

MARCHON

P E R F O R M A N C E

PERFORMANCE



PERFORMANCE

7 DAY TRIAL



MONDAY

COACHES COMMENTS

Start the week strong with some heavy squats.

The aim is to increase the load as the reps fall through the sets.

Keep the back squats smooth, there shouldn't be a struggle for reps.

Finish Strong and attach every round of jelly legs, should do exactly what it says.

LOWER BODY

Warm Up

3 Rounds - Nasal Breathing Only

8 KB Loaded SL Hip Lifts e/s

30s Copenhagen Plank e/s

8 KB Kang Squats

6 Burpee Broad Jumps

Front Squat w/Pause

6,6,4,4

*4 working sets, 2s pause in the hole.

120s Rest

Back Squat

3 x 8

*12 Heavy KB Swings after each set.

4 Sets

Deficit Reverse Lunges x 6e/s

Barbell Romanian Deadlift x 8 (3s Eccentric, 2s Pause)

Jelly Legs

10 Dual DB FR Squats

10 Jump Lunges

15 Calorie Assault Bike

Rest 60s

X4

A man is lying on a bench, performing a bench press. He is holding a barbell with both hands, and his head is tilted back, looking upwards. He is shirtless, and his muscles are visible. The background is a gym setting with various equipment.

TUESDAY

COACHES COMMENTS

Identical rep scheme as yesterday's front squats, vertical push/pull being our KPI here. The EMOM creeps up on you so choose appropriate loads and the finisher is a beauty. For those new to nasal breathing enjoy the ride.

UPPER BODY

Warm Up

3 Rounds - Nasal breathing Only

30s Hollow Hold Flutter Kicks

30s Tall Plank Shoulder Taps

30s Max Press Ups

30s Half Kneeling banded Pull Aparts

Bench Press

6,6,4,4

*12 Banded Face Pulls after each set.

**4 working sets, 2s pause at the chest.

Supinated Grip Pull Up

6,6,4,4

Incline Bench Press

4 x 8

*For those that can, add load to the pull ups, for those that need assistance substitute for band assisted.

15' EMOM

1: Renegade Row 14-16

2: Dual KB Push Press 10-12

3: Strict Dip 10-15

Conditioning

2K Ski/Row

Nasal Breathing Only - Every time you break Nasal = 10 Up Downs there and then.

Push Intensity.



WEDNESDAY

COACHES COMMENTS

Our midweek capacity days are a staple of our programming alongside fitness Fridays. We have specified male and female weights/calories, try and work as closely to these. Check in with calories and then head straight in to part A, make sure you are pushing your pace but not allowing there to be any breakdown in form, that's what capacity is all about.

MIDWEEK CAPACITY

Check In:

90/60 Cals @ fast pace

40" Work/20"Rest

*Because you are prescribed rest the 40s of work need to be at a fast pace. Record the time it takes.

Part A)

4 Rounds

15 American Kettlebell Swings @ 28/20kg

12 Toes to Bar

9 Alternating Dumbbell Snatches @ 30/20kg

3' Rest

Part B)

3 Rounds

18 Hand Release Push Ups

15 Box Jump Overs @ 24/20"

12 Barbell Hang Clean @ 60/40kg

3' Rest

Part C)

2 Rounds

21 Ski Erg/Rower Calories

15 Shoulder To Overhead @ 60/40kg

9 Dual Dumbbell Deadlifts @ 30/20kg



THURSDAY

COACHES COMMENTS

Our favourite day on the programme, heavy deadlifts.

Rep scheme the same as Mon-Tues for deadlifts and strict press, make sure you're pushing the intensity as those reps decrease.

Alternatives provided in the finisher for those that aren't able to handstand push up or ghd sit up. Have fun with this session it's a cracker.

FULL BODY

Warm Up

3 Rounds - Nasal Breathing

12 Banded DeadBugs

10 SL Hamstring Bridges e/s

12 KB Swings

6 SA Bottoms Up KB Press e/s

Sumo Deadlift

6,6,4,4

*4 working sets, 2s pause at the shin on the concentric.

Strict Press

6,6,4,4

Stiff Leg Deadlift

4 x 8

Toes to Bar/Hanging Leg Raises

4 x 10

4 Rounds For Quality

4 Barbell Push Press

4/4 - Mixed Grip Pull Ups

5 Barbell Pendulum Lunges e/s

Conditioning

30s Max Handstand Press Ups/Pike Press Ups

12-15 GHD/Butterfly Sit Ups

20 Cal Ski



FRIDAY

COACHES COMMENTS

Finish the week strong, another chance to get uncomfortable and chase down the clock. Start a timer and begin with your calories, once you have finished your calories begin chipping away at part A 100 DB walking lunges. Every 3 mins you must stop what you're doing and complete your calories again, then return to the same rep you stopped on.

'THIS IS SPARTA'

Start with & E3MOM
16/10 Calories

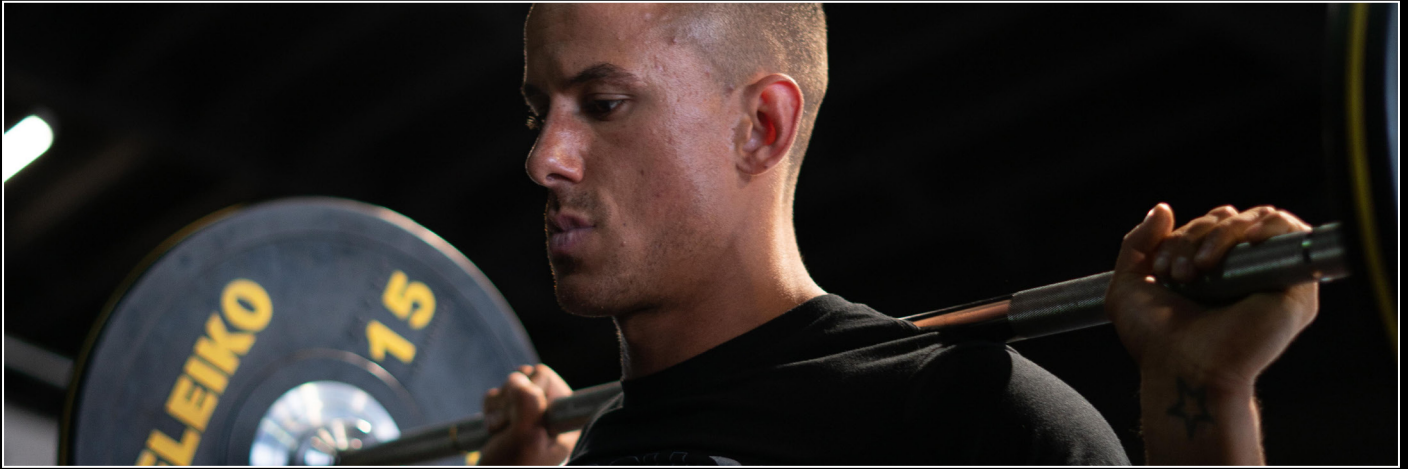
Part A)
100 Dual Dumbbell Walking Lunges @ 2 x 20/12.5kg

Part B)
100 Single Arm Dumbbell Push Press @ 30/20kg
*Split reps evenly between arms

Part C)
100 Alternating Dumbbell Snatches

Enjoyed the MARCHON experience so far?

Want to take our full Performance programme for a spin?



Take your training to the next level with a programme designed to increase muscular strength, size and all-round performance.

Become the best version of you. Build on your foundations.

MARCHON Performance has been specifically designed for those looking to upgrade their training to the next level.

This programme will test and improve your athletic ability and physique through 5 weekly sessions designed around the fundamental lifts and movement patterns.

You will be left looking better, feeling better and performing better!

[Click here to view the full programme](#)

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MARCHON

MINIMAL KIT

MINIMAL KIT



MINIMAL KIT

7 DAY TRIAL

LOWER

Start the week strong!

Lots of volume here where the time frames will dictate the intensity.

Your Job is to be as efficient as possible.

Stay Solid in your tempos & find rhythm in your EMOMs. Own every rep.

A) WARM UP

3 Rounds

- 10 Downward Dog Toe Taps
- 10 Alternating Mountain Climber into Hamstring stretch
- 8 Track Stretch e/s
- 5 Adductor rocks w/3" Hold per rep
- 30" Lat Opener e/s
- 10 Alternating Thoracic Bridges
- 5 Cat Cows

B) PREP & PRIME

3 Rounds

- 20" Side Plank Clamshell e/s
- 10 Prisoner Kang Squat
- 5 Prisoner Squat to Lunge e/s
- 5 Broad Jumps

C) STRENGTH BLOCK 1

4 Rounds

(i) 15 Goblet squats

- 5 x 3s eccentric
- 5 x 3s pause
- 5 x speed

(ii) 40m Suitcase Carry e/s

D) STRENGTH BLOCK 2

12' EMOM

- M1: 12/15 KB Swings
- M2: 12/16 BW Cossack Squats/Lateral Squat
- M3: 45" Russian Twists

E) STRENGTH BLOCK 3

3 Rounds

- 20 Goblet Walking Lunges
- 10 Contralateral Split Stance RDL e/s

F) FINISHER

10' EMOM

- M1: 8/10/12 KB Squat Cleans
- M2: 45" Up Downs



UPPER

Upper Body on a Tuesday, what's not to love?

Spend some time with these movements, own your positions and focus on feeling every rep.

Controlled, deliberate contractions to help build your strength and size.

Then finish off by bringing the thunder!

A) WARM UP

3 Rounds

- 10 Downward Dog Toe Taps
- 10 Alternating Mountain Climber into Hamstring stretch
- 8 Track Stretch e/s
- 5 Adductor rocks w/3" Hold per rep
- 30" Lat Opener e/s
- 10 Alternating Thoracic Bridges
- 5 Cat Cows

B) PREP & PRIME

3 Rounds

- 30" Banded BTN Tricep Stretch e/s
- 30" Lat Opener e/s
- 30" Knees Bent Downward Dog
- 10 Banded Dislocates
- 10 Thread the Needle w/ rotation e/s

C) STRENGTH BLOCK 1

4 Rounds

- 5-10 HK SA OHP e/s
 - 10-15 Banded/ Horizontal DB BOR
 - 15 Sit Ups of choice
- rest 60"

D) STRENGTH BLOCK 2

8' AMRAP

- 10 SA DB Floor Press e/s
- 10 3 Point Row e/s

E) STRENGTH BLOCK 3

3 Rounds

- 30" AMRAP Pike/Box Pike Hold/ Push ups For Quality
- 10 DB Pullovers
- 20 Russian Twists

F) FINISHER

8 Rounds

30" On 30" Off

Alternate Between:

- Double Push Up Burpees
- Alternating SA Hang Snatch



CAPACITY

Don't let the short write up fool you... This one is going to challenge you! Here we are looking to increase your ability to work at higher intensities for prolonged time periods, when it comes to managing strength under some fatigue. Don't come out all guns blazing; Strategize, stick to the time frames and tackle the beast. Let's see what you're made of.

A) WARM UP

2 Rounds

- 10 Track Stretch e/s
- 20 Downward dog toe taps
- 20 Alternating Mountain Climber Stretch w/rotation
- 10 Squat Rocks
- 10 Gorilla Squats

B) PREP & PRIME

3 Rounds

- 30" Cardio
- 20 Tall Plank Shoulder Touches
- 15 Jump Squat
- 10 Push up
- 5/5 Tall Plank Row

C) CAPACITY WORK

3 Rounds of everything below:

A) 5'

Complete 3 Rounds of:

- 10 Goblet Squats
- 10 AKBS/ KB Swing
- 15 Sit Ups

Then Max effort cardio in time remaining up to 5'

Rest 2'

B) 5'

Complete 3 Rounds of:

- 6/8/10 KB High Pulls
- 10 KB Squat Cleans
- 10-15 Push Ups

Then Max Effort Cardio in time remaining up to 5'

Rest 2'

...then back to A)



TOTAL BODY

This is your chance to cover all of your bases, ensuring we have targeted all areas of the body to build on your size and strength, topped off with a bit of fitness to finish.
Let's work on here so make sure, even when fatigue starts to set in, you are prioritising movement quality over all.

A) WARM UP

3 Rounds

- 5 Mountain Climber into Hamstring Stretch e/s
- 8 Track Stretch e/s
- 30" Lat Opener
- 10 Downward Dog Toe Taps
- 5 Cat Cows
- 10 Thoracic Bridges

B) PREP & PRIME

3 Rounds

- 30" Plank Rotations
- 10/10 SL Hip Lift on bench e/s
- 15 KB Swing

C) STRENGTH BLOCK 1

5' AMRAP

- 10 SA KB Deadlift e/s
- *10 Hollow Rocks every break.

D) STRENGTH BLOCK 2

10' EMOM

- M1: 5-12 Push Up + 15 Air Squat
- M2: 15/20 Banded BOR

E) STRENGTH BLOCK 3

12' AMRAP

- 10/10 Tall Plank Row
- 10 KB High Pulls
- 5-10 SA DB Push Press e/s

F) FINISHER

5 Rounds

- 30" Jump Lunges
- 30" rest
- 30" Burpees
- 30" rest



MIXED MODAL

The only way to finish the week!

Combinations of Strength, Muscle Building (Hypertrophy) and Fitness put together in a recipe for success.

This will only leave you feeling fulfilled after a solid week of work!

Feel every rep, stick to the time frames & have fun! You've more than earned it.

A) PRIME & PREP

3 Rounds for quality

*Stay in the plank for the whole round

- 5/5 Plank to Push Up
- 12 Tall Plank Toe Taps
- 14 Mountain Climber Plank

Rest 30"

B) WORKOUT

9' AMRAP

- 10 3 Point Rows e/s
- 12 Alternating DB Clean & Press
- 15 Banded Upright Rows

*Aim for at least 4 Rounds

Rest 2'

C)

12' EMOM

- M1: 20 Horizontal Loaded NG DB Floor Press
- M2: 5 SA Thrusters e/s
- M3: 15 AKBS

Rest 2'

D)

3 x 4' TABATA

1: 20" Burpees 10" rest x 8

Rest 1'

2: 20" Jump Squat to Jump Lunge e/s 10" rest x 8

Rest 1'

3: 20" Run/Skip/Cardio 10" rest x 8



Enjoyed the MARCHON experience so far?
Want to take our full Minimal Kit programme for a spin?



Build your confidence, performance and physique with a programme specifically designed to be minimalistic with a maximal punch.

Minimal Kit is designed to bring the intensity of a Marchon workout using only a Dumbbell and a Kettlebell.

This programme caters to all abilities and allows you the flexibility to scale workouts up and down accordingly, and choose the environment in which you train.

No matter whether your training at home OR in the gym, achieve a workout that produces great results.

[Click here to view the full programme](#)

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