

# Adam's Agility Athletes

## About the Program

Based on your pre-entry from you'll be placed into one of three fitness levels with at-home and gym-based options. To help you improve your speed and strength this program will prescribe weekly workouts and walks. The workouts are provided via an excel workbook with video demonstrations linked throughout to help you complete each exercise safely and correctly. You'll also find space for you to leave your own notes and give feedback on the workouts. This feedback adapts future workouts in the program to your specific abilities and needs.

You'll work one on one with Coach Adam via email to ensure the program is meeting your needs. We're happy to scale or substitute movements due to an injury, physical limitation or other challenges you encounter.

The Facebook Community is comprised of agility athletes at all levels to support one another. While each athlete is on their own programs, the Facebook Community allows you to ask questions, join in discussions and access additional resources. We share relevant podcasts, stretching videos and articles on fitness and health for agility handlers.

### How do we track your fitness gains?

By starting and ending with a fitness test we are able to measure your improvements. The last group of Adam's Agility Athletes averaged almost 10% improvement in speed. Those 4 seconds gained back on a 45 second run can make a big difference in your cue timing and handling choices. And, these athletes improved their strength endurance by almost 50%. This decreases their risk of injury and delays muscle fatigue. Not running out of energy on course can really help you handle to your potential.

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### How does the program adjust to you?

For each workout you can utilize the RPE scale, **Rate of Preserved Exertion**, in your workbook to adjust how future exercises are programmed

If an exercise is too difficult for me, I should rate the movement's RPE as a "-2" which means this movement felt VERY hard. If I feel a movement was ridiculously easy for me, I should rate the movement's RPE as "2". These ratings, listed below, influence your future workouts.

- 2 = This movement felt VERY hard
- 1 = This movement felt too hard
- 0 = This movement felt challenging, but doable.
- 1 = This movement felt a little easy.
- 2 = This movement felt way too easy.

To record your RPE for each exercise, you'll use the dropdown menu shown to the left. Simply, click the yellow box and select your rating. Done!

A "-1" or "-2" rating will decrease the amount of work you do next week to prescribe workouts that better fit your current abilities. A rating of "0" will keep your workouts at the same difficulty level for the upcoming week. While a rating of "1" or "2" will increase the difficulty

RPE
0
-2
-1
0
1
2

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### What workouts will I be doing?

Every 5 weeks Adam builds a new workout program to help keep his athletes improving. The body needs variation to grow; doing the same old workout for months won't do much to change your fitness level. You'll be sure to find different agility patterns, strength exercises (like squats, curls, and overhead press) and walks for various durations in each session you train with us. We offer at-home and gym-based programs for Levels 1 & 2.

Take a look at some of the movements you might find in your program.

## Exercise Examples

[Reverse Lunges](#)

[Box Step Ups](#)

[Hip Airplanes](#)

[Superman](#)

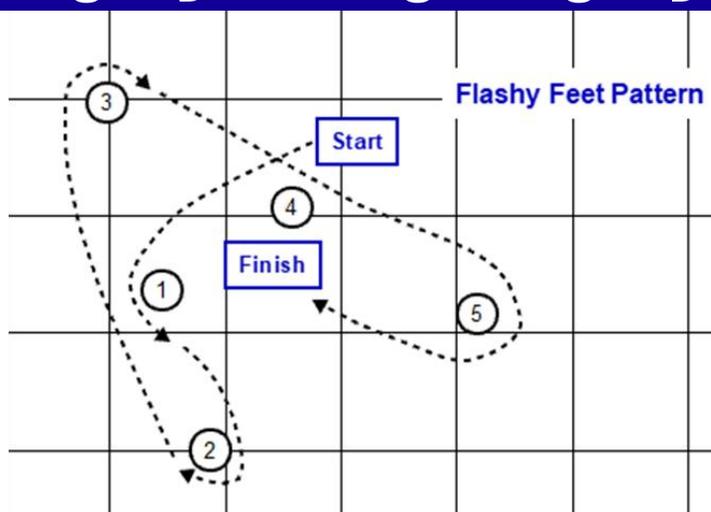
[Static Leg Raise](#)

[Shoulder Press](#)

[Air Squat](#)

You'll also find prescribed warm ups and cool downs for each workout.

## Agility Training for Agility



[Click to watch the How-To Video](#)

# Adam's Agility Athletes

## About Level 1

Level 1 is an introduction to fitness for handlers ready to take the next step in their fitness journey. This means you're ready to commit but your current activity is comprised mostly of walking and training your dog. This program is built to provide you with a foundation of fitness with two workouts and two walks each week. This will increase your overall activity level providing huge benefits to your long-term health and you can see improved balance, speed and stamina on course.

## Your Workouts

You will be prescribed two workouts per week focusing on strength training and agility training. Strength workouts will work to improve your upper body and lower body endurance. The agility workouts increase your speed, coordination and ability to turn quickly and safely. These workouts will be about an hour in length including a warm up and cool down. You'll also find two to three walks programmed for each week with different lengths and efforts prescribed to increase the benefit of walking.

Take a look at these examples of the types exercises in the Level 1 Program. Each workout will feature a combination of 4 - 8 different exercises with suggested rest. You'll rate the difficulty of each exercise using the RPE Scale, and your feedback will directly impact future workouts because our program adjusts to your needs.

### Day 1

Two 15  
minute  
walks

### Day 2

Workout with  
strength exercises  
and agility training.

### Day 3

Two 20  
minute walks  
OR one 40  
minute walk

### Day 4

Workout with  
strength exercises  
and agility training

# Adam's Agility Athletes

## About Level 2

Level 2 challenges handlers with more volume throughout the week. This means a handler is ready to commit extra time to their fitness goals. This program is intended to help you increase your speed and strength with three workouts and three walks prescribed each week. You will be prescribed three workouts per week focusing on strength training, agility training and an additional conditioning workout. We'll improve your upper body strength, core strength, lower body strength and aerobic endurance. And agility workouts increase your speed, coordination and ability to turn quickly and safely.

## Your Workouts

You'll complete one strength workout, one agility workout, and one conditioning workout each week. These workouts will be about an hour in length including a warm up and cool down. You'll also find three walks programmed for each week with different lengths and efforts prescribed to increase the benefit of walking.

Take a look below for examples of the types exercises in the level 2 program.

Each workout will feature a combination of 4 - 8 different exercises with suggested rest. Your feedback will directly impact future workouts because our program adjusts to your needs.

### Day 1

Workout with strength exercises and agility training.

### Day 2

Two 20 minute walks OR one 40 minute walk

### Day 3

Workout with strength exercises and agility training.

### Day 4

One 30 minute walk OR two 15 minute walks

### Day 5

Workout with strength exercises and agility training.

### Day 6

Optional Walk

# Adam's Agility Athletes

## About Level 3

Level 3 is for agility athletes that already engage in routine exercise. This program will help you develop skills and strength to benefit your agility performance. The workouts prescribed will allow you to maximize your speed, power and agility on course. You'll receive individualized feedback from Coach Adam via email. By starting and ending with a fitness test we are able to measure your improvements. The last group of Adam's Agility Athletes averaged almost 10% improvement in speed. Those 4 seconds gained back on a 45 second run can make a big difference in your cue timing and handling choices. And, these athletes improved their strength endurance by almost 50%. This decreases their risk of injury and delays muscle fatigue. Not running out of energy on course can help you handle to your potential.

## Your Workouts

You will be prescribed workouts to build your strength, speed, endurance and promote recovery too. Two workouts per week will focus on strength training and agility training, this means lifting, sprinting and agility exercises. You get to choose what lifts and fitness tests you want to prioritize. As you go, your feedback will alter the sets and reps you do to keep the workouts challenging. And, we let you choose the type of cardio too – bike, run, or elliptical.

### Day 1

Workout with strength exercises and agility training

### Day 2

Recovery Cardio Session

### Day 3

Workout with strength exercises and agility training

### Day 4

Long Cardio with Intervals

### Day 5

Complete a Circuit Workout

### Day 6

Optional Active Recovery