

# ATHLETIC PERFORMANCE

<b>Workout Goal</b>	Improve your performance in your desired sport through the ability to move yourself more efficiently						
<b>Workout Description</b>	Develop your speed, agility, power and aerobic capacity to improve your athletic performance in your desired sport						
<b>Safety Brief</b>	Ensure you are confident in the exercises before performing at intensity, if your unsure of your technique ask a PT or member of staff as they will be happy to help						
<b>Equipment</b>	Barbell, Dumbbell & Cardio machines						
<b>Duration</b>	45 - 60 minutes						
<b>Mobilisers</b>	Multi directional lunges (Body weight) Deep Squat and chest opener Arm circles						
<b>The Workout</b>	<b>Session Design</b>				<b>Methodology</b>		
	Complete each exercise in order below, with priority on technique rather than max weights. Rest as needed between resistance sets and exercises				You should aim to concentrate on max effort in the aerobic conditioning section, and technique and explosive quick movements in the resistance phase, As strength progresses, so should the weights as long as technique is maintained		
	<b>Set</b>	<b>Exercise</b>	<b>Time</b>	<b>Sets</b>	<b>Equipment</b>	<b>Notes</b>	<b>Rest</b>
	1	Skierg / row max meters	40 seconds/ 20 seconds	5	Ski erg / rower	Work at maximum effort to ski / row as many meters as possible in 40sec, 20 sec rest. Aim for 200m each round	Rest
	2	Assault bike / bike	20 seconds / 10 seconds	8	Assault bike / bike	20 sec max effort, 10 second recovery x 8	Rest
	3	Barbell Power clean	6 - 8 reps	4	Barbell with desired weights	Work up to a 6 to 8 rep max weight power clean with good technique, concentrating on explosive execution of the lift	Rest
	4	Plyometric box jump	8 - 10 reps	4	Plyo soft box	From standing, pause in ready position and exert maximum effort to drive yourself upwards and onto the box	10 minutes easy ride. 3 x 5 minutes hard pace, spaced within another 60 minutes ride time
	5	Dumbbell push press	6 - 8 reps	4	Dumbbells	Work up to a 6 - 8 rep max dumbbell push press, concentrating on a strong drive from the floor and core to extremity movement. (legs, hips then arms)	10 minutes easy ride. 4 x 5 minutes hard pace, spaced within another 60 minutes ride time
	6	Plyometric push ups	8 - 10 reps	4	Mat	Exert maximum force into the floor to drive the arms up and then off the floor	10 minutes easy ride. 5 x 5 minutes hard pace, spaced within another 70 minutes ride time
	7	Toes to bar/ V ups	10 - 15 reps	3	Freestyle tower, pull up bar or mat	Toes to bar - hang from the pull up bar and lift the legs until the toes touch the bar and control down. V ups- Lay flat on your back and lift your arms and upper body off the floor at the same times as your legs to meet in the middle to represent a V	Rest
8	Superman planks	40 - 90 seconds	2	Stop watch	Hold high plank position and raise and extend opposite arms and legs in a controlled manner for the duration of the round	10 minutes easy ride. 5 x 6 minutes hard pace, spaced within another 80 minutes ride time	
<b>Cool Down</b>	5 minutes steady walk on treadmill						
<b>Stretch</b>	Hamstrings, glutes, Quads, abs, chest and shoulders						
<b>Signposting</b>	Use our CORE App and view class timetables for more Athlete based programming						