



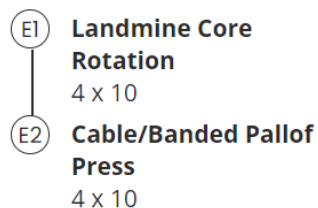
PEAK by Fabio Rothmund – Starting Info for Athletes

WELCOME AND THANK YOU FOR YOUR TRUST IN PEAK!

Here you will find some information to make your start with **PEAK** as easy as possible:

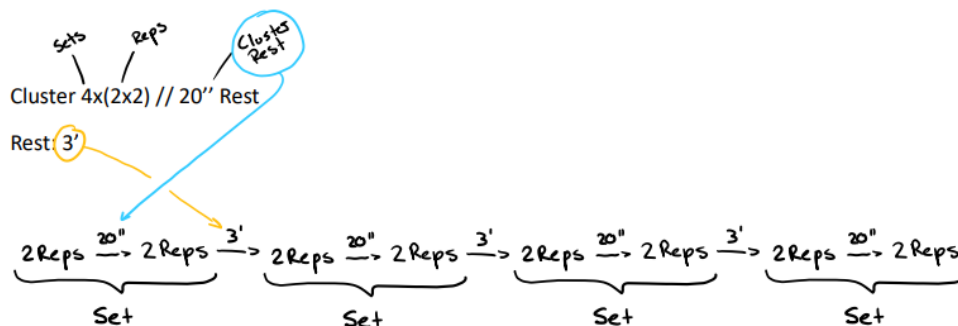
1. Regarding **questions** or other **concerns**, you may contact me at any time.
2. Info regarding **trainings plans** in general:
 - a. The weekdays assigned to the training sessions are recommendations based on the information available to me. The training sessions may and should be moved freely if this improves the weekly planning. This can be done directly in the training app.
 - b. Each training plan contains **notes**. These notes should be read.
 - c. **Videos** linked in the training plan serve as an orientation as to which exercise it is. If the tempo, weight or anything else in the video differs from the notes, always refer to the information from the notes. If there are more specific questions about the technique, contact me before you rely on the information in the video.
 - d. **Deloads** are already included in the training plans (from 17.07.2023). It is therefore not necessary to make your own adjustments in terms of weight, number of sets, etc. What a deload is, is explained further in the glossary.
 - e. After each training session, you will be asked in the training app for your **subjective assessment of the intensity** of the session (0-10). Please always fill this out, as adjustments will be made to your plan based on your answers.
3. Info regarding **strength training**:
 - a. **Supersets** are marked in the training plan at the notes and with numbers following the same letters.

Example:



After a set of exercise E1, a set of exercise E2 is performed directly. Please note whether the **rest time** (if any) is added after the set of exercise E1 or after the set of exercise E2. If the rest time is added after the first exercise (E1) and is shorter than the execution duration of the second exercise (E2), finish the second exercise and then start again with the first exercise without rest.

- b. Execution **Clusters**:



- c. The **Intensity** (= weights/load) listed in the training plan are estimates for orientation purposes. Adjust the weight so that you reach the desired number of RIR (see glossary) (!) and are close to the planned number of repetitions. If only % figures are given without RIR, the % figure is binding.
Due to various factors, the actual weight may be more different from the planned weight. If an exercise is too easy or too difficult, most exercise descriptions have pro- and regressions listed. If this is not the case, you can always contact me.
- d. If a **%-Number** is noted for an exercise, this always refers to the tested/calculated 1RM of the same exercise. If no 1RM number is available, the 1RM weight is to be estimated and from this, the weight to be used is to be calculated.
4. Feel free to share **your experience** with your teammates, friends and family. I appreciate any referrals.
Posting an Instagram story/post? Feel free to tag me (@PEAK_by_FabioRothmund) and you will be reposted.
5. **Important:** Any sharing/forwarding of documents you receive from me is strictly prohibited without my explicit consent. If this is done nevertheless, a fee of CHF/EUR 200.- is due. Thank you for your understanding.

Good luck with your personal **PEAK** Training Plan

Fabio Rothmund

