landings

First learn to absorb the load and stop in balance.

SESSION A

20-30 contacts

Snap-down

3 × 4

Drop quickly and stop

Squat jump + stick

3 × 4

Hold the landing for 2 seconds

SESSION B

20-30 contacts

Low step-off + stick

3 × 3

10-20 cm box

Forward hop + stick

3 × 3/side

Use an easy-to-control distance

MOVE TO THE NEXT LEVEL WHEN

Complete every set without losing balance or allowing the knee to collapse inward.

Low-impact rhythm

Develop elastic rhythm without chasing maximal height.

SESSION A

36-50 contacts

Pogo in place

4 × 8

Low height and steady rhythm

Forward-backward line hop

3 × 6

Small, continuous movement

SESSION B

32-48 contacts

Lateral pogo

4 × 6

Stable pelvis

Power skip

3 × 6/side

Smooth rhythm and controlled propulsion

MOVE TO THE NEXT LEVEL WHEN

Maintain the same rhythm from start to finish, with quiet and consistent contacts.

More propulsion

Use more time and movement to produce height or distance.

SESSION A

28-40 contacts

CMJ with reset

4 × 4

Reset before each repetition

Broad jump + stick

4 × 3

Jump forward and control the landing

SESSION B

28-40 contacts

Lateral bound + stick

4 × 3/side

Propel sideways and brake

Split jump with reset

3 × 4/side

Prioritize stability over speed

MOVE TO THE NEXT LEVEL WHEN

Height or distance remains consistent, and the final landing is as controlled as the first.

Reactivity

Now reduce ground contact time without losing posture.

SESSION A

24-36 contacts

High, fast pogo

4 × 6

Push immediately after contact

Low hurdle hop

4 × 4

Use low, evenly spaced hurdles

SESSION B

24-36 contacts

Fast lateral line hop

4 × 5/side

Use a small range of motion

Assisted single-leg pogo

3 × 5/side

Use support if needed

MOVE TO THE NEXT LEVEL WHEN

Ground contact does not become slower in the final sets, and landing noise does not increase.

More intense jumps

Increase impact while reducing the number of repetitions.

SESSION A

16-24 contacts

Low drop jump

5 × 3

Start from 10-20 cm

Higher hurdle hop

4 × 3

Few repetitions with maximal control

SESSION B

18-28 contacts

Hop for distance

4 × 3/side

Stick the landing

Lateral hurdle hop

3 × 3/side

Moderate height

MOVE TO THE NEXT LEVEL WHEN

Complete two sessions without a clear decline in technique, height, distance, or contact speed.

Transfer and variability

Change direction or response without losing the quality you have developed.

SESSION A

18-28 contacts

Hurdle hop + sprint

4 × 3

Accelerate after the final jump

Drop jump + target

4 × 2

Choose one of two targets

SESSION B

16-24 contacts

Lateral hop on cue

4 × 3/side

Visual or verbal cue

Jump, land, go

4 × 3

Land, stabilize, and accelerate

MOVE TO THE NEXT LEVEL WHEN

The cue does not radically change your landing. Add only one new variable at a time.

If it feels too difficult

Make the exercise easier without removing the goal of the session.

YOU LOSE BALANCE

Reduce distance or height

Add a 2-second landing hold

YOU BECOME TOO SLOW

Lower the hurdle or box

Perform fewer repetitions per set

LANDINGS ARE TOO LOUD

Reduce impact

Return to lower pogos

ONE LEG LOSES CONTROL

Use support or a two-leg variation

Then return gradually to one leg

THE CUE DISRUPTS YOU

Give the direction earlier

Delay the cue only after control improves

The right regression helps you train well today and progress tomorrow.

The athlete checklist

Check these points before increasing difficulty.



I completed at least two sessions at this level with good technique.



I have no pain, swelling, or changes in movement.



The final set looks similar to the first in rhythm and control.



I will increase only one variable in the next session.

MAIN REFERENCES

Davies et al. (2015) · Flanagan & Comyns (2008)
Duchateau & Amiridis (2023) · Ramírez-Campillo et al. (2018, 2019)
Healy et al. (2018) · Bathe et al. (2023)

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