**Training Programme**

Presented as sets x reps and you will need to identify the right intensity. Hopefully all the above can be done in any gym. See end for sparring based conditioning using your ideas.

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| **Exercise** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| Deadlift. At first weight stays the same and you do more reps. Final week up the weight | 5 x 2 | 5 x 3 | 5 x 4 | 5 x 5 | 5 x 2 |
| Jump to box. By week 5 should be jumping a box that is bellybutton height | 4 x 4 | 4 x 4 | 4 x 4 | 4 x 4 | 4 x 4 |
| Clean pulls – basically a deadlift with much less weight that you continue pulling till you go on to your toes, you shrug your shoulders and the bar may go chest height. [Video here](https://www.youtube.com/watch?v=wR5ZDdiuwjM) | 5 x 3. You can gradually increase the weight but not so important as you can show progression by pulling the bar higher and faster each time | 5 x 3 | 5 x 3 | 5 x 3 | 5 x 3 |
| Barbell arcs  [Video here](https://www.youtube.com/watch?v=nk7RksvqGQs) | 10kg plate and 30 reps total (as many sets as is necessary) |  |  |  |  |
| Rowing - Level 10, 5 sets of 30s, 30s rest. [Video](https://www.youtube.com/watch?v=0jIwCrialAg) to set up the intervals here – but click the “intervals time” option | Each set >150m | Each set >153m | Each set >155m | Each set >158m | Each set >160m |

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| **Exercise** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| Bench Press - At first weight stays the same and you do more reps. Final week up the weight | 5 x 2 | 5 x 3 | 5 x 4 | 5 x 5 | 5 x 2 |
| Chins – most important part is pinching the fiver i.e., scap retraction – [video here](https://www.youtube.com/watch?v=HriA2sMxGDs) – but then complete the chin | 30 reps total (as many sets as is necessary) |  |  |  |  |
| Bent over rows – most important part is pinching the fiver i.e., scap retraction | 3 x 8 | 3 x 8 | 3 x 8 | 3 x 8 | 3 x 8 |
| Over head press – make sure your back is not arched – if not sure do seated | 3 x 6 | 3 x 6 | 3 x 6 | 3 x 6 | 3 x 6 |
| Cycling - 3 sets of 30s, 30s rest. Stay seated and should be hard to pedal without momentum. This is what you [should look like](https://www.youtube.com/watch?v=a0InKTngGwM)! Remember, pedal resistance is very high | Depending on bike, note down average watts or distance and try and improve each week |  |  | Perform 4 sets, again beating pervious records | Perform 5 sets, again beating pervious records |

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| **Exercise** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| Split squat – really wide stance with all the weight through your front heel | 4 x 4 | 4 x 4 | 4 x 4 | 4 x 4 | 4 x 4 |
| Hurdle jumps – balls of your feet, minimize ground contact time | 4 x 4 (four hurdles, gradually make them taller and/or further apart) |  |  |  |  |
| RDL | 3 x 6 | 3 x 6 | 3 x 6 | 3 x 6 | 3 x 6 |
| Roll-outs  [Video here](https://www.youtube.com/watch?v=nk7RksvqGQs) | 30 reps total (as many sets as is necessary) |  |  |  |  |
| Rowing - Level 10, 2000m | >7.45 min | >7.35 min | >7.25 min | >7.15 min | >7.05 min |