



2020 Q1 Training Programme
Session 1 - Phase 1

		WEEK 1: <i>Intro Week</i> 6/1/2020 & 7/1/2020	Sets & Reps	WEEK 2: <i>Volume Week</i> 13/1/2020 & 14/1/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 20/1/2020 & 21/1/2020	Sets & Reps	WEEK 4: <i>Peak Week</i> 27/1/2020 & 28/1/2020	Sets & Reps
Mobility	35 mins	Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan	
Movement Prep	5-10 mins	2-5 Rounds		2-5 Rounds		2-5 Rounds		2-5 Rounds	
		KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10
Main Lift	10-20 mins	Deadlift	12/10/8	Deadlift	12/10/8	Deadlift	12/10/8	Deadlift	12/10/8
		Deadbug	Untill Free	Deadbug	Untill Free	Deadbug	Untill Free	Deadbug	Untill Free
2A	20-30 mins	Pull Up	6-8	Pull Up	6-8	Pull Up [Cluster]	6-8	Pull Up	6-8
2B		Split Squat	8-10ea	Split Squat [Drop Set]	8-10 [+5]	Split Squat	8-10	Split Squat	8-10
3A	30-40 mins	BB Overhead Press	8-10	BB Overhead Press [Drop]	8-10 [+8]	BB Overhead Press [Cluster]	8-10	BB Overhead Press	8-10
3B		Ball Slam	8-10	Ball Slam	8-10	Ball Slam	8-10	Ball Slam	8-10
3C		1 Leg Balance Reach	8-10 ea	1 Leg Balance Reach	8-10 ea	1 Leg Balance Reach	8-10 ea	1 Leg Balance Reach	8-10 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme
Session 2 - Phase 1

		WEEK 1: <i>Intro Week</i> 8/1/2020 & 9/1/2020		WEEK 2: <i>Volume Week</i> 15/1/2020 & 16/1/2020		WEEK 3: <i>Intensity Week</i> 22/1/2020 & 23/1/2020		WEEK 4: <i>Peak Week</i> 29/1/2020 & 30/1/2020	
		Sets & Reps		Sets & Reps		Sets & Reps		Sets & Reps	
Mobility	3-5 mins	Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog	
Movement Prep	5-10 mins	<i>2-5 Rounds</i>		<i>2-5 Rounds</i>		<i>2-5 Rounds</i>		<i>I go You go</i>	
		1/2 Kneeling 1 Leg Calf Raise Overhead Squat 6 ea Untill Free Mountain Climber - Downdog Plate Press Out 6/6 ea Untill Free	1/2 Kneeling 1 Leg Calf Raise Overhead Squat 6 ea Untill Free Mountain Climber - Downdog Plate Press Out 6/6 ea Untill Free	1/2 Kneeling 1 Leg Calf Raise Overhead Squat 6 ea Untill Free Mountain Climber - Downdog Plate Press Out 6/6 ea Untill Free	1/2 Kneeling 1 Leg Calf Raise Overhead Squat 6 ea Untill Free Mountain Climber - Downdog Plate Press Out 6/6 ea Untill Free				
Main Lift	10-20 mins	Squat	12/10/8	Squat	12/10/8	Squat	12/10/8	Squat	12/10/8
		Passive/Active Leg Lower	Untill Free	Passive/Active Leg Lower	Untill Free	Passive/Active Leg Lower	Untill Free	Passive/Active Leg Lower	Untill Free
2A	20-30 mins	1 Arm Overhead Press	8-10 ea	1 Arm Overhead Press [Drop Set]	8-10 ea [+8]	1 Arm Overhead Press	8-10 ea	1 Arm DB Overhead Press	8-10 ea
2B		1 Arm Banded Row	8-10ea	1 Arm Banded Row [Drop Set]	8-10 ea [+8]	1 Arm Banded Row	8-10 ea	1 Arm Banded Row	8-10 ea
3A	30-40 mins	KB Swing	8-10	BB Overhead Press [Drop Set]	8-10 [+8]	BB Overhead Press [Cluster]	8-10	KB Swing	8-10
3B		Push Up	6-8/10	Push Up [Drop Set]	6-8/10 [+8]	Push Up [Cluster]	6-8/10	Push Up	6-8/10
3C		Lateral Squat	8-10 ea	Lateral Squat	8-10 ea	Lateral Squat	8-10 ea	Lateral Squat	8-10 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme
Session 3 - Phase 1

		WEEK 1: <i>Intro Week</i> 10/1/2020 & 11/1/2020	Sets & Reps	WEEK 2: <i>Volume Week</i> 17/1/2020 & 18/1/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 24/1/2020 & 25/1/2020	Sets & Reps	WEEK 4: <i>Peak Week</i> 31/1/2020 & 1/2/2020	Sets & Reps
Mobility	35 mins	Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles	
Movement Prep	5-10 mins	AMRAP Chest Ball Slam 10 Squat I go You go Ball Slam 10 SLDL I go You go		AMRAP Chest Ball Slam 10 Squat I go You go Ball Slam 10 SLDL I go You go		AMRAP Chest Ball Slam 10 Squat I go You go Ball Slam 10 SLDL I go You go		AMRAP Chest Ball Slam 10 Squat I go You go Ball Slam 10 SLDL I go You go	
Main Lift	10-20 mins	Floor Press 12/10/8 Marching Untill Free		Floor Press 12/10/8 Marching Untill Free		Floor Press 12/10/8 Marching Untill Free		Floor Press 12/10/8 Marching	
2A	20-30 mins	Pull Up 6-8		Pull Up 6-8		Pull Up [Cluster] 6-8		Pull Up 6-8	
2B		Potato Sack Squat 8-10ea		Potato Sack Squat [Drop Set] 8-10 [+8]		Potato Sack Squat 8-10		Potato Sack Squat 8-10	
3A	30-40 mins	SLDL 8-10		SLDL [Drop Set] 8-10 [+8]		SLDL [Cluster] 8-10		SLDL 8-10	
		Stir The Pot 8-10		Stir The Pot 8-10		Stir The Pot 8-10		Stir The Pot 8-10	
3B		DB Snatch 8-10 ea		DB Snatch 8-10 ea		DB Snatch 8-10 ea		DB Snatch 8-10 ea	
Conditioning or Goal Specific	40-50 mins	Coaches Discretion		Coaches Discretion		Coaches Discretion		Coaches Discretion	



2020 Q1 Training Programme Session 1 - Phase 2

		WEEK 1: <i>Intro Week</i> 3/2/2020 & 4/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 10/2/2020 & 11/2/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 17/2/2020 & 18/2/2020	Sets & Reps
Mobility	3-5 mins	Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan	
Movement Prep	5-10 mins	2-5 Rounds		2-5 Rounds		2-5 Rounds	
		KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10
Main Lift	10-20 mins	Deadlift Deadbug	10/8/6 Untill Free	Deadlift Deadbug	10/8/6 Untill Free	Deadlift Deadbug	10/8/6 Untill Free
2A	20-30 mins	Pull Up	4-6	Pull Up	4-6	Pull Up [Cluster]	4-6
2B		Slider Reverse Lunge	6-8 ea	Slider Reverse Lunge [Drop Set]	6-8 [+5]	Slider Reverse Lunge	6-8
3A	30-40 mins	BB Overhead Press	6-8	BB Overhead Press [Drop]	6-8 [+8]	BB Overhead Press [Cluster]	6-8
3B		Ball Slam	6-8	Ball Slam	6-8	Ball Slam	6-8
3C		1 Leg Balance Reach w/Pause	6-8 ea	1 Leg Balance Reach w/Pause	6-8 ea	1 Leg Balance Reach w/Pause	6-8 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme Session 2 - Phase 2

		WEEK 1: <i>Intro Week</i> 5/2/2020 & 6/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 12/2/2020 & 13/2/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 19/2/2020 & 20/2/2020	Sets & Reps
Mobility	3-5 mins	Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog	
Movement Prep	5-10 mins	<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise 6 ea Overhead Squat Untill Free Mountain Climber - Downdog 6/6 ea Plate Press Out Untill Free		<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise 6 ea Overhead Squat Untill Free Mountain Climber - Downdog 6/6 ea Plate Press Out Untill Free		<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise 6 ea Overhead Squat Untill Free Mountain Climber - Downdog 6/6 ea Plate Press Out Untill Free	
Main Lift	10-20 mins	Squat 10/8/6 Active Leg Loweres Untill Free		Squat 10/8/6 Active Leg Loweres Untill Free		Squat 10/8/6 Active Leg Loweres Untill Free	
2A	20-30 mins	1 Arm DB Uppercut 6-8 ea		1 Arm DB Uppercut [Drop Set] 6-8 ea		1 Arm DB Uppercut 6-8 ea	
2B		1 Arm Bent Over OH Banded Row 8-10ea		1 Arm Bent Over OH Banded Row 6-8 ea [+8] [Drop Set]		1 Arm Bent Over OH Banded Row 6-8 ea	
3A	30-40 mins	KB Swing 6-8		KB Swing 6-8		KB Swing 6-8	
3B		Push Up 4-6/20		Push Up [Drop Set] 4-6/20 [+5]		Push Up [Cluster] 4-6	
3C		Lateral Lunge 6-8 ea		Lateral Lunge 6-8 ea		Lateral Lunge 6-8 ea	
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme Session 3 - Phase 2

		WEEK 1: <i>Intro Week</i> 7/2/2020 & 8/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 14/2/2020 & 15/2/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 22/2/2020 & 23/2/2020	Sets & Reps
Mobility	3-5 mins	Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles	
Movement Prep	5-10 mins	AMRAP Chest Ball Slam 10 <i>Squat</i> <i>I go You go</i> Ball Slam 10 <i>SLDL</i> <i>I go You go</i>		AMRAP Chest Ball Slam 10 <i>Squat</i> <i>I go You go</i> Ball Slam 10 <i>SLDL</i> <i>I go You go</i>		AMRAP Chest Ball Slam 10 <i>Squat</i> <i>I go You go</i> Ball Slam 10 <i>SLDL</i> <i>I go You go</i>	
Main Lift	10-20 mins	Floor Press 10/8/6 Marching Untill Free		Floor Press 10/8/6 Marching Untill Free		Floor Press 10/8/6 Marching Untill Free	
2A	20-30 mins	Pull Up 4-6		Pull Up 4-6		Pull Up [Cluster] 4-6	
2B		Goblet Squat 8-10ea		Goblet Squat [Drop Set] 6-8 [+8]		Goblet Squat 6-8	
3A	30-40 mins	SLDL 6-8		SLDL [Drop Set] 6-8 [+8]		SLDL [Cluster] 6-8	
3B		Slow Knees to Ball 6-8		Slow Knees to Ball 6-8		Slow Knees to Ball 6-8	
3C		DB Snatch 6-8 ea		DB Snatch 6-8 ea		DB Snatch 6-8 ea	
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme Session 1 - Phase 3

		WEEK 1: <i>Intro Week</i> 24/2/2020 & 25/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 2/3/2020 & 3/3/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 9/3/2020 & 10/3/2020	Sets & Reps
Mobility	3-5 mins	Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan		Lunge & Layback Greatest Stretch Pigeon to Swan	
Movement Prep	5-10 mins	2-5 Rounds		2-5 Rounds		2-5 Rounds	
		KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10	KB Sumo Deadlift Dislocates 1/2 Kneeling Alt Step Pogo Hop	10 10 5ea 10
Main Lift	10-20 mins	Deadlift Deadbug	8/6/4 Untill Free	Deadlift Deadbug	8/6/4 Untill Free	Deadlift Deadbug	8/6/4 Untill Free
2A	20-30 mins	Pull Up	1-4	Pull Up	1-4	Pull Up [Cluster]	1-4
2B		Airborne Lunge	4-6 ea	Airborne Lunge [Drop Set]	4-6 ea [+5]	Airborne Lunge	4-6 ea
3A	30-40 mins	BB Overhead Press	4-6	BB Overhead Press [Drop Set]	4-6 [+6]	BB Overhead Press [Cluster]	4-6
3B		Ball Slam	4-6	Ball Slam	4-6	Ball Slam	4-6
3C		1 Leg Balance Hop	4-6 ea	1 Leg Balance Hop	4-6 ea	1 Leg Balance Hop	4-6 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme
Session 2 - Phase 3

		WEEK 1: <i>Intro Week</i> 26/2/2020 & 27/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 4/3/2020 & 5/3/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 11/3/2020 & 12/3/2020	Sets & Reps
Mobility	3-5 mins	Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog		Quadruped Adductor Rock Quadruped Thoracic Reach & Ext Bird-Dog	
Movement Prep	5-10 mins	<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise Overhead Squat Mountain Climber - Downdog Plate Press Out	6 ea Untill Free 6/6 ea Untill Free	<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise Overhead Squat Mountain Climber - Downdog Plate Press Out	6 ea Untill Free 6/6 ea Untill Free	<i>2-5 Rounds</i> 1/2 Kneeling 1 Leg Calf Raise Overhead Squat Mountain Climber - Downdog Plate Press Out	6 ea Untill Free 6/6 ea Untill Free
Main Lift	10-20 mins	Squat Active Leg Loweres	8/6/4 Untill Free	Squat Active Leg Loweres	8/6/4 Untill Free	Squat Active Leg Loweres	8/6/4 Untill Free
2A	20-30 mins	1 Arm DB Corkscrew Press	4-6 ea	1 Arm DB Corkscrew Press [Drop Set]	4-6 ea [+5]	1 Arm DB Corkscrew Press	4-6 ea
2B		1 Arm Compound Row	8-10ea	1 Arm Compound Row [Drop Set]	4-6 ea [+5]	1 Arm Compound Row	4-6 ea
3A	30-40 mins	KB Swing	4-6	KB Swing	4-6 [+5]	KB Swing	4-6
3B		Push Up	1-4/30	Push Up [Drop Set]	1-4/30 [+5]	Push Up [Cluster]	1-4/30
3C		Skater Plyo	4-6 ea	Skater Plyo	4-6 ea	Skater Plyo	4-6 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	



2020 Q1 Training Programme Session 3 - Phase 3

		WEEK 1: <i>Intro Week</i> 28/2/2020 & 29/2/2020	Sets & Reps	WEEK 2 - <i>Volume Week</i> 6/3/2020 & 7/3/2020	Sets & Reps	WEEK 3: <i>Intensity Week</i> 13/3/2020 & 14/3/2020	Sets & Reps
Mobility	3-5 mins	Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles		Arm Circles Chest Openers Hip Circles	
Movement Prep	5-10 mins	AMRAP Chest Ball Slam <i>Squat</i> Ball Slam <i>SLDL</i>	10 <i>I go You go</i> 10 <i>I go You go</i>	AMRAP Chest Ball Slam <i>Squat</i> Ball Slam <i>SLDL</i>	10 <i>I go You go</i> 10 <i>I go You go</i>	AMRAP Chest Ball Slam <i>Squat</i> Ball Slam <i>SLDL</i>	10 <i>I go You go</i> 10 <i>I go You go</i>
Main Lift	10-20 mins	Floor Press Marching	8/6/4 Untill Free	Floor Press Marching	8/6/4 Untill Free	Floor Press Marching	8/6/4 Untill Free
2A	20-30 mins	Pull Up	1-4	Pull Up	1-4	Pull Up [Cluster]	1-4
2B		2 KB Squat	8-10ea	2 KB Squat [Drop Set]	4-6 [+5]	2 KB Squat	4-6
3A	30-40 mins	SLDL	4-6	SLDL [Drop Set]	4-6	SLDL [Cluster]	4-6
3B		Fast Knees to Ball	4-6	Fast Knees to Ball	4-6	Fast Knees to Ball	4-6
3C		DB Snatch	4-6 ea	DB Snatch	4-6 ea	DB Snatch	4-6 ea
Conditioning or Goal Specific	40-50 mins	<i>Coaches Discretion</i>		<i>Coaches Discretion</i>		<i>Coaches Discretion</i>	