
3-DAY STRENGTH TRAINING PLAN

BUILT FOR HIGH SCHOOL ATHLETES

by Stone Mountain Training

THE TRAINING PLAN

Three days per week. Total body strength. Built for high school athletes who want to get faster, stronger, and more explosive — no matter what sport you play.

IMPORTANT: This is a general strength program. Athletes training with Stone Mountain Training get fully customized programs built around their sport, position, schedule, injury history, and goals. This is a solid starting point to build a foundation.

TRAINING GUIDELINES

- Train 3x per week (ex: Monday / Wednesday / Friday)
- Each session is 30-45 minutes
- Warm up before every session — 5 min light cardio + dynamic stretching
- Use a weight that's challenging but allows good form
- Rest 60-90 seconds between sets
- Track your weights — progressive overload is how you get stronger

WHY THIS WORKS FOR EVERY SPORT

Football / Flag Football	Raw strength, power, explosiveness, and speed on the field
Basketball	Vertical jump, lateral quickness, and durability through a full season
Baseball / Softball	Rotational power, arm strength, and explosive first-step speed
Soccer	Leg strength, endurance base, and injury prevention for knees/ankles
Wrestling	Full body functional strength, grip endurance, and explosive hip power
Track & Field	Sprint speed, starting power, and strength-to-weight ratio
Tennis	Shoulder stability, rotational power, footwork, and endurance
Volleyball	Vertical power, shoulder health, lateral movement, and core stability

DAY 1 — TOTAL BODY STRENGTH

FOCUS: Squat / Push / Pull / Core

1 **Goblet Squat**
4 x 8-10 reps
DB or KB — sit deep, chest up

2 **Dumbbell Bench Press**
3 x 8-10 reps
Flat bench or floor press

3 **Bent Over Barbell Row**
3 x 8-10 reps
DB rows if no barbell

4 **Walking Lunges**
3 x 10 each leg
DB or bodyweight

5 **Plank Hold**
3 x 30-45 seconds
Keep core tight, don't let hips sag

Rest 60-90 seconds between sets

Repeat for 25-30 minutes • Aim for 3-5 rounds

COACH TIP: Squat depth matters more than weight. Get below parallel with good form before you go heavy. Film yourself — if your knees cave in, drop the weight and fix it.

DAY 2 — POWER & EXPLOSIVENESS

FOCUS: Hinge / Press / Athletic Movement / Core

1 **Trap Bar Deadlift**
4 x 5-6 reps
Hex bar preferred — keep back flat

2 **Overhead Press**
3 x 8-10 reps
Standing DB or barbell

3 **Pull-Ups / Lat Pulldown**
3 x 6-10 reps
Use band assist if needed

4 **Box Jumps**
3 x 5 reps
Step down, don't jump down — protect your knees

5 **Hanging Leg Raises**
3 x 10-12 reps
Knee raises if too hard

Rest 60-90 seconds between sets

Repeat for 25-30 minutes • Aim for 3-5 rounds

COACH TIP: Deadlifts are the king of athletic performance. They build your entire posterior chain — glutes, hamstrings, back. Start light, learn the hip hinge, then load it up.

DAY 3 — STRENGTH & CONDITIONING

FOCUS: Single Leg / Push / Pull / Conditioning

1

Bulgarian Split Squats

3 x 8-10 each leg

DB in each hand, back foot elevated

2

Push-Ups (Weighted or BW)

3 x 12-15 reps

Add a plate on your back to progress

3

Single Arm DB Row

3 x 10-12 each arm

Pull to your hip, squeeze your back

4

Dumbbell RDLs

3 x 10-12 reps

Feel the stretch in your hamstrings

5

Farmer's Carry

3 x 40 yards

Heavy DBs, walk with purpose — grip + core

Rest 60-90 seconds between sets

Repeat for 25-30 minutes • Aim for 3-5 rounds

COACH TIP: Single leg work is where athletes are made. If you can't control your body on one leg, you're leaving speed and power on the table. Every sport happens one leg at a time.

This plan is a starting point. Every athlete is different — your sport, your position, your body, your goals. If you ever trained with Stone Mountain Training, your coach would customize everything to fit your sport, your schedule, and your goals.