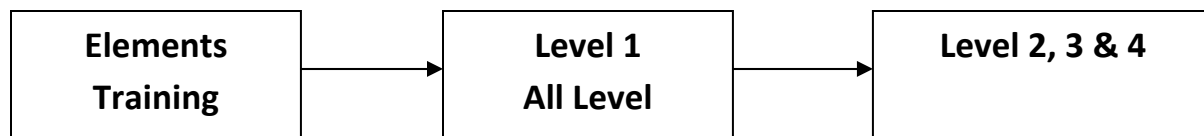


Rogue Training Pipeline – How do I “Join the Team”?



Everyone starts in the Elements Sessions!

- 1) New cycle begins every Monday
- 2) Elements 1 is at 11AM, 430PM, and 730PM on Monday
- 3) Athlete **must sign up** for one of these classes and is **not obligated to pay** for this session
- 4) Class size is limited to 5 people per session
- 5) Elements 2 is on Wednesday and Elements 3 is on Friday – You must complete all three sessions to enter the Level Training

Intent of Elements Sessions:

Define **Functional Strength** and what it is we do at Rogue Fitness

- 1) To build knowledge and skill base for all entry level athletes
- 2) Overview of MetCon, Russian Kettlebell, Olympic/Power Lifts, Plyometrics and Gymnastic movements
- 3) Maintain consistency in training pipeline
- 4) Explain the following:
 - **Scaling** – How we scale the movements to the individual
 - **Pacing** – Recognizing your pace during a workout and controlling the urge to push too hard

- **Intensity** – Understanding the effects of intensity on your ability to build work capacity
- 5) Programming – What to expect in the training sessions and how they are setup
- 6) How all of these items are connected to our demand for **safe** movements at Rogue Fitness

What happens when you finish Elements 3?

- 1) You will **graduate** and with instructor approval will enter the Level 1 and All Level training sessions
- 2) **You will be assigned to an instructor:**
 - Instructors: Bill Henniger, Troy Taylor, Eric Jones, Caity Matter and Cara Egeland
 - Each athlete will be given the contact info of their assigned coach
 - Your instructor can help you with training issues and answer questions
 - Your instructor will contact you if your attendance is slipping
 - Your instructor will motivate you to achieve your goals

After the Elements how does the Level system work?

- 1) Your instructor **will approve your progression** to the Level 2 and 3 training sessions
- 2) The Level 1 & 2 training requirements are based off of your ability to safely perform the movements we use. During the Elements and Level 1 training your work capacity will improve which will allow you to feel much more confident as you progress
- 3) All Open Strength and Conditioning sessions are for Level 2 athletes only, don't know if you are a Level 2 – Ask your instructor!
- 4) We have detailed fitness standards that will be provided to you upon graduation from Elements 3
- 5) There are currently 4 Levels in our training program, essentially the Level 3 are our Instructors

CALL OR EMAIL US TO SCHEDULE YOUR ELEMENTS 1 SESSION!

ROGUE: 614-358-6190

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