

WRITING YOUR OWN TRAINING SESSIONS

1. WARM UP

Preparing your body for the session and helping to prevent injury.

This should consist of getting the blood flowing through the muscles you will be using for the session as well as working on any personal sticking points e.g. glute activation.

An indicator your warm up is complete is when your heart rate has been elevated for a consistent period of a few minutes (the classic 5 minutes on a treadmill).

2. MAIN LIFT

Your main focus of the session where you complete your compound lifts that will fatigue you the most or where you accomplish your main goal while you are fresh.

This may be one exercise or multiple. Your first exercise should be the one you want to train with the most intensity before you are fatigued.

3. ACCESSORY

The extra or lower intensity exercises that complement our main focus exercises, these may consist of more resistance exercises e.g. bench press or single leg work, core work or conditioning.

4. COOL DOWN

This is where we return the body to its resting state and stretch out the muscles we have been working and a good opportunity to stretch out our persistently tight muscles which we will allocate more time to

EXAMPLE SESSIONS

1. WARM UP

- 300m row
- 10 lunges (5 each leg) performed as a circuit for three rounds.
- Circuit style warm ups allow us to increase the intensity with each round and are generally more interesting to perform.
- Static stretching on major muscle groups (hamstrings, gluten and quads) 30 seconds each stretch.

2. SQUAT

- Warm up with 10-12 reps on an empty bar focusing on bracing the core and maintaining a steady tempo.
- Work up gradually to your first working set, increasing the weight each set time for 3-4 sets.
- 4x6 back squats with 2 minutes rest between sets

3. ACCESSORY

- Barbell row 4x12 w/ 1.30 rest
 - Hollow rocks 2x20 reps - w/ 30s rest
 - Deadbugs 2x15 reps - w/ 30s rest
- Rower sprints - 5x250m - equal rest work ratio.

4. COOL DOWN

- Quad stretch 30 seconds each side
- Lat stretch 30 seconds each side
- Pigeon stretch 1 minute each side
- Hamstring stretch 1 minute each side