

The 12 Weeks

Three phases

Four weeks each

Weekly Strength: 45–60 min, 3x

Rucks: 30–60 min, 2x

Live calls: 1–2 hours

Workbook: about 30 minutes

Week 1 - Welcome and Overview with Gary and Team
Meet Gary Roberts and the coaching team, and get a clear picture of how the next 12 weeks will run. We cover the program structure, the Fuel–Train–Recover framework, and what you can expect to get out of it.

Week 2 - Mindset & Goal Setting
Performance starts with how you think. This week covers the mental side of change, including Effort, Attitude, and Focus, and walks you through setting clear, realistic goals that keep you moving forward.

Week 3 - The Basics of Performance Nutrition
Learn the fundamentals of fuelling your body for work, training, and daily life. We break down protein, carbohydrates, fats, and hydration in plain terms so you can make better choices right away.

Week 4 - Building & Breaking Habits
Lasting results come from what you do every day. This week explains how habits form, how to build the ones that serve you, and how to break the ones that hold you back.

Week 5 - Rebuild & Recover
Nutrition plays a direct role in how your body heals and recovers. We look at how food, sleep, and recovery habits work together to reduce wear and tear and keep you performing over the long term.

Week 6 - Training Basics and Tips
A practical introduction to the principles behind effective training. Learn how to train safely and productively, whatever your starting point, and how to get more out of every session.

Week 7 - Gary's Story
Gary Roberts shares his path through a career-threatening injury, his recovery, and his return to the NHL. It's a firsthand look at the mindset and habits that carried him through, and how they apply to your own challenges.

Week 8 - Body Systems Nutrition
This week goes deeper into how nutrition supports your health from the inside out, including digestion, energy, inflammation, and overall wellbeing. You'll learn how to eat for long-term health, not just performance.

Week 9 - Goal-Based Nutrition
Your nutrition should match your goals. We show you how to adjust your eating for fat loss, muscle gain, energy, or maintenance, and build a plan that fits your life.

Week 10 - Skills Practice & Adaptability
Put what you've learned into practice and prepare for real life. This week focuses on applying your new skills and adapting when schedules, stress, or setbacks get in the way.

Week 11 - Bringing It All Together
We connect nutrition, training, recovery, and mindset into one sustainable approach. You'll leave with a clear, personal plan to keep building after the program ends.

Week 12 - Debrief and Q&A with Gary
Close out the program with Gary and the team. Reflect on your progress, celebrate what you've accomplished, and get your questions answered directly.