






<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> Lateral Hurdle Steps 5 reps/side Side Step Shuffle 10 reps/side <p><i>Activate</i></p> <ol style="list-style-type: none"> Deadbugs 5 reps/side Fire Hydrant 5 reps/side <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Yoga Pike 5 reps 	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p>Food diary Track your food and drink and review with a coach</p> 
<p>PRO TIPS <i>After several months of building up to heavy lifts, very intense intervals and power training, it's time to build a strong foundation again.</i></p> <ul style="list-style-type: none"> ➤ <i>Unilateral & unstable exercises help address imbalances, improve coordination and keep you moving well.</i> ➤ <i>The B1's move to volume clusters. More reps & sets mean more time to practice technique, build muscle & develop work capacity.</i> ➤ <i>Conditioning shifts to a variety of aerobic training. The aim is to rebuild your engine, improve recovery & prepare you for higher intensity months ahead.</i> 	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

1 Athlete 1		EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A1	Bottoms Up Press	3 sets 6 reps/side (standing)	3 sets 6 reps/side (kneeling)	3 sets 6 reps/side (half kneeling)	3 sets 6 reps/side	
A2	One-Leg Squat to Box	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	
B1	Deadlift	4 sets kg kg kg kg 3+3+3 reps	4 sets kg kg kg kg 3+3+3 reps (↑weight)	4 sets kg kg kg kg 3+3+3 reps (↑weight)	3 sets kg kg kg 3+3+3 reps	
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→	
B2	Paused Broad Jump	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps	
C's	Movement Circuit (1)- Band Resisted Farmers March (2)- Half Kneeling Band Row Rotation (3)- One-Leg RDL to Reverse Lunge	4 sets (1)- 6 steps/side (2)- 6 reps/side (3)- 6 reps/side	4 sets (1)- 8 steps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 steps/side (2)- 10 reps/side (3)- 10 reps/side	3 sets (1)- 10 steps/side (2)- 10 reps/side (3)- 10 reps/side	
D	Workout of the Month					

2 Athlete 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Birddog Row	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	A2	Band KB Swing	3 sets 12 reps	3 sets 12 reps (↑difficulty)	3 sets 12 reps (↑difficulty)	3 sets 12 reps
	B1	Bench Press	4 sets kg kg kg kg 3+3+3 reps	4 sets kg kg kg kg 3+3+3 reps (↑weight)	4 sets kg kg kg kg 3+3+3 reps (↑weight)	3 sets kg kg kg 3+3+3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Paused MB Chest Throw	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	C1	High Intensity Continuous 1 High Step Ups	5 mins at 30 reps per minute	5 mins 30 seconds at 30 reps per minute	6 mins at 30 reps per minute	5 mins at 30 reps per minute
	C2	High Intensity Continuous 2 High Resistance Spin Bike	5 mins At 30 reps per minute	5 mins 30 seconds at 30 reps per minute	6 mins at 30 reps per minute	5 mins at 30 reps per minute
	Focus Block		90/90 Swivels			
D1	Figure 4 to 90/90 Swivel	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side	
D2	90/90 Side Lying Hip Swivel	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side	

3 Athlete 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up or Pull Up or High Ring Row	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	3 sets 6 reps
	A2	Swissball Body Saw	3 sets 12 reps	3 sets 12 reps (↑difficulty)	3 sets 12 reps (↑difficulty)	3 sets 12 reps
	B1	Squat	4 sets kg kg kg kg 3+3+3 reps	4 sets kg kg kg kg 3+3+3 reps (↑weight)	4 sets kg kg kg kg 3+3+3 reps (↑weight)	3 sets kg kg kg 3+3+3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Seated Vertical Jump	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	C1	Aerobic Plyos 1 Lateral Pogos	8 sets (Rest 15s between sets) 10 reps/side	10 sets (Rest 15s between sets) 10 reps/side	12 sets (Rest 15s between sets) 10 reps/side	10 sets (Rest 15s between sets) 10 reps/side
	C2	Aerobic Plyos 2 Forward Scissors	8 sets (Rest 15s between sets) 10 reps/side	10 sets (Rest 15s between sets) 10 reps/side	12 sets (Rest 15s between sets) 10 reps/side	10 sets (Rest 15s between sets) 10 reps/side
	Focus Block		Maximum Effort Sprint Repeats			
	D1	Choose an exercise you can maximally sprint on.	8-12 sets 7 seconds ON Maximum Speed!	8-12 sets 8 seconds ON Maximum Speed!	8-12 sets 9 seconds ON Maximum Speed!	8 sets 9 seconds ON Maximum Speed!
D2	Bike, Sprinting, Mountain Climbers, Ropes etc.	8-12 sets 53 seconds VERY SLOW	8-12 sets 52 seconds VERY SLOW	8-12 sets 51 seconds VERY SLOW	8 sets 51 seconds VERY SLOW	