



2019 Q4 Training Programme
Session 1 - Phase 1

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps	WEEK 4: <i>Peak Week</i>	Sets & Reps
Mobility	3-5 mins	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2
Movement Prep	5-10 mins								
		<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>	
		Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>
		Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10
Main Lift	10-20 mins	Squat Foam Roll Obliques	10-12	Squat Foam Roll Obliques	8-10	Squat Foam Roll Obliques	8-10	Squat Foam Roll Obliques	8-10
2A	20-30 mins	BB Overhead Press	9-10	BB Overhead Press	10-12	BB Overhead Press [Drop Set]	8-10 (+ 5-10)	BB Overhead Press	8-10
2B		1 Leg SLDL	8-10ea	Staggered SLDL	8-10ea	Staggered SLDL into BW 1 Leg SLDL	8-10 (+ 5-10)ea	1 Leg SLDL	8-10ea
3A	30-40 mins	Pull-up	6-8	Pull-up	6-8	Cluster Pull-up	6-8	Pull-up	6-8
3B		Lateral Squat	8-10ea	Lateral Squat w/Elevated Foot	8-10ea	Lateral Lunge	8-10ea	Lateral Squat	8-10ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2019 Q4 Training Programme
Session 2 - Phase 1

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps	WEEK 4: <i>Peak Week</i>	Sets & Reps	
Mobility	3-5 mins	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	
Movement Prep	5-10 mins	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	
Main Lift	10-20 mins	Deadlift Stright Arm, Straight Leg Sit-up	10-12 8-10	Deadlift Stright Arm, Straight Leg Sit-up	8-10 8-10	Deadlift Stright Arm, Straight Leg Sit-up	8-10 8-10	Deadlift Stright Arm, Straight Leg Sit-up	8-10 8-10	
2A	20-30 mins	Floor Press	8-10	Floor Press	10-12	Floor Press into Plate Press	8-10 (+ 10)	Floor Press	8-10	
2B		Split Squat	8-10ea	FFE Split Squat	8-10ea	Reverse Lunge	8-10ea	Split Squat	8-10ea	
3A	30-40 mins	1 Arm DB Row	8-10ea	1 Arm DB Row	10-12ea	1 Arm DB Row [Drop Set]	8-10 (+8)ea	1 Arm DB Row	8-10ea	
3B		SHELC	8-10	SHELC	8-10	SHELC	8-10	SHELC	8-10	
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>			<i>Coaches Discretion</i>			<i>Coaches Discretion</i>		



2019 Q4 Training Programme
Session 3 - Phase 1

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2: <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps	WEEK 4: <i>Peak Week</i>	Sets & Reps	
Mobility	3-5 mins	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	
Movement Prep	5-10 mins	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	5ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	5ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	5ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	5ea	
Main Lift	10-20 mins	KB Swing Dead Bug	10 8ea	KB Swing Dead Bug	10 8ea	KB Swing Dead Bug	10 8ea	KB Swing Dead Bug	10 8ea	
2A	20-30 mins	Pull-up	6-8	Pull-up	6-8	Cluster Pull-up	6-8	Pull-up	6-8	
2B		Off-set Squat	8-10ea	Off-set Squat	10-12ea	Off-set Squat [BW Drop Set]	8-10ea (+10)	Off-set Squat	8-10ea	
3A	30-40 mins	Push-up	6-8 / 10	Push-up	6-8 / 10	Cluster Push-up	6-8 / 10	Push-up	6-8 / 10	
3B		1 Leg Hip Thrust and/or DB Biceps Curl	8-10ea	1 Leg Hip Thrust and/or DB Biceps Curl	10-12ea	1 Leg Hip Thrust [Drop Set into 2Leg] and/or DB Biceps Curl [Drop Set]	8-10ea (+ 8-10)	1 Leg Hip Thrust and/or DB Biceps Curl	8-10ea	
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>			<i>Coaches Discretion</i>			<i>Coaches Discretion</i>		



2019 Q4 Training Programme
Session 1 - Phase 2

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2
Movement Prep	5-10 mins	<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>	
		Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>
		Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10
Main Lift	10-20 mins	Squat Foam Roll Obliques	6-8	Squat Foam Roll Obliques	6-8	Squat Foam Roll Obliques	6-8
2A	20-30 mins	BB Overhead Press	6-8	BB Overhead Press	8-10	BB Overhead Press [Drop Set]	6-8 (+ 5-10)
2B		1 Leg SLDL	8-10ea	Staggered SLDL	8-10ea	Staggered SLDL into BW 1 Leg SLDL	8-10 (+ 5-10)ea
3A	30-40 mins	Pull-up	4-6	Pull-up	4-6	Cluster Pull-up	4-6
3B		Lateral Squat	8-10ea	Lateral Squat w/Elevated Foot	8-10ea	Lateral Lunge	8-10ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2019 Q4 Training Programme
Session 2 - Phase 2

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2
Movement Prep	5-10 mins	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.
Main Lift	10-20 mins	Deadlift Stright Arm, Straight Leg Sit-up	5-8 8-10	Deadlift Stright Arm, Straight Leg Sit-up	5-8 8-10	Deadlift Stright Arm, Straight Leg Sit-up	5-8 8-10
2A	20-30 mins	Floor Press	6-8	Floor Press	8-10	Floor Press into Plate Press	6-8 (+ 10)
2B		Split Squat	8-10ea	FFE Split Squat	8-10ea	Reverse Lunge	8-10ea
3A	30-40 mins	1 Arm Ring Row (Anti-Rotation)	6-8ea	1 Arm Ring Row (Anti-Rotation)	8-10ea	1 Arm Ring Row (Anti-Rotation) [Drop Set]	6-8 (+5)ea
3B		SHELC	8-10	SHELC	8-10	SHELC	8-10
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



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Session 3 - Phase 2

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2
Movement Prep	5-10 mins	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	3ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	3ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	3ea
Main Lift	10-20 mins	KB Swing Dead Bug	20 8ea	KB Swing Dead Bug	20 8ea	KB Swing Dead Bug	20 8ea
2A	20-30 mins	Pull-up	4-6	Pull-up	4-6	Cluster Pull-up	4-6
2B		Off-set Squat	6-8ea	Off-set Squat	8-10ea	Off-set Squat [BW Drop Set]	6-8ea (+10)
3A	30-40 mins	Push-up	4-6 / 20	Push-up	4-6 / 20	Cluster Push-up	4-6 / 20
3B		1 Leg Hip Thrust and/or DB Biceps Curl	8-10ea	1 Leg Hip Thrust and/or DB Biceps Curl	10-12ea	1 Leg Hip Thrust [Drop Set into 2Leg] and/or DB Biceps Curl [Drop Set]	8-10ea (+ 8-10)
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



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Session 1 - Phase 3

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2	Deep Squat Rocking Squat Position Adductor Stretch Child Pose - Cobra Downward Dog to Knees	x 2
Movement Prep	5-10 mins	<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>		<i>AMRAP: 3 minutes</i>	
		Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>	Mini Band Walk Band Dislocates Band Pullapart	10ea <i>While Partner Moves</i>
		Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10	Mini Band Squat Prep	1-2 x 10
Main Lift	10-20 mins	Squat Foam Roll Obliques	4-6	Squat Foam Roll Obliques	4-6	Squat Foam Roll Obliques	4-6
2A	20-30 mins	BB Overhead Press	4-6	BB Overhead Press	6-8	BB Overhead Press [Drop Set]	4-6 (+ 5-10)
2B		1 Leg SLDL	8-10ea	Staggered SLDL	8-10ea	Staggered SLDL into BW 1 Leg SLDL	8-10 (+ 5-10)ea
3A	30-40 mins	Pull-up	1-4	Pull-up	1-4	Cluster Pull-up	1-4
3B		Lateral Squat	8-10ea	Lateral Squat w/Elevated Foot	8-10ea	Lateral Lunge	8-10ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



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Session 2 - Phase 3

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2	Supine Kick-ups Deck Roll Supine 90° Knee Drops	x 2
Movement Prep	5-10 mins	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.	<i>Countdown 5-1</i> KB Deadlift Wide-Stance Walkout Plank 1/2 Kneeling, 1 Arm Straight Arm Pulldown	5 reps of all, 4 reps of all, 3 reps of all, 2 reps of all, 1 rep of all.
Main Lift	10-20 mins	Deadlift Stright Arm, Straight Leg Sit-up	3-5 8-10	Deadlift Stright Arm, Straight Leg Sit-up	3-5 8-10	Deadlift Stright Arm, Straight Leg Sit-up	3-5 8-10
2A	20-30 mins	Floor Press	4-6	Floor Press	4-6	Floor Press into Plate Press	4-6 (+ 10)
2B		Split Squat	8-10ea	FFE Split Squat	8-10ea	Reverse Lunge	8-10ea
3A	30-40 mins	1 Arm Plank Row	4-6ea	1 Arm Plank Row	6-8ea	1 Arm Plank Row	8-10ea
3B		SHELC	8-10	SHELC	8-10	SHELC	8-10
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



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Session 3 - Phase 3

		WEEK 1: <i>Intro Week</i>	Sets & Reps	WEEK 2 - <i>Volume Week</i>	Sets & Reps	WEEK 3: <i>Intensity Week</i>	Sets & Reps
Mobility	3-5 mins	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2	Cat-Cow BW Hinge w/Reach BW Cuban Rotation	x 2
Movement Prep	5-10 mins	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	1ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	1ea	Turkish Get-up Hip Bridge 1/4 Get-up 1/2 Get-up Turkish Get-up	1ea
Main Lift	10-20 mins	KB Swing Dead Bug	50 8ea	KB Swing Dead Bug	50 8ea	KB Swing Dead Bug	50 8ea
2A	20-30 mins	Pull-up	1-4	Pull-up	1-4	Cluster Pull-up	1-4
2B		Off-set Squat	4-6ea	Off-set Squat	6-8ea	Off-set Squat [BW Drop Set]	4-6 (+10)
3A	30-40 mins	Push-up	1-4 / 30	Push-up	1-4 / 30	Cluster Push-up	1-4 / 30
3B		1 Leg Hip Thrust and/or DB Biceps Curl	8-10ea	1 Leg Hip Thrust and/or DB Biceps Curl	10-12ea	1 Leg Hip Thrust [Drop Set into 2Leg] and/or DB Biceps Curl [Drop Set]	8-10ea (+ 8-10)
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	