

STRENGTH & CONDITIONING



WEEK 1 – W/C MONDAY 14 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYBRID PERFORMANCE TENSION & CONTROL	Full Body Strength	Cardio	Strength Endurance	Sprint Intervals	Team Challenge	Sunday Sweat Session
Build strength through controlled tempo, stability work, and focused muscle tension. Maintain quality reps as fatigue builds across the session	Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	Improve aerobic fitness through structured intervals and sustained efforts designed to develop pacing, endurance, and cardiovascular efficiency	Develop the ability to sustain strength under fatigue through moderate loads, increased volume, and continuous work periods.	High-intensity intervals designed to improve speed, recovery, anaerobic fitness, and repeated power output	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity

WEEK 2 – W/C MONDAY 22 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Power	HYBRID PERFORMANCE SUSTAINED CAPACITY	Full Body Strength	Cardio	Strength-Cardio	Team Challenge	Sunday Sweat Session
Focus on producing force quickly through explosive movements that develop athleticism, coordination, and power output	Sustain effort over longer work periods while maintaining movement quality. Manage your pace, stay consistent, and keep working under steady fatigue	Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	Improve aerobic fitness through structured intervals and sustained efforts designed to develop pacing, endurance, and cardiovascular efficiency	Combine resistance training and conditioning to improve overall fitness while maintaining strength, movement quality, and work capacity	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity

WEEK 3 – W/C MONDAY 29 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio	Strength Endurance	HYBRID PERFORMANCE MIXED MODAL TEST	Full Body Strength	Short, Sharp Sprints	Team Challenge	Sunday Sweat Session
Improve aerobic fitness through structured intervals and sustained efforts designed to develop pacing, endurance, and cardiovascular efficiency.	Develop the ability to sustain strength under fatigue through moderate loads, increased volume, and continuous work periods	Test your ability to combine strength, cardio, and movement under fatigue. Maintain strong pacing while transitioning between multiple training styles	Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	Short-duration, high-effort intervals designed to improve speed, power output, and recovery between repeated efforts	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity

STRENGTH & CONDITIONING



WEEK 4 – W/C MONDAY 06 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Full Body Strength	Sprint Intervals	Strength-Cardio	HYBRID PERFORMANCE AEROBIC CONTROL	Strength Power	Team Challenge	Sunday Sweat Session
Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	High-intensity intervals designed to improve speed, recovery, anaerobic fitness, and repeated power output	Combine resistance training and conditioning to improve overall fitness while maintaining strength, movement quality, and work capacity	Develop steady aerobic fitness and strength consistency. Focus on controlled pacing, smooth reps, and matching your output across all intervals	Focus on producing force quickly through explosive movements that develop athleticism, coordination, and power output	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity

WEEK 5 – W/C MONDAY 13 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Endurance	Cardio	Full Body Strength	Strength-Cardio	HYBRID PERFORMANCE ANAEROBIC BURSTS	Team Challenge	Sunday Sweat Session
Develop the ability to sustain strength under fatigue through moderate loads, increased volume, and continuous work periods	Improve aerobic fitness through structured intervals and sustained efforts designed to develop pacing, endurance, and cardiovascular efficiency	Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	Combine resistance training and conditioning to improve overall fitness while maintaining strength, movement quality, and work capacity	Develop high-intensity power and repeat sprint ability. Push hard in short bursts, recover with intent, and maintain output under fatigue	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity

WEEK 6 – W/C MONDAY 20 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sprint Intervals	Full Body Strength	Cardio	Strength Power	Short, Sharp Sprints	Team Challenge	Sunday Sweat Session
High-intensity intervals designed to improve speed, recovery, anaerobic fitness, and repeated power output	Build total-body strength through controlled resistance training, focusing on movement quality, stability, and progressive overload	Improve aerobic fitness through structured intervals and sustained efforts designed to develop pacing, endurance, and cardiovascular efficiency	Focus on producing force quickly through explosive movements that develop athleticism, coordination, and power output.	Short-duration, high-effort intervals designed to improve speed, power output, and recovery between repeated efforts	Work together to complete physical challenges that test teamwork, communication, strategy, and collective effort	A fun and energetic conditioning session designed to finish the week strong while improving overall fitness and work capacity