

ATHX 4 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**



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4 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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4 WEEK
TRAINING PROGRAMME

WEEK 1

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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4 WEEK
TRAINING PROGRAMME

WEEK 1

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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4 WEEK
TRAINING PROGRAMME

WEEK 1

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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4 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 5 (10MINS)
18-24 SA DB SNATCH **12.5/20KG**



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4 WEEK
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WEEK 1

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



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WEEK 2



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **FULL**



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4 WEEK
TRAINING PROGRAMME

WEEK 2

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**



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4 WEEK
TRAINING PROGRAMME

WEEK 2

DAY 2

ENGINE BUILDER

PART A

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



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4 WEEK
TRAINING PROGRAMME

WEEK 2

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



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WEEK 2

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



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4 WEEK
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WEEK 2

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**



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4 WEEK
TRAINING PROGRAMME

WEEK 3



DAY 1: **UPPER DEVELOPMENT**



DAY 2: **ENGINE BUILDER**



DAY 3: **LOWER**



DAY 4: **ENGINE/SKILLS**



DAY 5: **ATHX SIMULATION**



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4 WEEK
TRAINING PROGRAMME

WEEK 3

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**



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4 WEEK
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WEEK 3

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



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4 WEEK
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WEEK 3

DAY 3

LOWER ACCESSORIES

A1: BB 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**



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4 WEEK
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WEEK 3

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



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4 WEEK
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WEEK 3

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



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WEEK 4

DAY 1

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



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4 WEEK
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WEEK 4

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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WEEK 4

DAY 3

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**



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4 WEEK
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WEEK 4

DAY 4

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**



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WEEK 4

DAY 5

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)**



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