

ATHX 12 WEEK

TRAINING PROGRAMME

CREATED IN PARTNERSHIP WITH ELEVATE FITNESS, ATHX REGIONAL HUB

5

**DAYS
A
WEEK**

WORKOUTS INCLUDE

UPPER DEVELOPMENT

ENGINE BUILDERS

LOWER

LOWER ENGINE/SKILLS

**FULL/CONDITIONING
& ATHX SIMULATION**



ATHX

ATHX 12 WEEK TRAINING PROGRAMME

WEEK 1



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 1

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **3 X 10**

A2: DB Z PRESS **3 X 6**

B1: STANDING DB STRICT PRESS **2 X 10 2 X 5**

C1: INCLINE DB BENCH PRESS **3 X 12**

C2: DB LATERAL RAISE **3 X 12**

D1: BARBELL BENT OVER ROW **3 X 10**

D2: SINGLE ARM KB ROW **3 X 10** EACH

E1: STANDING ROPE TRICEP EXT **3 X 12**

E2: TRICEP DIPS **3 X 6**



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12 WEEK
TRAINING PROGRAMME

WEEK 1

DAY 2

ENGINE BUILDER

PART A

3 ROUNDS (30MIN)

5 MIN ROW

5 MIN RUN

PART B

20 MIN C2 BIKE

10 BURPEES EVERY 5' STARTING AT 0



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12 WEEK
TRAINING PROGRAMME

WEEK 1

DAY 3

LOWER

A1: BB BACK SQUAT **3 X 8**

B1: DB BOX STEP UP **3 X 6ES**

B2: BOX JUMP **3 X 5**

C1: REAR FOOT ELEVATED SPLIT SQUAT **3 X 6ES**

C2: GOBLET CYCLIST SQUAT **3 X 12**

D1: DUAL DB WALKING LUNGE **3 X 20M**

E1: SINGLE LEG, LEG PRESS **3 X 8ES**



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12 WEEK
TRAINING PROGRAMME

WEEK 1

DAY 4

ENGINE/SKILLS

LITE: E4MOM X5 (20 MINS)
400-600M RUN

OPEN: E4MOM X5 (20 MINS)
600-800M RUN

PRO: E4MOM X5 (20 MINS)
800-1000M RUN

SKILLS:

E2MOM X 6 (18MINS)

1: 12-18 BOX JUMPS

2: 25-40M DUAL DB WALKING LUNGE

3: 60 SEC MAX CAL ROW



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12 WEEK
TRAINING PROGRAMME

WEEK 1

DAY 5

FULL/CONDITIONING

A1: BB DEFICIT DEADLIFT **4 X 8**

B1: BB RDL **3 X 8**

B2: AMERICAN KB SWING **3 X 12**

C1: BB HIP THRUST **3 X 12**

C2: SINGLE LEG HAMSTRING CURL **3 X 8ES**

D1: STRAIGHT ARM PULLDOWN **3 X 12**

D2: WIDE GRIP LAT PULLDOWN **3 X 12**

CONDITIONING EMOM X 4 ROUNDS

MIN 1: 10-15CAL SKI

MIN 2: 15M BURPEE BROAD JUMP
& 15M SANDBAG CARRY **40/50KG**

MIN 3: 12 DUAL DB SNATCH **12.5/17.KG**



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12 WEEK
TRAINING PROGRAMME

WEEK 2



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **8,6,6**

A2: DB Z PRESS **3 X 6**

B1: STANDING DB STRICT PRESS **12,8,5,5**

C1: INCLINE DB BENCH PRESS **3 X 10**

C2: DB LATERAL RAISE **3 X 12**

D1: BARBELL BENT OVER ROW **3 X 10**

D2: SINGLE ARM KB ROW **3 X 8** EACH

E1: STANDING ROPE TRICEP EXT **3 X 10**

E2: TRICEP DIPS **3 X 6**



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12 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 2

ENGINE BUILDER

PART A

22 MINS MAX DISTANCE RUN
INCLUDING **0**, EVERY **5 MIN: 500M** ROW

PART B

6 X 2 MIN HARD ECHO / ASSAULT BIKE
1 MIN REST BETWEEN SETS



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12 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 3

LOWER

A1: BB BACK SQUAT 8,6,6

B1: DB BOX STEP UP 3 X 6ES

B2: BOX JUMP 3 X 3

C1: REAR FOOT ELEVATED SPLIT SQUAT 3 X 8 EACH

C2: GOBLET CYCLIST SQUAT 3 X 10

D1: DUAL DB WALKING LUNGE 3 X 20M

E1: SINGLE LEG, LEG PRESS 3 X 8ES



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12 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 4

ENGINE/SKILLS

LITE: 2 MIN ON , 1 MIN OFF X 6
AIM IS REPEATABLE INTERVALS

OPEN: 3 MIN ON , 1:30 MIN OFF X 6
AIM IS REPEATABLE INTERVALS

PRO: 4 MIN ON, 2 MIN OFF X 6
AIM IS REPEATABLE INTERVALS

SKILLS:

E2MOM X 6 (18MINS)

1: 10-15 BURPEE TO PLATE

2: 45-60 SEC DUAL KB FR HOLD

3: 15-25 SKI CALS



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12 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 5

FULL/CONDITIONING

A1: BB DEFICIT DEADLIFT **4 X 6**

B1: BB RDL **3 X 6**

B2: COPENHAGEN SIDE PLANK **3 X 20 SEC** EACH SIDE

C1: BB HIP THRUST **3 X 12**

C2: SINGLE LEG HAMSTRING CURL **3 X 8ES**

D1: BB FLOOR PRES **3 X 8**

D2: WIDE GRIP LAT PULLDOWN **3 X 12**

CONDITIONING EMOM X 4 ROUNDS

MIN 1: 10-15 CAL ROW

MIN 2: 6-12 BURPEE TO PLATE

MIN 3: 12-15 DUAL DB PUSH PRESS



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12 WEEK
TRAINING PROGRAMME

WEEK 3



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 3

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **8,5,5**

A2: DB Z PRESS **3 X 6** EACH SIDE

B1: SEATED DB ALT ARNOLD PRESS **8,5,5** EACH ARM

C1: INCLINE DB BENCH PRESS **10,6,6**

C2: DB LATERAL RAISE **3 X 15**

D1: BARBELL PENDLAY ROW **3 X 8**

D2: SINGLE ARM KB ROW **3 X 8** EACH

E1: STANDING STRAIGHT BAR TRICEP EXT **3 X 10**

E2: TRICEP DIPS **3 X 6**



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12 WEEK
TRAINING PROGRAMME

WEEK 3

DAY 2

ENGINE BUILDER

PART A

3 ROUNDS:

30 CAL ECHO BUY IN

3 MINS MAX DIST RUN

3 MINS MAX DIST ROW

90 SEC REST

PART B

SKI ERG TEMPOS

3 ROUNDS: **600M** TOTAL EACH RD

200 EASY, **200** MODERATE, **200** HARD

60 SEC REST



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12 WEEK TRAINING PROGRAMME

WEEK 3

DAY 3

LOWER

A1: BB BACK SQUAT 8,5,5

B1: LEG PRESS / BB BOX SQUAT 3 X 6

B2: BOX JUMP 3 X 3

C1: DB SPLIT SQUAT 3 X 6 EACH

C2: GOBLET CYCLIST SQUAT 3 X 12-15

D1: DUAL DB WALKING LUNGE 5'EMOM:12.5M

E1: B STANCE DB RDL 3 X 8-10 EACH



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12 WEEK
TRAINING PROGRAMME

WEEK 3

DAY 4

ENGINE/SKILLS

LITE: 500M RUN X 8 - 90 SEC REST
AIM IS REPEATABLE EFFORTS

OPEN: 750M RUN X 8 - 90 SEC REST
AIM IS REPEATABLE EFFORTS

PRO: 1000M X 6-8 - 90 SEC REST
AIM IS REPEATABLE EFFORTS

SKILLS:

EMOM X 5

1: 40 SEC SB HOLD 30/50KG

2: 5-10 BURPEE BOX JUMP OVER

3: FULL MIN EASY SKI RECOVERY



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12 WEEK TRAINING PROGRAMME

WEEK 3

DAY 5

FULL/CONDITIONING

A1: BB DEFICIT DEADLIFT **4 X 6**

B1: BB RDL **12,8,5**

B2: COPENHAGEN SIDE PLANK **3 X 30 SEC** EACH SIDE

C1: BB HIP THRUST **3 X 8**

C2: SINGLE LEG HAMSTRING CURL **3 X 10 EACH**

D1: BB FLOOR PRESS **3 X 5**

D2: WIDE GRIP LAT PULLDOWN **3 X 10**

CONDITIONING E90SEC X 4 - 60 SEC HARD / 30 EASY

1: ROW CALS

2: DUAL DB DEADLIFTS - **12-20 REPS**

3: BROAD JUMPS - MAX DISTANCE



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ATHX 12 WEEK TRAINING PROGRAMME

WEEK 4

 DAY 1: **UPPER DEVELOPMENT**

 DAY 2: **ENGINE BUILDER**

 DAY 3: **LOWER**

 DAY 4: **ENGINE/SKILLS**

 DAY 5: **FULL/CONDITIONING**

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12 WEEK
TRAINING PROGRAMME

WEEK 4

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **3 X 5 - 3 SEC** ECCENTRIC

B1: SEATED DB ARNOLD PRESS **4 X 5**

C1: INCLINE BB BENCH PRESS **8,6,4**

C2: CABLE FACEPULL / DB REAR DELT FLY **3 X 12**

D1: BARBELL PENDLAY ROW **3 X 5**

D2: DUAL KB GORILLA ROW **3 X 8**

E1: STANDING STRAIGHT BAR TRICEP EXT **3 X 8,6,6**

E2: HRPV **3 X 10-15**



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12 WEEK
TRAINING PROGRAMME

WEEK 4

DAY 2

ENGINE BUILDER

E8MOM X 4 (32MINS)

1KM ROW

MAX DISTANCE RUN IN
REMAINING TIME OF **8'** WINDOW



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12 WEEK
TRAINING PROGRAMME

WEEK 4

DAY 3

LOWER

A1: BB BACK SQUAT **3 X 5 - 2 SEC** PAUSE IN HOLE

B1: LEG PRESS / BB BOX SQUAT **3 X 6**

B2: SEATED ON BENCH INTO BOX JUMP **3 X 4**

C1: DEFICIT DB SPLIT SQUAT **3 X 6 EACH**

C2: DUAL KB FR CYCLIST SQUAT **3 X 8**

D1: DUAL DB WALKING LUNGE: **60M** FOR TIME

E1: GLUTE/HAM HYPEREXTENSION **3 X 5-10**



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12 WEEK
TRAINING PROGRAMME

WEEK 4

DAY 4

ENGINE/SKILLS

3 ROUNDS - IN PAIRS:

40 CAL SKI

40 ALT DB SNATCH - 20 EACH

40 DB WALKING LUNGES - 20 EACH

1 MIN REST

90M SB CARRY

40 BOX JUMP OVERS

40 CAL SKI

1 MIN REST

SHARE ALL / IF SOLO THEN HALF



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12 WEEK TRAINING PROGRAMME

WEEK 4

DAY 5

FULL/CONDITIONING

A1: BB DEADLIFT **3 X 4, 1 X 10**

B1: BB RDL **3 X 5 - 3 SEC** ECCENTRIC, **1 SEC** PAUSE

B2: COPENHAGEN SIDE PLANK **3 X 30 SEC** EACH SIDE

C1: BB HIP THRUST **3 X 5, 2 SEC** PAUSE AT TOP OF REP

C2: SINGLE LEG HAMSTRING CURL **3 X 10 EACH**

D1: BB BENCH PRESS **2 X 10, 2 X 5**

D2: WIDE GRIP LAT PULLDOWN **3 X 8**

CONDITIONING EMOM X 4 ROUNDS

1: 12.5M BURPEE BROAD JUMPS

2: 10-15 CAL ROW

3: 15-20 BUTTERFLY SITUPS



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WEEK 5



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL**



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12 WEEK
TRAINING PROGRAMME

WEEK 5

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **3 X 5** - **2 SEC** PAUSE IN THE DIP

B1: SEATED DUAL DB NEUTRAL GRIP PRESS **4 X 5-8**

C1: INCLINE BB BENCH PRESS **3 X 5** - PAUSE AT CHEST

C2: CABLE FACEPULL / DB REAR DELT FLY **3 X 10**

D1: CHEST SUPPORTED KB ROW **3 X 8** - **1 SEC** PAUSE

D2: KB ALT GORILLA ROW **3 X 8** EACH SIDE

E1: STANDING STRAIGHT BAR TRICEP EXT **3 X 5-10**

E2: ECCENTRIC PUSH UPS (**5 SEC DOWN**) **3 X 5**



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12 WEEK
TRAINING PROGRAMME

WEEK 5

DAY 2

ENGINE BUILDER

PART A

20 MIN MODERATE RUN
INTO
10 MIN MAX CAL SKI

PART B

1 MIN RUN
1 MIN ROW
1 MIN REST
X5



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12 WEEK
TRAINING PROGRAMME

WEEK 5

DAY 3

LOWER

A1: BB BACK SQUAT **3 X 5 - 3-5 SEC** ECCENTRIC

B1: BB BOX SQUAT **4 X 4** - PAUSED ON BOX

B2: SEATED ON BENCH INTO BOX JUMP **3 X 4**

C1: BULGARIAN DB SPLIT SQUAT **3 X 6 EACH**

C2: HEAVY BEARHUG SB SQUATS **3 X 8**

D1: DUAL FR DB WALKING LUNGE **3 X 8 EACH**

D2: HEAVY KB FARMERS CARRY HOLD **3 X 45-60 SEC**

E1: GLUTE/HAM HYPEREXTENSION **3 X 5-10**



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12 WEEK
TRAINING PROGRAMME

WEEK 5

DAY 4

ENGINE/SKILLS

3 ROUNDS FOR TIME:

20 DUAL DB SNATCH
30M DB WALKING LUNGES
40 BURPEES TO PLATE
50 CAL SKI

SHARE ALL / IF SOLO THEN HALF



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12 WEEK
TRAINING PROGRAMME

WEEK 5

DAY 5

FULL

A1: BB DEADLIFT: BUILD TO A HEAVY 5
- MUST BE DEADSTOP

B1: BB RDL **2 X 10**
B2: LEG EXTENSION - **3 X 10**

C1: B-STANCE BB HIP THRUST **3 X 8 EACH**
C2: LONG LEG HAMSTRING BRIDGE HOLD - **3 X 30 SEC**

D1: BB BENCH PRESS **8,6,4,4**
D2: WIDE GRIP LAT PULLDOWN **3 X 6**



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12 WEEK
TRAINING PROGRAMME

WEEK 6



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 6

DAY 1

UPPER DEVELOPMENT

A1: BARBELL PUSH PRESS **3,2,1**

B1: SEATED DUAL DB NEUTRAL GRIP PRESS **3 X 5**

C1: INCLINE BB BENCH PRESS **2 X 6**

C2: CABLE FACEPULL / DB REAR DELT FLY **2 X 12**

D1: CHEST SUPPORTED KB ROW **3 X 10**

D2: KB GORILLA ROW **3 X 6 EACH**

E1: STANDING ROPE TRICEP EXT **2 X 5-10**

E2: PUSH UPS **2 X 10-20**



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12 WEEK
TRAINING PROGRAMME

WEEK 6

DAY 2

ENGINE BUILDER

40-60 MIN EASY RUN

EVERY 10 MINS :

5 BURPEES

10 PRESS UPS

15 SITUPS

4-6 ROUNDS



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12 WEEK
TRAINING PROGRAMME

WEEK 6

DAY 3

LOWER

A1: BB BACK SQUAT **3 X 3**

B2: BOX JUMP **3 X 5-8**

C1: BULGARIAN DB SPLIT SQUAT **2 X 8 EACH**

D1: DUAL DB WALKING LUNGE **2 X 30M**

D2: HEAVY KB FARMERS CARRY HOLD **2 X 45-60 SEC**

E1: GLUTE/HAM HYPEREXTENSION **2 X 5-10**



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12 WEEK
TRAINING PROGRAMME

WEEK 6

DAY 4

ENGINE/SKILLS

MAX DISTANCE ROW

1:1 WORK : REST

4 MINS ROW

3 MINS ROW

2 MINS ROW

1 MINS ROW

SKILLS:

E90SEC X 5

1: 18-24 ALT DB SNATCH

2: 5-10 BURPEE BOX JUMP

3: 60 SEC HEAVY SB HOLD



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12 WEEK TRAINING PROGRAMME

WEEK 6

DAY 5

FULL/CONDITIONING

A1: BB DEADLIFT - **3 X 5** - NO HIGHER THAN **RPE 7**

B1: BB RDL **2 X 8**

B2: SINGLE LEG, LEG EXTENSION - **12,8,6**

C1: B-STANCE BB HIP THRUST **3 X 8 EACH**

C2: SINGLE LEG LONG HAMSTRING BRIDGE
HOLD - **3 X 20-30 SEC**

D1: DB BENCH PRESS **3 X 8-12**

D2: LAT PULLDOWN **3 X 10**

D3: BB BICEP CURL **3 X 10**

CONDITIONING: 12' AMRAP:

5 SB GTOS 30/50KG

15 CAL SKI

25 AIRSQUATS



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12 WEEK
TRAINING PROGRAMME

WEEK 7



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 7

DAY 1

UPPER DEVELOPMENT

A1: BB STRICT PRESS - BUILD TO **1RM**, **3 X 2 @80%**

B1: HEAVY DUAL DB PUSH PRESS **3 X 8**

C1: PAUSED HIGH INCLINE BB PRESS (**75°**) **3 X 6**

C2: DB LATERAL RAISE **3 X 12**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 10**

D2: MAX REPS HRPV **3 X 30** SECONDS

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 12**

E2: CABLE SEATED ROW **3 X 15**



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12 WEEK
TRAINING PROGRAMME

WEEK 7

DAY 2

ENGINE BUILDER

E6MINS X 5 (30 MINS)

14-20 CAL SKI

14-20 CAL ROW

MAX SB GTOS @ **30/50KG** UNTIL **MIN 3**

3 MINS REST

20-30 MINS EASY RUN



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12 WEEK
TRAINING PROGRAMME

WEEK 7

DAY 3

LOWER

A1: BB BACK SQUAT - BUILD TO **3RM, 3X3 @80%**

B1: LEG PRESS **3 X 8**

C1: DUAL DB BOX STEP UP **3 X 6** EACH LEG

D1: BB REVERSE LUNGE **3 X 6** EACH

D2: DUAL KB DEFICIT DEADLIFT **3 X 15**

E1: SEATED/LAYING HAMSTRING CURL **3 X 12**



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12 WEEK
TRAINING PROGRAMME

WEEK 7

DAY 4

ENGINE/SKILLS

PART A 8 ROUNDS:

300M RUN

40M BODYWEIGHT WALKING LUNGES

PART B 8 ROUNDS:

SKILLS:

30 SEC MAX CAL ECHO

1 MIN 30 EASY EFFORT



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12 WEEK TRAINING PROGRAMME

WEEK 7

DAY 5

FULL/CONDITIONING

A1: BB DEFICIT DEADLIFT **3 X 8**

B1: FLOOR RAISED (USE **2 X 20KG** PLATES)
RACK PULL **3 X 6**

C1: BANDED GOOD MORNING **3 X 20**

C2: BB HIP THRUST - FROM FLOOR **3 X 10**

D1: BB Z PRESS **3 X 8-10**

D2: EZ BAR / DB TRICEP SKULLCRUSHER **3 X 10**

METCON : **5** ROUNDS FOR TIME

12 DB DEADLIFTS **12.5/20KG**

10 LATERAL BURPEE OVER DB



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12 WEEK
TRAINING PROGRAMME

WEEK 8



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 8

DAY 1

UPPER DEVELOPMENT

A1: BB STRICT PRESS **4 X 4 @ 85-90% OF 1RM**

B1: HEAVY DUAL DB PUSH PRESS **3 X 6 - 3 SEC** NEGATIVE

C1: PAUSED HIGH INCLINE BB PRESS (**75°**) **3 X 5**

C2: DB LATERAL RAISE **3 X 10**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 10**

D2: MAX REPS HRPV **3 X 40** SECONDS

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 10**

E2: CABLE SEATED ROW **3 X 12**



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12 WEEK
TRAINING PROGRAMME

WEEK 8

DAY 2

ENGINE BUILDER

PART A

20 ROUNDS: SKI ERG

30 ON

30 OFF

PART B

10 MINS ROW

EMOM - INCLUDING **0**

3 BURPEE OVER ROWER



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12 WEEK TRAINING PROGRAMME

WEEK 8

DAY 3

LOWER

A1: BB BACK SQUAT **4 X 4 @ 90% OF 3RM**

B1: LEG PRESS **3 X 8**

C1: DUAL DB BOX STEP UP **3 X 6** EACH LEG

D1: BB REVERSE LUNGE **3 X 6** EACH

D2: DUAL KB DEFICIT DEADLIFT **3 X 15**

E1: SEATED/LAYING HAMSTRING CURL **3 X 12**



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12 WEEK
TRAINING PROGRAMME

WEEK 8

DAY 4

ENGINE/SKILLS

PART A:

1K WARM UP
ROLLING **400M** EFFORTS **X 5**
400M MOD-HARD
400M EASY EFFORT

500M COOL DOWN

SKILLS:

EMOM: **X 5**
15-20M SB CARRY



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12 WEEK
TRAINING PROGRAMME

WEEK 8

DAY 5

FULL/CONDITIONING

A1: BB DEADLIFT - BUILD TO **3RM**, **3 X 6**

B1: FLOOR RAISED (USE **2 X 20KG** PLATES)
RACK PULL **3 X 5**

C1: BANDED GOOD MORNING **3 X 20**

C2: BB HIP THRUST - FROM FLOOR **3 X 8**

D1: BB Z PRESS **3 X 5**

D2: EZ BAR / DB TRICEP SKULLCRUSHER **3 X 10**

METCON : 8 MIN AMRAP

15 CAL SKI

15 DB SNATCH

15 HRPU



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12 WEEK
TRAINING PROGRAMME

WEEK 9



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



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12 WEEK
TRAINING PROGRAMME

WEEK 9

DAY 1

UPPER DEVELOPMENT

A1: BB STRICT PRESS **4 X 3** - PAUSED AT CHEST

B1: HEAVY DUAL DB PUSH PRESS **3 X 4**

C1: PAUSED HIGH INCLINE BB PRESS (**75°**) **3 X 3**

C2: SEATED DB LATERAL RAISE **3 X 10**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 8**

D2: MAX REPS HRPV **3 X 45** SECONDS

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 8**

E2: CABLE SEATED ROW **3 X 10**



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12 WEEK
TRAINING PROGRAMME

WEEK 9

DAY 2

ENGINE BUILDER

PART A

EVERY **7 MINS**: X 3

1.2K ROW

AIM TO COMPLETE IN **5-6 MINS**

PART B

100 CAL SKI FOR TIME

EVERY **10 CALS**, **5** BURPEE TO SKI



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12 WEEK
TRAINING PROGRAMME

WEEK 9

DAY 3

LOWER

A1: BB BACK SQUAT **4 X 3** - BUILD ACROSS SETS

B1: LEG PRESS **3 X 6** - **5 SEC** ECCENTRIC

C1: DUAL DB BOX STEP UP **3 X 5** EACH LEG

D1: BB REVERSE LUNGE **3 X 4** EACH LEG

D2: DUAL KB DEFICIT DEADLIFT **3 X 10**

E1: SEATED/LAYING HAMSTRING CURL **3 X 10**



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12 WEEK
TRAINING PROGRAMME

WEEK 9

DAY 4

ENGINE/SKILLS

LITE: E4MOM X5 (20 MINS)
400-600M RUN

OPEN: E4MOM X5 (20 MINS)
600-800M RUN

PRO: E4MOM X5 (20 MINS)
800-1000M RUN

SKILLS:
E2MOM X 5 (10MINS)
18-24 SA DB SNATCH **12.5/20KG**



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12 WEEK
TRAINING PROGRAMME

WEEK 9

DAY 5

FULL/CONDITIONING

A1: BB DEADLIFT - **3 X 5**

B1: FLOOR RAISED (USE **1 X 20KG** PLATES)
RACK PULL **3 X 5**

C1: BANDED GOOD MORNING **3 X 20**

C2: BB HIP THRUST - FROM FLOOR
3 X 5 - 1 SEC PAUSE AT TOP

D1: BB CHAOS (BANDED WITH KB'S) Z PRESS - **3 X 5**

D2: EZ BAR / DB TRICEP SKULLCRUSHER **3 X 10**

METCON : 10'TC - 3 ROUNDS

10 CAL ECHO

500M ROW

5 BURPEES



ATHX

ATHX 12 WEEK TRAINING PROGRAMME

WEEK 10

 DAY 1: **UPPER DEVELOPMENT**

 DAY 2: **ENGINE BUILDER**

 DAY 3: **LOWER**

 DAY 4: **ENGINE/SKILLS**

 DAY 5: **FULL**

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 10

DAY 1

UPPER DEVELOPMENT

A1: BB STRICT PRESS **3 X 2**

B1: BB STRICT PRESS INTO MAX PUSH PRESS REPS
(**3 X 3** STRICT + REPS TO FAILURE)

C1: PAUSED HIGH INCLINE BB PRESS (**75°**) **3,3,5**

C2: SEATED DB LATERAL RAISE **3 X 8**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 8**

D2: MAX REPS HRPV **3 X 60** SECONDS

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 10**

E2: CABLE SEATED ROW **3 X 10**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 10

DAY 2

ENGINE BUILDER

PART A

12 ROUNDS

1 MIN HARD SKI

1 MIN HARD ROW

2 MINS WALKING REST RECOVERY **12 ROUNDS**

1 MIN HARD SKI

1 MIN HARD ROW

2 MINS WALKING REST RECOVERY

CORE:

9'EMOM: 30 ON / 30 OFF

1: HOLLOW HOLD

2: TOP PLANK

3: MAX REPS V-UPS



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 10

DAY 3

LOWER

A1: BB BACK SQUAT BUILD TO A HEAVY **5, 2 X 3**

B1: LEG PRESS **2 X 5, 1 X 20**

C1: DUAL DB FR BOX STEP UP **3 X 6** EACH LEG

D1: BB DEFICIT REVERSE LUNGE **3 X 6**

D2: DUAL KB DEFICIT DEADLIFT **3 X 8**

E1: SINGLE LEG HAMSTRING CURL 3 X 12

E2: SINGLE LEG GLUTE BRIDGE HOLD
3 X 20 SEC EACH



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 10

DAY 4

ENGINE/SKILLS

1K EASY RUN
5K TIME TRIAL
1K EASY COOL DOWN

SKILLS:
E2MOM X 5 (10 MINS)
20 M BURPEE BROAD JUMP



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 10

DAY 5

FULL

A1: BB DEADLIFT - 2 X 5

**B1: FLOOR RAISED (USE 1 X 20KG PLATES)
RACK PULL 3 X 5**

C1: BB GOOD MORNING 3 X 12

C2: BB HIP THRUST - FROM FLOOR 3 X 5

D1: BB Z PRESS 3 X 3

D2: SEATED EZ BAR / DUAL DB FRNEHC PRESS 3 X 10

E1: BB BICEP CURL 3 X 15-20



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **ATHX SIMULATION**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11

DAY 1

UPPER ACCESSORIES

A1: SEATED MACHINE / DB SHOULDER PRESS **3 X 10**

B1: SA DB PUSH PRESS **3 X 6 EACH**

C1: INCLINE BB BENCH PRESS **2 X 8-10**

C2: DB LATERAL RAISE **3 X 10**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 10**

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 10**

E2: CABLE SEATED ROW **3 X 12**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11

DAY 2

ENGINE BUILDER

10 MIN RUN BUILDING IN PACE

8 MINS SKI - FIRST **30 CALS** @ RACE PACE

10 MIN RUN BUILDING IN PACE

8 MINS ROW - FIRST **2 MINS** HARD

4 MIN EASY COOL DOWN RUN



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11

DAY 3

LOWER ACCESSORIES

A1: BB BOX BACK SQUAT - **3 X 5**

B1: LEG PRESS **3 X 10**

C1: SINGLE LEG EXTENSION **3 X 10** EACH

D1: DUAL KB DEADLIFT **3 X 15**

D2: HEAVY KB SWING **3 X 10**

E1: SEATED/LAYING HAMSTRING CURL **3 X 12**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11

DAY 4

ENGINE/SKILLS

PART A:

EVERY **2:30** RUN **400M X 8**

EVERY **2:00** RUN **400M X 8**

SKILLS:

E2MOM X 5 (10 MINS)

10-15 BOX JUMP OVERS



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 11

DAY 5

ATHX SIMULATION

A1: BB STRICT PRESS **1RM**

B1: BB BACK SQUAT **3RM**

C1: BB DEADLIFT **5RM**

METCON : SOLO/PAIRS **25 'TC**

60 CAL SKI

60 DB GTOH **12.5/20KG**

60M SB CARRY

60 BOX JUMP OVERS

60M DB WALKING LUNGES

60M BURPEE BROAD JUMPS

60 CAL SKI

SOLO HALF EVERYTHING



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 12



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL/CONDITIONING**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 12

DAY 1

PEAK WEEK

UPPER DEVELOPMENT

A1: BB STRICT PRESS **3 X 1 @ 80%**
OF OPENING WEIGHT

B1: STANDING DUAL DB STRICT PRESS **3 X 8**

C1: CABLE FACE PULLS **3 X 12-15**

C2: DB LATERAL RAISE **3 X 10**

D1: MAG GRIP / NEUTRAL LAT PULLDOWN **3 X 10**

D2: CABLE SEATED ROW **3 X 12**

E1: OVERHEAD STRAIGHT BAR TRICEP EXT **3 X 10**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 12

DAY 2

PEAK WEEK

ENGINE BUILDER

40-60 MIN EASY RUN

EVERY 10 MINS :

5 BURPEES

10 PRESS UPS

15 SITUPS

4-6 ROUNDS



ATHX

ATHX

12 WEEK TRAINING PROGRAMME

WEEK 12

DAY 3

PEAK WEEK
LOWER

A1: BB BACK SQUAT **2 X 3 @ 80%**
OF OPENING WEIGHT

B1: SINGLE LEG , LEG PRESS **3 X 8** EACH

C1: SINGLE LEG EXTENSION **3 X 10** EACH

D1: BB REVERSE LUNGE **3 X 6** EACH

D1: SEATED/LAYING HAMSTRING CURL **3 X 12**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 12

DAY 4

PEAK WEEK
ENGINE/SKILLS

PART A:

MAX DIST ERGS / 1:1 WORK : REST

4 MINS SKI

3 MINS ROW

2 MINS SKI

1 MINS ROW

PART B:

EASY C2 BIKE TO FINISH UNTIL **60 MINS**



ATHX

ATHX

12 WEEK
TRAINING PROGRAMME

WEEK 12

DAY 5

PEAK WEEK

FULL/CONDITIONING

A1: BB DEADLIFT - BUILD TO **80%**
OF OPENING WEIGHT - **1 X 5**

B1: FLOOR RAISED (USE **2 X 20KG** PLATES)
RACK PULL **2 X 5**

C1: BB HIP THRUST - FROM FLOOR **2 X 4 @ RPE 6/7**

D1: DB BENCH PRESS **3 X 8**

D2: SINGLE ARM LAT PULLDOWN **3 X 10** EACH

D3: BB BICEP CURL **3 X 12**

**(STAY AWAY FROM FAILURE ON THESE UPPER
MOVEMENTS)**



ATHX