

WARM UP x 3 sets <i>Raise body temp</i> Sprinter Step Back 5 reps/side Bent Arm Circles 10 reps/direction <i>Activate</i> Kneeling Prisoner Extension 10 reps Birddog 5 reps/side <i>Mobilise</i> Hip Flexor Side Bends 5 reps/direction/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 ➤ This is the first of 4 strength-focused months, and it sets you up for more intense lifting in the final months of the year. ➤ Focus on range of motion, stability through that full range, and contr across your lifts. ➤ Accessory Circuits - These focus on movements that strengthen supporting muscles, improve resilience & improve weaknesses.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Athlete 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Accessory Circuit (1)- Forward Step Down (2)- Kneeling Landmine Push Press (3)- Hollow Body Hold	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 30 seconds	3 sets (1)- 8 reps/side (↑weight) (2)- 8 reps/side (↑weight) (3)- 30 seconds (↑difficulty)	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 40 seconds	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 30 seconds
	B1	Deadlift	3 sets kg kg kg 8, 8, 8+ reps	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Skater Bound	3 sets 4 reps/side	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 4 reps/side
	C's	Lactic Capacity Circuit (1)- MB Lateral Shuffle & Sprawl (2)- MB Ground to Shoulder (3)- MB Lateral Step Up & Over (4)- RECOVER	4 sets (10 mins) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 60 seconds	4 sets (11 mins) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 60 seconds	4 sets (12 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 60 seconds	3 sets (9 mins 45 seconds) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 60 seconds
D	Workout of the Month					

2 Athlete 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Accessory Circuit (1)- Deadstop KB/DB Row (2)- One Leg Swiss Ball Hamstring Curl (3)- Side Plank Star Hold	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 20 seconds/side	3 sets (1)- 8 reps/side (↑weight) (2)- 8 reps/side (↑difficulty) (3)- 20 seconds/side (↑difficulty)	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 30 seconds	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 20 seconds
	B1	Bench Press	3 sets kg kg kg 8, 8, 8+ reps	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Heavy Rope Slam	3 sets 4 reps	3 sets 6 reps	3 sets 8 reps	3 sets 4 reps
	C's	PERFORMANCE CIRCUIT (1) DB Burpee (2) Sit Ups (3) DB Squat to Press (4) Press Ups or TRX Row	12, 10, 8, 6, 4, 2 reps of each. Record time to complete:	12, 10, 8, 6, 4, 2 reps of each. Record time to complete:	12, 10, 8, 6, 4, 2 reps of each. Record time to complete:	12, 10, 8, 6, 4, 2 reps of each. Record time to complete:
	Focus Block		Hip Rotary			
	D1	Quadruped Hip C.A.R.	2 sets 6 reps/direction/side	2 sets 8 reps/direction/side	2 sets 10 reps/direction/side	2 sets 6 reps/direction/side
	D2	Hip Flexor Rotate & Rock Back	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 6 reps/side

3 Athlete 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Accessory Circuit (1)- Chin Up (2)- Landmine Goblet Reverse Lunge (3)- Half Kneel Band Rotation	3 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps/side	3 sets (1)- 8 reps (↑difficulty) (2)- 8 reps/side (↑weight) (3)- 8 reps/side (↑difficulty)	3 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side	3 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps/side
	B1	Squat	3 sets kg kg kg 8, 8, 8+ reps	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8, 8, 8+ reps (↑weight/reps)	3 sets kg kg kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Split Jump	3 sets 4 reps/side	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 4 reps/side
	C's	Movement Circuit (1)- Suitcase Carry (2)- Cossack Lunge (3)- Weighted T-Rotation	3 sets (1)- 2 lengths/side (2)- 10 reps/side (3)- 10 reps/side	3 sets (1)- 3 lengths/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 3 lengths/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 3 lengths/side (2)- 12 reps/side (3)- 12 reps/side
	Focus Block		Baseline Lactic Fitness			
	D1	Bike/Rower/Rope/Any other cardio activity	6 sets 45 seconds	6 sets 45 seconds (↑distance/reps)	6 sets 45 seconds (↑distance/reps)	6 sets 45 seconds
	D2	Recover	3 sets 15 seconds	3 sets 15 seconds	3 sets 15 seconds	3 sets 15 seconds