



JUNE 2026

LEARN. TRAIN. PERFORM.



MONTHLY CHECK-IN VIDEO

DELOAD MONTH - YOU EARNED IT

This month we are claiming our 'de-load'. This means the 'load' in our sessions will decrease BUT the consistency and movement will remain the same. Lighter lifts, shorter sessions, same improvements!

STRENGTH

Complete 2 x sessions a week

Progression Goal

Increase weight by 2.5-5kg each week

SESSION #1

Functional Movement
30-40 minutes

 [GO TO VIDEO](#)

SESSION #2

Functional movement
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

Intercepting on the 45
30 minutes

 [GO TO VIDEO](#)

You will need:

Timer
Cones x 7

COACHING POINTS

- Fully turn hips
- Accelerate quickly
- Explosive steps

CONDITIONING

Complete 1 x session a week

Progression Goal

Increase speed in every block each week

SESSION #4

Maintaining effort
30 minutes

 [GO TO VIDEO](#)

COACHING POINTS

- Maintain intensity
- Knee drive
- Chest Up

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?