

MOMENTUM FITNESS

MFV

WARRNAMBOOL

GLADIATOR

By *Scott Sudale*

Strength & Conditioning Coach, Triathlon Coach,
Powerlifting Coach and Weightlifting Coach

6.0



STENGTH

POWER

ENDURANCE

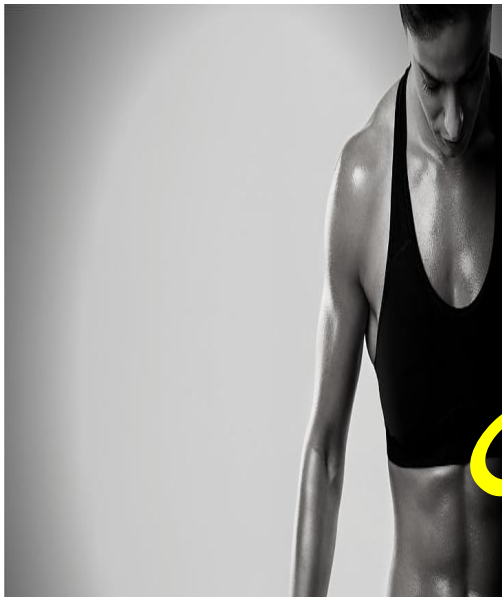
STRENGTH+POWER

OVERLOAD

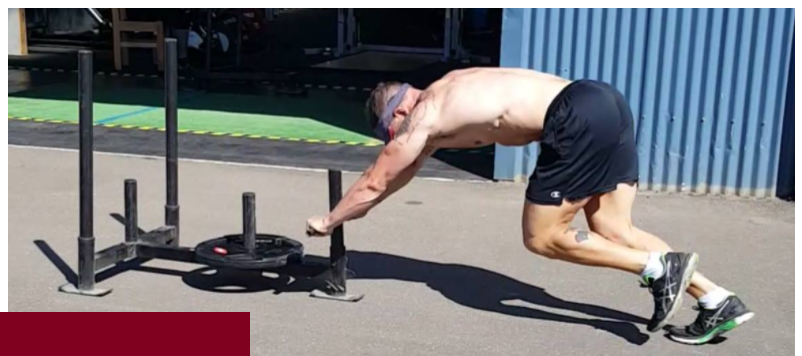
MOMENTUM FITNESS WARRNAMBOOL

INTRODUCTION

Regardless of your training experience, MFW is confident that the six-month training program, in 5 phases (Phase 1- Strength, Phase 1-Power, Phase 2 - Power, Phase 1 - Strength-Power, Phase 1- Overload) will help you get into the best shape of your life and help you become the strongest you have ever been both physically and mentally. That is our guarantee.



But you will only achieve these results if you commit to the program. There are 5 phases to this program. You don't need to follow this through to the 5th and final phase, but if you are strong, committed and motivated enough, you will be able to believe in yourself and do all the things you thought you were never able to do or thought was impossible. Believe in yourself, in this program, and you will learn that NOTHING is Impossible. I have that much belief in this program, and in YOU!!



PROGRAM STRUCTURE

THIS PROGRAM IS DESIGNED TO BUILD A FOUNDATION OF FITNESS FROM WHICH TO CREATE MAXIMUM AEROBIC AND ANAEROBIC CAPACITY. THESE ARE THE 4 KEY AREAS THAT WE FOCUS ON:

STRENGTH

A foundation of brute strength will provide your body with a reservoir of power that will allow you to handle everyday situations, emergencies and physical challenges.

ENDURANCE

The ability to recovery quickly from speed work is the key to success on the playing field. Endurance allows you to maintain your training pace, faster, for longer.

POWER

Power is the combination of strength and speed. The result is explosive power. That's what gives you the edge in sports or occupation



MENTAL FORTITUDE

“IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT, YOU’LL FIND AN EXCUSE.”

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Strength Phase One	Week 1-5
Recovery	Week 6
Power Phase One	Week 7-11
Recovery	Week 12
Endurance	Week 13-17
Recovery	Week 18
Strength/Power Phase Two	Week 19-23
Recovery	Week 24
Overload	Week 25-26

This is an intense, advanced training program. It has been designed by Scott Sudale, a Strength & Conditioning coach and Momentum Fitness Warrnambool, to be as safe, progressive and productive as humanly possible. But progressing through the course injury free relies on 3 things from you:

1 A thorough warm up before each workout. Your warmup should consist of two parts:

- Dynamic stretching
- 2-3 light sets of any resistance exercises you are performing. (bands, broomsticks, KB's)

2 Performing each exercise with proper form. Form is critical not only to success, but to reduce risk of injury. Even under load and fatigue, good form is paramount to a stronger, better self. **DO NOT COMPROMISE FORM** over load or speed.

3 Sufficient rest, recovery and nutrition is vital. For you to improve and reach your potential, you need to master these 3 elements. This is **AS** important as your training.



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STRENGTH PHASE 1

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**"WHERE THERE IS NO STRUGGLE
THERE IS NO STRENGTH TO BE GAINED.
TODAY'S PAIN JUST MIGHT BE WHAT
MAKES YOU SUCCESSFUL TOMORROW."**

- STEVE COOK -

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DAY 1

5rds

Front Squat : 20 / 15 / 10 / 8 / 8

Box Jumps : 1 minute 1. 2. 3. 4. 5.

Wall Sit : 1minute

Carry : 45 -minutes with 10-25kg Sandbag.

DAY 2

5rds

Bench Press: 20 / 15 / 10 / 8 / 8

Dips: Failure 1. 2. 3. 4. 5.

Push Ups: Failure (chest to ground) 1. 2. 3. 4. 5.

Ring Rows: Failure 1. 2. 3. 4. 5.

Rowing Machine sprint – 8 x 500meters for time

Time: 1. 2. 3. 4. 5. 6. 7. 8.

DAY 3

5rds

Deadlift: 20 / 15 / 10 / 8 / 8

Pull Ups: Failure (chin over bar) 1. 2. 3. 4. 5.

Bent Over Row: x 10

Malcoms : 2 min warm-up, 8reps, 10 sec rest

DAY 4

5km Jog/ Run

Time:

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POWER PHASE 1

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DAY 35-41

Recovery Week

This week your only resistance training will be to do a new one rep max test on your big 3 strength moves. Do the Front Squat test on Monday, the Bench Press test on Wednesday and the Deadlift test on Friday. On the other days do some light cardio or walk.

Power Phase One

Over the course of the next 5 weeks, your program will be built around one of the most successful strength and power frameworks ever invented – 5 x 5 strong -lifts. You will be performing 5 set of 5 reps on three key power moves:

- Push Press
- High Pull
- Clean & Jerk

You will be using up to 70-80 percent of your one rep max on these moves. However, your goal is to add weight every week so that 80 percent figure will improve each week. Attempt to add 2.5 -5kgs each week over of the next 5 weeks. Your goal here is to develop and improve your explosive power.

DAY 42

Push Press: Warm-up 10 /15mins

5rds

Push Press: (80% one rep max) – 5 x 5

Ski Erg: 30 seconds Distance: 1. 2. 3. 4. 5.

DeadBall Over Shoulder: 6

Wall Balls: 30

DAY 43

60 secs of work, 30 secs recovery between each exercise. 60 secs recovery after each round. Take your 30 secs recovery between exercises, to allow for maximum reps each round.

Burpee Box Jumps

Jump Squats

Reverse Lunge

High Knees

Split Jumps

Repeater Knees (R)

Repeater Knees (L)

Heel Tap Jumps

DAY 44

High Pull: Warm-up 10 /15mins

5rds

High Pull: (80% one rep max) – 5 x 5

Loaded Squat Jump: 30 sec (40%) 1. 2. 3.

Overhead Soccer Throw: 15 against wall

Medicine Ball Slam: 60 seconds 1. 2. 3. 4. 5.

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ENDURANCE -

PHASE 1

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DAY 77-84

Recovery Week

This week your only resistance training will be to do a new one rep max test on your big 3 power moves. Do the Push Press on Monday, the Clean & Jerk test on Wednesday and the High Pull test on Friday. On the other days do some light cardio or walk.

Endurance Phase One

For the next 5 weeks, your focus is on building up endurance. You will perform 3 weight resistant cardio workouts each week. Each Workout is timed, so you will attempt to complete it in the shortest possible time. Make sure you record your time.

Once per week, you will perform compound moves to maintain your strength levels.

Once per week, you will also be doing a 60-minute run. Your short term goal is to keep moving for an hour straight. Then as endurance and running strength/ economy improves, your speed will improve.

DAY 85

Front Squat: Warm-up 15mins

Front Squat: 5 x 5

Bench Press: 5 x 5

Deadlift: 5 x 5

DAY 86

WOD: 20min

Type: EMON

1.6 km run then 20 mins of:

10 reps clean and jerk (40kgs)

10 Burpees over Bar

DAY 87

Day Off — Complete Rest or 1km Swim

DAY 88

WOD:

WOD Type: For Time

3 rounds

30 reps of front squat cleans (45 kgs) 30 pull-ups

Run 800 meters

Time:

STRENGTH/POWER

- PHASE 2

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Strength / Power Phase Two

Warm up procedure

Warm-up Set One: 5 reps – empty bar

Warm-up Set Two: 5 reps – empty bar

Set One – 3 reps – 50% of one rep max

Set Two – 3 reps – 70% of one rep max

Set Three – 2 reps – 80% of one rep max

Set Four – 1 rep – 90% of one rep max

Then working sets

Notes:

•Your goal is for your one rep max to go up each week, so the following week you will be working off a new one rep max.

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DAY 120

10min AMRAP

2 Squat Box Jumps
100m Sprint (50m up, 50m Back)
Bench Press EMON 3x3 @ 80%
BB High Pull 1x2 @ 50%, 1x2 @ 60%, 4x1 @ 70%
Jerk From Rack 1x2 @ 50%, 1x2 @ 60%, 3x2 @ 70%
BB Front Squat 1x3 @ 50%, 2x3 @ 60%, 4x2 @ 70%
12 mins AMRAP
10 Hang Power Cleans (35kgs, 25kgs)
10 Over BB Burpees

DAY 121

**Battle Ropes – 40 minutes – 30 secs on / 30 off
continuously Rotate through:**

- Slams
- Waves
- Single Rope
- Knees

OVERLOAD

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DAY 155-161

Recovery Week

This week your only resistance training will be to do a new one rep max test on your big 3 strength moves. Do the Squat test on Monday, the Bench Press test on Wednesday and the Deadlift test on Friday. On the other days do some light cardio or walk.

Overload



DAY 162

BB Squats: 50% of Rep max - 200reps
Wall Sit: 5 min
Leg Extension: 100 reps
Leg Curl: 100 reps
Row: 10mins (1 group)
Run: 10mins (1 group)
Swap Over

You can do these exercises in any order and break them up in whatever way that works, but make sure that you don't leave the gym without getting it all done.

DAY 163

Rest Day

DAY 164

Bench Press: 50% of rep max – 200 reps
Ring Flyes: 50 reps
BB Floor Press: 100 reps
Ring Dips: 100 reps
Run: 10mins (1 group)
Row: 10mins (1 group)
Swap Over

You can do these exercises in any order and break them up in whatever way that works, but make sure that you don't leave the gym without getting it all done.

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