THE TEAM ROOM

7 DAY FREE TRIAL

FITNESS • MINDSET • PERFORMANCE

WELCOME TO THE TEAM ROOM

This 7-day taster is designed to give you a feel for The Team Room coaching style: clear structure, purposeful strength work, aerobic development, conditioning and recovery. It is a generic trial rather than a personalised programme, so choose loads that suit your current ability and keep all repetitions technically clean.

SESSION FORMAT	WHAT IT MEANS
A - Warm-up / Prep	Prepare the joints, movement patterns and energy system for the session.
B1 - Primary	Main strength or performance movement.
B2 - Secondary	Second key movement supporting the main goal.
C1 / C2 - Accessory	Build strength, robustness and movement quality.
D1 / D2 / D3	Grip/core/support work, with D3 used for conditioning where programmed.

TRIAL GUIDANCE

Use RPE as your guide: RPE 5-6 = comfortable, RPE 7 = challenging with 2-3 reps in reserve, RPE 8 = hard but controlled. Do not train to failure during the trial. If an exercise causes pain rather than normal muscular effort, stop and substitute or omit it. If work, family or fatigue disrupts the week, prioritise quality over trying to make up missed sessions.

WHAT THE FULL COACHING SERVICE ADDS

A full Team Room programme is built around your goals, current performance, work demands, training history, available equipment, recovery and any relevant niggles. It also includes progression across multiple weeks, ongoing programme adjustments and coach support rather than a one-size-fits-all session plan.

MONDAY | Full Body Strength

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Bike/row + dynamic mobility	1	8-10 min			3	Gradually raise temperature; hips, ankles, T-spine and shoulders.
B1 — Back squat or goblet squat	4	5-6	RPE 7	2 min	7	Controlled depth; leave 2-3 reps in reserve.
B2 — DB bench press	4	8	RPE 7	90 sec	7	Smooth reps; keep shoulder blades set.
C1 — Chest-supported row	3	10	Moderate	60 sec	7	Pause briefly at the top.
C2 — Reverse lunge	3	8/side	Moderate	60 sec	6-7	Stable knee and hip.
D1 — Farmer carry	4	30 m	Moderate-heavy	60 sec	7	Tall posture and strong grip.
D2 — Dead bug	3	10/side	Bodyweight	45 sec	5-6	Brace and move slowly.
D3 — Bike/row intervals	6	30 sec hard / 60 sec easy			7	Consistent output; do not sprint the first rep.

TUESDAY | Easy Aerobic

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Walk-jog + mobility	1	8-10 min			3	Ease into the session.
B1 — Easy run / bike / row	1	35-40 min	Conversational		4-5	You should be able to speak in short sentences.
B2 — Strides or short pickups	4	15 sec	Fast-relaxed	60 sec	6	Optional if running and feeling good.
C1 — Standing calf raise	3	12-15	Moderate	45 sec	6	Slow lower.
C2 — Tibialis raise	3	15	Bodyweight	45 sec	5	Controlled range.
D1 — Side plank	3	30 sec/side	Bodyweight	45 sec	5	Straight line head to heel.
D2 — Dead hang	3	20-30 sec	Bodyweight	60 sec	6	Stop before grip failure.
D3 — None						Aerobic work is enough for today.

WEDNESDAY | Upper / Hinge Strength

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Row + hinge/shoulder prep	1	8-10 min			3	Build gradually.
B1 — Trap-bar or conventional deadlift	4	5	RPE 7	2-3 min	7	Brace first; clean controlled reps.
B2 — Pull-up / assisted pull-up	4	4-6	BW / assistance	90 sec	7	Full range; avoid grinding.
C1 — DB overhead press	3	8	Moderate	75 sec	7	Brace and avoid overextending.
C2 — Step-up	3	8/side	Moderate	60 sec	6-7	Control the lowering phase.
D1 — Suitcase carry	3	30 m/side	Moderate-heavy	60 sec	7	Do not lean.
D2 — Pallof press	3	10/side	Moderate	45 sec	5-6	Resist rotation.
D3 — 10-min AMRAP	10 min	8 cal row + 10 DB push press + 12 air squats	Light-moderate	Continuous	7-8	Steady hard pace; technically clean reps.

THURSDAY | Recovery / Mobility

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Full-body mobility flow	1	12-15 min			3	Ankles, hips, T-spine and shoulders.
B1 — Optional easy bike	1	10-15 min			2-3	Only if it feels restorative.
B2 — Glute bridge	2	12	Bodyweight	45 sec	4-5	Easy activation.
C1 — Band pull-apart	2	15	Light	45 sec	4	Smooth shoulder movement.
C2 — Easy plank	2	30-40 sec	Bodyweight	45 sec	4-5	Brace and breathe.
D1 — Breathing / down-regulation	1	5 min			2	Slow breathing.
D2 — None						Keep the day restorative.
D3 — Easy walk	1	20-30 min			2-3	Finish the session with a genuinely easy walk.

FRIDAY | Strength + Conditioning

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Bike/row + dynamic prep	1	8-10 min			3	Prepare for full-body work.
B1 — Front squat or leg press	4	6	RPE 7	2 min	7	Controlled reps.
B2 — Incline DB bench press	4	8	RPE 7	90 sec	7	Leave reps in reserve.
C1 — Romanian deadlift	3	8	Moderate	75 sec	7	Hinge from the hips.
C2 — Lat pulldown / cable row	3	10	Moderate	60 sec	7	Full range.
D1 — Plate pinch / farmer hold	3	30 sec	Moderate	60 sec	7	Grip without shrugging.
D2 — Cable chop	3	10/side	Moderate	45 sec	6	Control rotation.
D3 — 12-min EMOM	12 min	Min 1: 10 cal Ski | Min 2: 8 DB thrusters | Min 3: 10 burpees or step-backs	Light-moderate	Remainder of min	7-8	Choose reps that leave 10-20 sec rest each minute.

SATURDAY | Long Easy Conditioning

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Walk + mobility	1	8 min			3	Prepare gradually.
B1 — Easy aerobic session	1	45-60 min	Conversational		4-5	Run, brisk walk, bike, row or mixed low-impact work.
B2 — Optional brisk blocks	4	2 min	RPE 6	2 min easy	6	Only if you feel fresh.
C1 — Calf raise	2	15	Bodyweight	45 sec	5	Maintenance.
C2 — Hip mobility	1	5 min			3	Gentle.
D1 — Dead hang	3	20-30 sec	Bodyweight	60 sec	6	Submaximal.
D2 — Bird dog	2	8/side	Bodyweight	45 sec	4-5	Slow and controlled.
D3 — None						Keep this session aerobic, not competitive.

SUNDAY | Rest / Reset

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EXERCISE / ACTIVITY	SETS	REPS / TIME	LOAD	REST	RPE	COACHING CUES / NOTES
A — Optional mobility	1	10 min			2	Gentle.
B1 — Full rest	1	Day			1	No hard training.
B2 — Review the week	1	5 min			1	Note which sessions felt strongest and what challenged you.
C1 — Plan next week	1	5 min			1	Think about realistic training availability.
C2 — Sleep / recovery focus	1	Night			1	Prioritise a good night's sleep.
D1 — None						Rest.
D2 — None						Rest.
D3 — Optional easy walk	1	20-30 min			2	If you want some movement, finish with a restorative easy walk.

END OF TRIAL CHECK-IN

How did you find the week? Which sessions did you enjoy most? What felt hardest?

A personalised Team Room programme would use this feedback alongside your goals, current fitness, schedule, recovery and training history to build the next phase.

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Fitness • Mindset • Performance