

WARM UP x 3 sets <i>Raise body temp</i> 1. Knee Grab March 10 reps/side 2. Alternate Arm Swings 10 reps/direction <i>Activate</i> 3. Bent Over W's 5 reps 4. Fire Hydrant 5 reps/side <i>Mobilize</i> 5. Half Kneel Wall T-Rotation 5 reps/side	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
PRO TIPS ➤ For the main lifts we're using dynamic effort work. Aim to move the bar fast on the UP to build power and explosiveness. ➤ The C's look similar across sessions, but they're testing you differently: Session 1 is about producing max power while tired, Session 2 is about maintaining power as fatigue builds. ➤ The A's are heavier variations to make sure strength keeps building.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Athlete 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1 Half Kneel Landmine Press	3 sets 6 reps/side	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side
	A2 Deficit Reverse Lunge	3 sets 6 reps/side	3 sets 6 reps/side (↑weight/difficulty)	3 sets 6 reps/side (↑weight/difficulty)	3 sets 6 reps/side
	B1 Lateral Hop	6 sets 3 reps/side	6 sets 3 reps/side	6 sets 3 reps/side	6 sets 3 reps/side
	B2 Deadlift (@ 70% of max)	6 sets kg 3 reps	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (TEACHING weight)
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C ALACTIC POWER INTERVALS (1)- Jump Squats <i>or</i> Rope Slams (2)- Recover	(1)- 10 reps (2)- 60 seconds	(1)- 10 reps (2)- 45 seconds	(1)- 10 reps (2)- 30 seconds	8 sets (1)- 10 reps (2)- 30 seconds
	D Workout of the Week				

2

Athlete 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Kickstand RDL	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
A2	Chin Up OR High Ring Row	3 sets 3-6 reps	3 sets 3-6 reps (↑difficulty)	3 sets 3-6 reps (↑difficulty)	3 sets 3-6 reps
B1	Seated Vertical Jump	6 sets 3 reps	6 sets 3 reps	6 sets 3 reps	6 sets 3 reps
B2	Squat (@ 70% of max)	6 sets kg 3 reps	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (TEACHING weight)
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
C	ALACTIC CAPACITY INTERVALS (1) Jump Squats or Rope Slams (2) Recover	10 sets (1)- 12 reps	10 sets (1)- 15 reps	10 sets (1)- 18 reps	8 sets (1)- 18 reps
		(2)- 20 seconds	(2)- 20 seconds	(2)- 20 seconds	(2)- 20 seconds
Focus Block		Athlete Abs			
D1	Waiter-Farmers Mixed March	3 sets 12 steps/side	3 sets 12 steps/side (↑weight)	3 sets 12 steps/side (↑weight)	2 sets 12 steps/side
D2	V-Up	3 sets 8 reps	3 sets 8 reps (↑difficulty)	3 sets 8 reps (↑difficulty)	2 sets 8 reps

3

Athlete 3

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Pendlay Row	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	3 sets 6 reps
A2	Nordic Curl	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	3 sets 6 reps
B1	Power Press Up	6 sets 3 reps	6 sets 3 reps	6 sets 3 reps	6 sets 3 reps
B2	Bench Press (@ 70% of max)	6 sets kg 3 reps	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (↑weight)	6 sets kg 3 reps (TEACHING weight)
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
C	PERFORMANCE CIRCUIT (1)- TRX Rows (2)- Diagonal Mountain Climbers (3)- Russian Twist (4)- MB Squat to Press	Record time to complete. (1)- 100 reps (2)- 100 reps (total) (3)- 100 reps (total) (4)- 100 reps	Record time to complete. (1)- 100 reps (2)- 100 reps (total) (3)- 100 reps (total) (4)- 100 reps	Record time to complete. (1)- 100 reps (2)- 100 reps (total) (3)- 100 reps (total) (4)- 100 reps	Record time to complete. (1)- 100 reps (2)- 100 reps (total) (3)- 100 reps (total) (4)- 100 reps
Focus Block		Loaded Hip Mobility			
D1	Elevated Pigeon Dips	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side
D2	Kettlebell Lateral Hip Shift	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side