



MAY 2025

LEARN. TRAIN. PERFORM.



[MONTHLY CHECK-IN VIDEO](#)

"HARD WORK BEATS TALENT"

It can be hard to remain focused in the in-between part of the season, however this is when putting in the hard work can help us to see the biggest gains on court. This month, lift heavy and push through!

STRENGTH

Complete 2 x sessions a week

Progression Goal

Increase block 1 & 2 by x1 set each week

SESSION #1

Power and
EMOM
30-40 minutes

 [GO TO VIDEO](#)

SESSION #2

Power and
EMOM
30-40 minutes

 [GO TO VIDEO](#)

You will need:

Weights
Bench
Resistance Bands

CONDITIONING

Complete 1 x session a week

Progression Goal

Maintain Zone 4 / 80-90% HR throughout

SESSION #4

Pyramid Session
- Endurance
30 minutes

 [GO TO VIDEO](#)

COACHING POINTS

- Zone 4
- Push Hard
- Recover well

You will need:

Timer
Full Court
Markers

COURT

Complete 1 x Session a week

Progression Goal

Increase Block 1 sets by 1 each week

SESSION #3

Faster
Footwork
30 minutes

 [GO TO VIDEO](#)

You will need:

Timer
Cones
Ladder

COACHING POINTS

- Small Base
- Knees Bent
- Chest Up
- Accelerate Out

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?