

P R O J E C T S

2018 - 2019 SEASON

PHASE 1

STRENGTH CYCLES

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CYCLE 1 2 APRIL - 11 MAY

P R O J E C T S

MAJOR FOCUS	Deadlift
MINOR FOCUS	Squat

Monday 2nd April	Tuesday 3rd April	Wednesday 4th April	Thursday 5th April	Friday 6th April
Deadlift (Test)	Back Squat (Test)	Gymnastics	Deadlift	Strength Maintenance

Monday 9th April	Tuesday 10th April	Wednesday 11th April	Thursday 12th April	Friday 13th April
Gymnastics	Deadlift	Back Squat	Midline	Deadlift

Monday 16th April	Tuesday 17th April	Wednesday 18th April	Thursday 19th April	Friday 20th April
Strength Maintenance	Gymnastics	Deadlift	Back Squat	Gymnastics

Monday 23rd April	Tuesday 24th April	Wednesday 25th April	Thursday 26th April	Friday 27th April
Deadlift	Strength Maintenance	Midline	Deadlift	Back Squat

Monday 30th April	Tuesday 1st May	Wednesday 2nd May	Thursday 3rd May	Friday 4th May
Gymnastics	Deadlift	Strength Maintenance	Gymnastics	Deadlift

Monday 7th May	Tuesday 8th May	Wednesday 9th May	Thursday 10th May	Friday 11th May
Back Squat	Gymnastics	Midline	Deadlift (Retest)	Strength Maintenance

CYCLE 2 14 MAY - 22 JUNE

P R O J E C T S

MAJOR FOCUS	Back Squat
MINOR FOCUS	Olympic Lifts

Monday	Tuesday	Wednesday	Thursday	Friday
14th May	15th May	16th May	17th May	18th May
Gymnastics	Back Squat	Snatch (Test)	Gymnastics	Strength Maintenance

Monday	Tuesday	Wednesday	Thursday	Friday
21st May	22nd May	23rd May	24th May	25th May
Back Squat	Midline	Back Squat	Clean and Jerk (Test)	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
28th May	29th May	30th May	31st May	1st June
Back Squat	Strength Maintenance	Gymnastics	Back Squat	Snatch

Monday	Tuesday	Wednesday	Thursday	Friday
4th June	5th June	6th June	7th June	8th June
Midline	Back Squat	Strength Maintenance	Gymnastics	Back Squat

Monday	Tuesday	Wednesday	Thursday	Friday
11th June	12th June	13th June	14th June	15th June
Clean and Jerk	Gymnastics	Back Squat	Strength Maintenance	Midline

Monday	Tuesday	Wednesday	Thursday	Friday
18th June	19th June	20th June	21st June	22nd June
Back Squat	Snatch	Gymnastics	Back Squat (Test)	Strength Maintenance

CYCLE 3 25 JUNE - 3 AUGUST

P R O J E C T S

MAJOR FOCUS	Olympic Lifts
MINOR FOCUS	Push + Pull

Monday	Tuesday	Wednesday	Thursday	Friday
25th June	26th June	27th June	28th June	29th June
Gymnastics	Snatch	Pull Up (Test)	Midline	Clean and Jerk

Monday	Tuesday	Wednesday	Thursday	Friday
2nd July	3rd July	4th July	5th July	6th July
Strength Maintenance	Gymnastics	Snatch	Push Press (Test)	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
9th July	10th July	11th July	12th July	13th July
Clean and Jerk	Strength Maintenance	Midline	Snatch	Pull Up

Monday	Tuesday	Wednesday	Thursday	Friday
16th July	17th July	18th July	19th July	20th July
Gymnastics	Clean and Jerk	Strength Maintenance	Gymnastics	Snatch

Monday	Tuesday	Wednesday	Thursday	Friday
23rd July	24th July	25th July	26th July	27th July
Push Press	Midline	Clean and Jerk	Strength Maintenance	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
30th July	31st July	1st August	2nd August	3rd August
Snatch (Test)	Pull Up	Gymnastics	Clean and Jerk (Test)	Strength Maintenance

CYCLE 4 6 AUGUST - 14 SEPTEMBER

PROJECTS

MAJOR FOCUS	Push + Pull
MINOR FOCUS	Front squat

Monday	Tuesday	Wednesday	Thursday	Friday
6th August	7th August	8th August	9th August	10th August
Midline	Push Press	Front Squat (Test)	Gymnastics	Pull Up

Monday	Tuesday	Wednesday	Thursday	Friday
13th August	14th August	15th August	16th August	17th August
Strength Maintenance	Gymnastics	Push Press	Front Squat	Midline

Monday	Tuesday	Wednesday	Thursday	Friday
20th August	21st August	22nd August	23rd August	24th August
Pull Up	Strength Maintenance	Gymnastics	Push Press	Front Squat

Monday	Tuesday	Wednesday	Thursday	Friday
27th August	28th August	29th August	30th August	31st August
Gymnastics	Pull Up	Strength Maintenance	Midline	Push Press

Monday	Tuesday	Wednesday	Thursday	Friday
3rd September	4th September	5th September	6th September	7th September
Front Squat	Gymnastics	Push Press	Strength Maintenance	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
10th September	11th September	12th September	13th September	14th September
Pull Up Test	Front Squat	Midline	Push Press (Test)	Strength Maintenance

CYCLE 5 17 SEPTEMBER - 26 OCTOBER

P R O J E C T S

MAJOR FOCUS	Front Squat
MINOR FOCUS	Deadlift

Monday 17th September	Tuesday 18th September	Wednesday 19th September	Thursday 20th September	Friday 21st September
Gymnastics	Front Squat	Deadlift (Test)	Gymnastics	Front squat

Monday 24th September	Tuesday 25th September	Wednesday 26th September	Thursday 27th September	Friday 28th September
Strength Maintenance	Midline	Front Squat	Deadlift	Gymnastics

Monday 1st October	Tuesday 2nd October	Wednesday 3rd October	Thursday 4th October	Friday 5th October
Front Squat	Strength Maintenance	Gymnastics	Front Squat	Deadlift

Monday 8th October	Tuesday 9th October	Wednesday 10th October	Thursday 11th October	Friday 12th October
Midline	Front Squat	Strength Maintenance	Gymnastics	Front Squat

Monday 15th October	Tuesday 16th October	Wednesday 17th October	Thursday 18th October	Friday 19th October
Deadlift	Gymnastics	Front Squat	Strength Maintenance	Midline

Monday 22nd October	Tuesday 23rd October	Wednesday 24th October	Thursday 25th October	Friday 26th October
Front Squat	Deadlift	Gymnastics	Front Squat (Test)	Strength Maintenance

P R O J E C T S

2018 - 2019 SEASON

PHASE 2

DEADLIFT / BARBELL CYCLING

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CYCLE 1 29 OCT - 8 DEC

P R O J E C T S

MAJOR FOCUS	Deadlift
MINOR FOCUS	Barbell Cycling

Monday	Tuesday	Wednesday	Thursday	Friday
29th October	30th October	31st October	1st November	2nd November
Gymnastics	Deadlift	DT (Test)	Midline	Deadlift

Monday	Tuesday	Wednesday	Thursday	Friday
3rd November	4th November	5th November	6th November	7th November
Strength Maintenance	Gymnastics	Deadlift	Barbell Cycling	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
13th November	14th November	15th November	16th November	17th November
Deadlift	Strength Maintenance	Midline	Deadlift	Barbell Cycling

Monday	Tuesday	Wednesday	Thursday	Friday
20th November	21st November	22nd November	23rd November	24th November
Gymnastics	Deadlift	Strength Maintenance	Gymnastics	Deadlift

Monday	Tuesday	Wednesday	Thursday	Friday
25th November	26th November	27th November	28th November	1st December
Barbell Cycling	Midline	Deadlift	Strength Maintenance	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
4th December	5th December	6th December	7th December	8th December
Deadlift	Barbell Cycling	Gymnastics	Deadlift (Test)	Strength Maintenance

CYCLE 2 11 DEC - 19 JAN

P R O J E C T S

MAJOR FOCUS	Barbell Cycling
MINOR FOCUS	High Volume Squatting

Monday 11th December	Tuesday 12th December	Wednesday 13th December	Thursday 14th December	Friday 15th December
Midline	Barbell Cycling	High Volume Squat	Gymnastics	Barbell Cycling

Monday 18th December	Tuesday 19th December	Wednesday 20th December	Thursday 21st December	Friday 22nd December
Strength Maintenance	Gymnastics	Barbell Cycling	High Volume Squat	Midline

Monday 25th December	Tuesday 26th December	Wednesday 27th December	Thursday 28th December	Friday 29th December
Barbell Cycling	Strength Maintenance	Gymnastics	Barbell Cycling	High Volume Squat

Monday 1st January	Tuesday 2nd January	Wednesday 3rd January	Thursday 4th January	Friday 5th January
Gymnastics	Barbell Cycling	Strength Maintenance	Midline	Barbell Cycling

Monday 8th January	Tuesday 9th January	Wednesday 10th January	Thursday 11th January	Friday 12th January
High Volume Squat	Gymnastics	Barbell Cycling	Strength Maintenance	Gymnastics

Monday 15th January	Tuesday 16th January	Wednesday 17th January	Thursday 18th January	Friday 19th January
Barbell Cycling	High Volume Squat	Midline	DT (Test)	Strength Maintenance

P R O J E C T S

2018 - 2019 SEASON

PHASE 3

GENERAL STRENGTH / THE OPEN

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CYCLE 1 22 JAN - 2 MARCH

P R O J E C T S

MAJOR FOCUS	General Strength
MINOR FOCUS	Dynamic Strength

Monday	Tuesday	Wednesday	Thursday	Friday
22nd January	23rd January	24th January	25th January	26th January
Gymnastics	General Strength	Dynamic Strength	Gymnastics	General Strength

Monday	Tuesday	Wednesday	Thursday	Friday
29th January	30th January	31st January	1st February	2nd February
Strength Maintenance	Midline	General Strength	Dynamic Strength	Gymnastics

Monday	Tuesday	Wednesday	Thursday	Friday
5th February	6th February	7th February	8th February	9th February
General Strength	Strength Maintenance	Gymnastics	General Strength	Dynamic Strength

Monday	Tuesday	Wednesday	Thursday	Friday
12th February	13th February	14th February	15th February	16th February
Midline	General Strength	Strength Maintenance	Gymnastics	General Strength

Monday	Tuesday	Wednesday	Thursday	Friday
19th February	20th February	21st February	22nd February	23rd February
Dynamic Strength	Gymnastics	General Strength	Strength Maintenance	Midline

Monday	Tuesday	Wednesday	Thursday	Friday
26th February	27th February	28th February	29th February	30th February
General Strength	Dynamic Strength	Gymnastics	General Strength	Strength Maintenance