

Jumping rope exercise plan

A 4-week progression that starts with the basic bounce and finishes with double unders. Every session has its work time, recovery time and round count, plus a warm-up, a cool-down and a log sheet to record what you actually completed.

4 weeks

5 training days a week

3 techniques

20 logged sessions

5 to 9 minutes per session

How to use this plan

1. Size the rope first. Stand on the middle with both feet, and the handles should reach about armpit height.
2. Train Monday through Friday. Keep Saturday and Sunday for rest or easy movement.
3. Warm up for 3 to 5 minutes, work through the week's prescription, then cool down for 4 to 6 minutes.
4. Log each session on pages 4 and 5. Mark it completed or modified, and write down what made it hard.
5. Repeat the 4 weeks if you want a second cycle. Compare your round counts against the first pass.

Before you start

Rope jumping is high impact. If you are pregnant, or you are managing a joint, bone or heart condition, check with your clinician before you begin. Stop the session if you feel sharp pain in your shins, knees or ankles.

The 4-week progression

MONDAY TO FRIDAY

Run the same prescription on all five training days of the week. Session total counts work and recovery together, and it excludes the warm-up and cool-down.

WEEK	TECHNIQUE FOCUS	WORK	RECOVERY	ROUNDS	SESSION TOTAL
Week 1	Basic bounce	30 sec	30 sec rest	5	5 min 00 sec
Week 2	Alternating foot step	45 sec	20 sec rest	6	6 min 30 sec
Week 3	Alternating feet, interval pacing	40 sec hard	20 sec easy jumping	8	8 min 00 sec
Week 4	Alternating feet and double unders	50 sec hard	15 sec easy jumping	8	8 min 40 sec

Adjust the work time down or the recovery time up if your form breaks before the last round. The progression matters more than hitting the exact seconds.

Warm-up and cool-down

EVERY SESSION

Warm-up

3 TO 5 MINUTES, BEFORE EVERY SESSION

- 60 to 90 seconds of light jogging in place.
- 20 arm circles forward, 20 back, then 10 shoulder rolls.
- 10 ankle circles each side and 15 calf raises.
- 30 to 60 seconds of practice jumps at about half speed.

Cool-down

4 TO 6 MINUTES, AFTER EVERY SESSION

- 2 to 3 minutes of walking until your breathing settles.
- Calf stretch against a wall, 20 to 30 seconds each side.
- Kneeling hip flexor stretch, 20 to 30 seconds each side.
- Seated shin stretch and a gentle lower back stretch.

Rest days

Saturday and Sunday are rest or active recovery. Walking, swimming, cycling and mobility work all count. Skip rope work on those days so your shins and calves get a chance to adapt.

Technique cues

LEARN IN THIS ORDER

Basic bounce

INTRODUCED IN WEEK 1

- Feet together, handles at hip height, elbows close to your ribs.
- Turn the rope from your wrists. Your arms stay quiet.
- Land on the balls of both feet with a soft knee bend, never flat footed.
- Hold a steady rhythm of roughly 120 turns per minute.

Week 1 target: five clean rounds of 30 seconds.

Alternating foot step

INTRODUCED IN WEEK 2

- Land on your right foot as the rope passes, then your left on the next turn.
- Keep the same wrist-driven turn you used for the basic bounce.
- Stay light. The motion should look like a jog, not a stomp.
- It costs less energy per minute, so longer work windows stay manageable.

Week 2 target: six rounds of 45 seconds without a trip.

Double unders

INTRODUCED IN WEEK 3, USED IN WEEK 4

- Two rope turns per jump, driven by faster wrists rather than a higher jump.
- Jump slightly higher than the basic bounce, and keep your body upright.
- Practice sets of 3 to 5 in a row, then reset before the next set.
- String them together only once the singles feel automatic.

Week 4 target: 5 to 10 double unders inside each hard round.

Form check

TICK BEFORE EACH WEEK

- ☐ The rope is sized correctly. Standing on the middle, the handles reach about armpit height.
- ☐ I am jumping from my ankles and calves, not folding at the hips and knees.
- ☐ My wrists turn the rope. My shoulders stay still and relaxed.
- ☐ I warmed up before the first round, even on the days I was short on time.
- ☐ I stretched my calves, shins and hip flexors after the last round.

Training log

WEEKS 1 AND 2

Record the rounds you finished, not the rounds you planned. A modified session still counts, so write down what you changed and why.

Week 1

Basic bounce • 30 sec work / 30 sec rest • 5 rounds

DAY	DATE	ROUNDS DONE	COMPLETED OR MODIFIED	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Sat and Sun				Rest or active recovery. Note what you did.

Week 2

Alternating feet • 45 sec work / 20 sec rest • 6 rounds

DAY	DATE	ROUNDS DONE	COMPLETED OR MODIFIED	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Sat and Sun				Rest or active recovery. Note what you did.

Training log

WEEKS 3 AND 4

Hard rounds mean faster foot speed, not a higher jump. Easy recovery means steady jumping at about half pace, so keep the rope turning.

Week 3

Interval pacing • 40 sec hard / 20 sec easy • 8 rounds

DAY	DATE	ROUNDS DONE	COMPLETED OR MODIFIED	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Sat and Sun				Rest or active recovery. Note what you did.

Week 4

Mixed techniques • 50 sec hard / 15 sec easy • 8 rounds

DAY	DATE	ROUNDS DONE	COMPLETED OR MODIFIED	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Sat and Sun				Rest or active recovery. Note what you did.

Notes for the next cycle

[What to change](#)