

WARM UP x 3 sets <i>Raise body temp</i> 1. Butt Kicks 10 reps/side 2. Shuffle Steps 10 reps/direction <i>Activate</i> 3. Glute Bridge March 10 reps/side 4. Slow Mountain Climbers 5 reps/side <i>Mobilise</i> 5. Overhead Squat 5 reps	WARM UP SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
PRO TIPS ➤ The main lift is Max Effort work. You should hit all your reps, but the weight should be as heavy as you can possibly manage with good form. ➤ After building short-term capacity last month, we're now extending the intervals and shortening rests to really push the aerobic system. ➤ The A's are now our explosive exercises to keep that power focus while the B's become the heavy strength work.	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 Push Press	3 sets 6 reps	4 sets 6 reps (↑weight)	4 sets 6 reps (↑weight)	3-4 sets 6 reps
	A2 Forward Lunge	3 sets 6 reps/side	4 sets 6 reps/side (↑weight)	4 sets 6 reps/side (↑weight)	3-4 sets 6 reps/side
	B1 Repeat Single Leg Hops	4 sets 3 reps/side	4 sets 3 reps/side (↑distance)	4 sets 3 reps/side (↑distance)	3-4 sets 3 reps/side
	B2 Deadlift	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 reps (↑weight)	4 sets kg kg kg kg 2 reps (↑weight)	4 sets kg kg kg kg 2 reps (TEACHING WEEK weight)
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C AEROBIC DEVELOPMENT (1)- Any sustainable cyclic cardio exercise (2)- Slow Pace	6-8 sets (6-8 mins) (1)- 40 seconds (2)- 20 seconds	8-10 sets (8-10 mins) (1)- 40 seconds (2)- 20 seconds	10 sets (10 mins) (1)- 40 seconds (2)- 20 seconds	6 sets (6 mins) (1)- 40 seconds (2)- 20 seconds
	D Workout of the Week				

2 Athlete 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Banded KB Swing	3 sets 10 reps	4 sets 10 reps (↑tension)	4 sets 10 reps (↑tension)	3-4 sets 10 reps
	A2	Chin Up OR High Ring Row	3 sets 2-5 reps	4 sets 2-5 reps (↑difficulty)	4 sets 2-5 reps/side (↑difficulty)	3-4 sets 2-5 reps/side
	B1	Repeat Squat Jumps	4 sets 3 reps	4 sets 3 reps (↑height)	4 sets 3 reps (↑height)	3 sets 3 reps
	B2	Squat	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 reps (↑weight)	4 sets kg kg kg kg 2 reps (↑weight)	4 sets kg kg kg kg 2 reps (TEACHING WEEK weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C	Mixed Intervals (1) Any sustainable cyclic cardio exercise (2) Rest between sets	2 sets of... (9-11 mins total) (1) 25 , 30, 35 , 40 , 45 secs 10-15 seconds between intervals (2) 2 minutes between sets	2 sets of... (11-13mins total) (1) 25 , 30, 35 , 40 , 45, 50 secs 10-15 seconds between intervals (2) 2 minutes between sets	2 sets of...(13-15mins total) (1) 25 , 30, 35 , 40 , 45, 50, 55 secs 10-15 seconds between intervals (2) 2 minutes between sets	2 sets of... (9-11 mins total) (1) 25 , 30, 35 , 40 , 45 secs 10-15 seconds between intervals (2) 2 minutes between sets
	Focus Block		Whole Hip Mobility			
	D1	Band Forward Fold	3 sets 30 seconds	3 sets 30 seconds	3 sets 30 seconds	3 sets 30 seconds
	D2	90/90 Hip CAR's	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side

3 Athlete 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Deadstop Meadows Row	3 sets 6 reps/side	4 sets 6 reps/side (↑weight)	4 sets 6 reps/side (↑weight)	3-4 sets 6 reps/side
	A2	Swisball Hamstring 'Tantrums'	3 sets 12 reps/side	4 sets 12 reps/side (↑difficulty)	4 sets 12 reps/side (↑difficulty)	3-4 sets 12 reps/side
	B1	Explosive Chaos Pallof Press	4 sets 3 reps/side	4 sets 3 reps/side (↑difficulty)	4 sets 3 reps/side (↑difficulty)	3-4 sets 3 reps/side
	B2	Bench Press	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 reps (↑weight)	4 sets kg kg kg kg 2 reps (↑weight)	4 sets kg kg kg kg 2 reps (TEACHING WEEK weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C	PERFORMANCE CIRCUIT - EMOM 'til you drop Pick Assault Bike, Rower or Burpees	1st min - 2 cal/ reps (rest for remainder of minute) 2nd min - 4 cal/ reps..... Continue adding 2 each minute until you can no longer complete.	Aim to complete more minutes.	Aim to complete more minutes.	Match PEAK performance
	Focus Block		KB Core Rotations			
	D1	Split Stance KB Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	3 sets 8 reps/side
	D2	Plank KB Drag	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	3 sets 8 reps/side