



MAY 2026

LEARN. TRAIN. PERFORM.



[MONTHLY CHECK-IN VIDEO](#)

FIND YOUR INTENT

Make sure you go into each of your session this month with INTENT. Don't just go through the motions, but really take notice of the coaching points; how you feel, and how you can sharpen your skills, speed, strength and fitness to push that little bit harder and see the results you want!

STRENGTH

Complete 2 x sessions a week

Progression Goal

Increase weight by 2.5-5kg each week

SESSION #1

Power Supersets
& EMOMs
30-40 minutes

 [GO TO VIDEO](#)

SESSION #2

Power Supersets
& EMOMS
30-40 minutes

 [GO TO VIDEO](#)

You will need:

Weights
Bench
Box

COURT

Complete 1 x Session a week

Progression Goal

Increase Block 1 sets by 1 each week

SESSION #3

Front and Back
Cutting
30 minutes

 [GO TO VIDEO](#)

You will need:

Timer
Cones x 7

COACHING POINTS

- Small Base
- Outside foot change
- Accelerate on first step

CONDITIONING

Complete 1 x session a week

Progression Goal

Increase speed in every block each week

SESSION #4

Changing at
speed
30 minutes

 [GO TO VIDEO](#)

COACHING POINTS

- Turn quickly, small base
- Drive knees and stride
- Max effort per sprint

You will need:

Timer
Track/Treadmill

RECOVERY

Complete Session 1-2 a week

REFLECT

Take time to relax and recover

SESSION #5

Full Body
Stretch
15 minutes

 [GO TO VIDEO](#)

You will need:

Exercise Mat
Resistance Band/Cord

REFLECT

What have you done this week to help you move towards your goals?

 [JOIN THE GROUP CHAT](#)