Example Sessions

Paul Bailey

Small group, single exercise Session 1 – 'Tightrope'

- Objective
  - Increase anaerobic threshold

- Variable
  - Rest duration

- Method
  1. Work intensity to be 80-95% max for work duration
  2. Rest intensity to be 60-75% of max
  3. Duration of rest is determined by HR recovery to pre-set level

- Eg, 1 min work, rest until HR returns to 25 bpm below value during work x 5 rounds

Small group, single exercise Session 2 – 'Pump it up'

- Objective
  - Increase rowing stroke power

- Variable
  - Work duration

- Method
  5 mins easy warm up
  1. 10 strokes MAX effort at 16 spm, 10 strokes easy
  2. 20 strokes MAX effort at 22 spm, 20 strokes easy
  3. 30 strokes MAX effort at 28 spm, 30 strokes easy
  4. 40 strokes MAX effort at 32 spm, 40 strokes easy
  5. 30 strokes MAX effort at 28 spm, 30 strokes easy
  6. 20 strokes MAX effort at 22 spm, 20 strokes easy
  7. 10 strokes MAX effort at 16 spm, 10 strokes easy

Small group, single exercise
Session 3 – 'Tempo'

- Objective – Maximising power output with technique

- Variable – Work intensity (Damper/drag factor)

- Method
  1. CV machine that uses SPM chosen (eg Ski-erg or rower)
  2. Client to hit prescribed pace/ave Watts at prescribed SPM

- Eg, row @24 spm at 80% of maximal un rate-capped 2k pace / Watts

- Eg, skierg @34 spm at 80% of maximal un rate-capped 2k pace / Watts

Small group, single exercise Session 4 – 'Metronome'

- Objective – Maximising power output and efficiency with technique

- Variable – Kettlebell weight

- Method
  1. Kettlebell weight chosen to match client's repetition maximum for interval duration
  2. Client to lift kettlebell in time with metronome for prescribed interval length

- Eg, longcycle every 7 seconds for 98 secs duration / recovery 20 seconds
- Eg, jerk every 3 seconds for 39 seconds duration / recovery 30 seconds

Small group, single exercise Session 4 – 'Metres'

- Objective – Cover the largest distance during the work duration

- Variable – Pace/Watts

- Method
    1. Set the duration and number of intervals, plus the recovery time and intensity
    2. Cover the largest distance possible during the work duration
    3. Pacing/consistency is key

- EG, 1 min work, 1 min rest x 30 rounds

View Detail

30x1:00/1:00r   Total Time:
Sep 04 2018   1:00:00,0

time	meter	/500m	s/m	♥
30:00,0	9456	1:35.1	28	
1:00,0	313	1:35.8	28	138
1:00,0	313	1:35.8	28	140
1:00,0	314	1:35.5	28	143
1:00,0	314	1:35.5	28	144
1:00,0	314	1:35.5	28	146
1:00,0	314	1:35.5	28	145
1:00,0	314	1:35.5	28	146
1:00,0	314	1:35.5	28	145

Small group, single exercise
Session 5 – 'Kilos'

- Objective – Lift the greatest total weight in work duration

- Variable – Lift amount/pace

- Method
  1. Load bar with approx 80% of expected repetition maximum
  2. Lift bar as many times as possible during work duration
  3. Keep note of reps
  4. Complete all intervals
  5. Total reps x weight = kilos lifted

- Eg, 30 seconds work, 30 seconds rest x 4 rounds

Small group, multiple exercise training

Consider the range of movements that can completed by the body

- Squat
- Hinge
- Horizontal push
- Vertical press
- Pull
- Rotation
- Anti-rotation (Isometric)
- Gait

Consider the movement speed

- Slow, controlled
- Ballistic (throws, jumps etc)

Small group, multiple exercise Session 1 – 'Bar complex'

- Objective – Complete all reps within work duration

- Variable – resistance

- Method
    1. Choose 3-8 resistance exercises and put them into a logical lifting order
    2. Warm up all the way to working weight
    3. Complete prescribed number of rounds

- Eg, deadlift – row – clean – press – OH Squat (all x 5 reps). Repeat x 5 rounds

Small group, multiple exercise Session 2 – 'Bar complex – layered'

- Objective – Complete all reps

- Variable – resistance

- Method
  1. Choose 3-8 resistance exercises and put them into a logical lifting order
  2. Warm up all the way to working weight
  3. Complete prescribed number of rounds

- Eg, deadlift – row – clean – press – OH Squat (1,2,3,4,5,4,3,2,1 = 25 reps). Repeat x 5 rounds

Small group, multiple exercise Session 3 – 'You go I go'

- Objective – Max team points totals

- Variable – resistance

- Method
  1. One team member moves from point A-B-A x number of rounds as fast as possible (faster is better as it allows for more rounds to be completed, and less fatigue for second team member)
  2. Second team member uses that time to accrue reps of an exercise
  3. Rounds to continue until time elapses

- Eg, Player 1 – crocodile crawls, Player 2 AMRAP broad jumps. Repeat x 4 rounds

Small group, multiple exercise Session 4 – 'EMOM'

- Objective – Finish the full number of reps and rounds
- Variable – rest duration
- Method
  1. Choose 3-5 exercises that cover the different movement patterns
  2. Decide upon the number of reps of each exercise so that in total, they take approx 40 seconds to complete
  3. Every minute on the minute, the participants must start the exercises again
  4. If a participant does not finish the previous round in time, they are out
  5. Usual EMOM duration is 12 rounds / minutes

- Eg, 5 Straight Leg deadlift, 5 press, 5 OH Squat, 20 mountain climbers x 12 rounds

Small group, multiple exercise Session 4 – 'PHA'

- Objective – To create a continual demand for blood from different areas of the body

- Variable – exercise modality

- Method
  1. Choose 2 or 3 different exercises that utilise different large muscle groups
  2. Complete each exercise AMRAP for a set work duration before moving on to the next exercise
  3. Repeat x 3-5 rounds

- Eg, 1 min renegade rows, 1 min clean-squat, 2 min cardio (for distance) repeat x 3

Paired Challenges
Session 1 – 'Squat pyramid'

- Objective – To overload the leg muscle groups

- Variable – work duration/rep range

- Method
    1. 2 players. Player 1 sits in a deep squat whilst Player 2 completes one full barbell squat. Players then alternate
    2. In proceeding rounds an extra squat is added each round
    3. 1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 reps
    4. Winner is player who does not give up!

- Eg, As above with empty barbells

Paired challenges
Session 2 – 'Evasion'

CARDIO

- Objective – To 'tag' opponent without getting tagged yourself

- Variable – work duration

- Method
    1. Players wear a 1-2 tags
    2. Players face each other and attempt to steel opponents tags

Games

- Games are a good way to finish a session
- Promote a team spirit
- Some of the highest work output is done 'for the team'

Large group
Game 1 – 'Cheat'

- Method
  1. 4 corners of a square playing area are 'bases'
  2. 4 teams, 1 in each corner
  3. Players numbered and will run in order
  4. 'Treasure chest' in middle of square contains points scoring balls/ kettlebells etc
  5. Each player from each corner runs to steal the treasure from the centre and bring back to base
  6. Once treasure from centre has all gone, players may steal from other teams
  7. Most treasure wins at end of elapsed time period

Large group
Game 2 – 'Line and circle'

- Method
  1. 2 teams – 1 'line' and 1 'circle'
  2. The line must pass a med ball 'under over' for a prescribed number of reps
  3. Meanwhile, the other team score points by huddling together whilst one player encircles their team-mates. Each circle is one point (keep a running score)
  4. Once the line have completed their 'under over' reps, they throw the med ball and the teams swap roles
  5. The quicker the 'under over' reps are completed the less points scoring time the other team has
  6. Most points wins at end of elapsed time period

Large group
Game 3 – 'Rate race'

- Method
  - Three cones laid out in a line equi-distant apart
  - 2 players lie flat on back, heads near to each other alongside middle cone.
  - Referee shouts 'go' and each player runs to their right, touches far cone and then returns to pass the middle cone (on their side taking care not to crash into one another)
  - First back wins
  - Winner stays on until all players have raced

Large group
Game 4 – 'Not in my house'

- Method
  1. 2 zones set up with cones.
  2. Objects scattered into each zone (equally)
  3. Referee shouts 'go'
  4. Each teams attempts to empty their own 'house' of the objects
  5. At the end of prescribed time, the winning team is the one with least objects in their house