November 2026 'Intensify'

RESULTS inc

WARM UP x 3 sets

Raise body temp

1. **Butt Kicks** — **10 reps/side**
2. **Shuffle Steps** — **10 reps/direction**

Activate

3. **Glute Bridge March** — **10 reps/side**
4. **Slow Mountain Climbers** — **5 reps/side**

Mobilise

5. **Overhead Squat** — **5 reps**

SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)

Food diary
Track your food and drink and review with a coach

PRO TIPS

➢ *Month 3 of our 4-month strength focus increases the intensity with much lower rep ranges.*

➢ *For B1s, start with a sensible first set, then increase the weight on each set.*

➢ *Aerobic fitness work should leave you challenged & breathing hard but still able to keep going, not exhausted.*

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)-** Pistol Squat **(2)-** Candlestick **(3)-** Split Stance Landmine Press	3 sets **(1)-** 4 reps/side **(2)-** 5 reps **(3)-** 6 reps/side	3 sets **(1)-** 4 reps/side (↑difficulty) **(2)-** 5 reps (↑difficulty) **(3)-** 6 reps/side (↑difficulty)	3 sets **(1)-** 4 reps/side (↑difficulty) **(2)-** 5 reps (↑difficulty) **(3)-** 6 reps/side (↑difficulty)	3 sets **(1)-** 4 reps/side **(2)-** 5 reps **(3)-** 6 reps/side
B1	Deadlift	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	Repeat Hops	4 sets 3 reps/side	4 sets 3 reps/side (↑distance)	4 sets 3 reps/side (↑distance)	3 sets 3 reps/side
C's	**SWIMMERS INTERVALS** **(1)** Line touches, Star Jumps, Low Jacks etc. **(2)** Recover	16 sets (6 minutes 40 seconds) **(1)-** 15 seconds **(2)-** About 10 seconds	18 sets (7 minutes 30 seconds) **(1)-** 15 seconds **(2)-** About 10 seconds	20 sets (8 minutes 20 seconds) **(1)-** 15 seconds **(2)-** About 10 seconds	16-20 sets **(1)-** 15 seconds **(2)-** About 10 seconds
D	**Workout of the Month**				

2 — Athlete 2

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Accessory Circuit** **(1)-** Razor Curl Lowers **(2)-** Copenhagen Dips **(3)-** Banded Pendlay Row	3 sets **(1)-** 4 reps **(2)-** 5 reps/side **(3)-** 6 reps	3 sets **(1)-** 4 reps (↑difficulty) **(2)-** 5 reps/side (↑difficulty) **(3)-** 6 reps (↑difficulty)	3 sets **(1)-** 4 reps (↑difficulty) **(2)-** 5 reps/side (↑difficulty) **(3)-** 6 reps (↑difficulty)	3 sets **(1)-** 4 reps **(2)-** 5 reps/side **(3)-** 6 reps
B1	Bench Press	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	Rotational Rope Slam	4 sets 3 reps/side	4 sets 3 reps/side (↑speed)	4 sets 3 reps/side (↑speed)	3 sets 3 reps/side
C's	**PERFORMANCE CIRCUIT** **(1)-**Row **or** Assault Bike **(2)-**Press Ups **or** TRX Row **(3)-**Sit Ups Record time to complete.	5 sets **(1)-** 250m **or** 500m **(2)-** 12 reps **(3)-** 12 reps	5 sets **(1)-** 250m **or** 500m **(2)-** 12 reps **(3)-** 12 reps	5 sets **(1)-** 250m **or** 500m **(2)-** 12 reps **(3)-** 12 reps	5 sets **(1)-** 250m **or** 500m **(2)-** 12 reps **(3)-** 12 reps
Focus Block		**Hips don't lie**			
D1	Standing Hip C.A.R.	2 sets 3 reps/direction/side	2 sets 3 reps/direction/side (↑R.O.M.)	2 sets 3 reps/direction/side (↑R.O.M.)	2 sets 3 reps/direction/side
D2	Adductor Rock Back + Rotation	2 sets 6 reps/side	2 sets 6 reps/side (↑R.O.M.)	2 sets 6 reps/side (↑R.O.M.)	2 sets 6 reps/side

3 — Athlete 3

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	**Accessory Circuit** **(1)-** Chin Up/Pull Up/High Ring Row **(2)-** Hinge Band Rotation **(3)-** Landmine Side On Lunge	3 sets **(1)-** 4 reps **(2)-** 5 reps/side **(3)-** 6 reps/side	3 sets **(1)-** 4 reps (↑difficulty) **(2)-** 5 reps/side (↑difficulty) **(3)-** 6 reps/side (↑difficulty)	3 sets **(1)-** 4 reps (↑difficulty) **(2)-** 5 reps/side (↑difficulty) **(3)-** 6 reps/side (↑difficulty)	3 sets **(1)-** 4 reps **(2)-** 5 reps/side **(3)-** 6 reps/side
B1	Squat	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	4 sets **kg kg kg kg** Work up to a heavy 3	3 sets **kg kg kg** 3 reps
		Goal kg next week→	**Goal kg next week→**	**Goal kg next week→**	**Goal kg next week→**
B2	Split Switch	4 sets 3 reps/side	4 sets 3 reps/side (↑height)	4 sets 3 reps/side (↑height)	3 sets 3 reps/side
C's	**Movement Circuit** **(1)-** Mixed Waiter/Suitcase Carry **(2)-** Low Hold Windmill **(3)-** Lateral Sprinter Step Up	3 sets **(1)-** 2 lengths/side **(2)-** 6 reps/side **(3)-** 8 reps/side	3 sets **(1)-** 2 lengths/side (↑difficulty) **(2)-** 6 reps/side (↑difficulty) **(3)-** 8 reps/side (↑difficulty)	3 sets **(1)-** 2 lengths/side (↑difficulty) **(2)-** 6 reps/side (↑difficulty) **(3)-** 8 reps/side (↑difficulty)	3 sets **(1)-** 2 lengths/side **(2)-** 6 reps/side **(3)-** 8 reps/side
Focus Block		**Baseline Aerobic Fitness**			
D1	Bike/Rower/Rope/Any other cardio activity	6 sets 40 seconds	8 sets 40 seconds	10 sets 40 seconds	6-10 sets 40 seconds
D2	Recover	8 sets 20 seconds	8 sets 20 seconds	8 sets 20 seconds	8 sets 20 seconds