How Recharge works

You have joined our women's only personal training programme called Recharge.

The idea behind this is for us to work as a team to assist you in RECHARGING your energy, your well-being and your confidence so that you can go on to make the best choices in relation to your health, fitness and lifestyle.

The Recharge training programme comes with the following features

- 4 weekly group training sessions
- A weekly check in with your coach (online)
- A monthly training and results review with your coach
- A whatsapp group chat for motivation and support
- A members only Facebook group for accessing resources and extra coaching designed around a topic of the week
- Daily access to your coach for help, support and accountability
- (Optional) Regular fitness and strength social days out (obstacle courses, parkruns, climbing walls, ninja warrior etc)

Who are your coaches

You will be assigned a coach when you join our programme. This will be your main point of contact if you need extra help or have any questions.

You should expect to hear from both coaches throughout the week regarding the training sessions.

Tuesday and Thursday sessions are (currently) covered by Vonnie, Friday and Sunday sessions are covered by Nicola

Nicola Vonnie

We are both happy to help and guide you, so please don't hesitate to get in touch if you have questions or concerns about anything! The more we know about your needs, the better placed we are to help you get the best outcomes from the programmes.

Training sessions

Tuesday evening 6.30pm or 7.30pm

Thursday evening 6.30pm or 7.30pm

Friday 10.30am

Sunday 9am

Please note that you will have been assigned an evening timeslot and swapping between the group times is not allowed.

Each training session will include

- A thorough warm up using a mixture of cardio and mobility techniques to prepare your joints and muscles for the main training (10 minutes)
- A main section where we will do a variety of circuits, weight lifting, boxing, EMOM's etc (40 minutes)
- A cool down where we stretch all of our muscles and have a bit of a chat (5 minutes)
- Clean up time where we wipe down the weights and put everything back where it belongs (5 minutes)

It is important that you are on time for the warm up as this is an essential part of the training plan for your safety.

If you arrive later than planned, you will be asked to complete a full warm up before you join in with the main session.

We are able to adapt the group training plan for your needs, but this is best done BEFORE we start the session. If you know that you are having a bad day with your knees (for example), please let your coach know this in advance of coming to training. We can easily provide alternative exercises for you to do, but this is harder to implement when we are in the mix of organising the rest of the group.

Your weekly check in

Every Sunday evening you will be asked to check in via an online link that will be sent into the whatsapp chat (this will also be emailed to you on a Sunday morning).

Checking in is your own choice, and it is not mandatory, but it is a nice way to summarise the week and get prepared for the next week.

Your monthly review

Each month you will have the chance to book in for a monthly review. This is a chance to review your training progress with your coach and talk about your goals and any potential lifestyle changes that you might want or need to make.

This process is not mandatory but we strongly advise that you do participate in these reviews so that you can keep your goals fresh in your mind and so that you and your coach can get really clear on what you want to get out of the training programme.

Your coach will contact you directly about this and you will agree a time with your coach to do this on the phone.

You will be sent notes from your review phone call and a summary of your new goals.

The Facebook group

You will be invited to participate in our members only group on Facebook. This is where we post the resources that link up with the topic of the week. We usually provide a weekly topic, a podcast, a study, and a recipe.

On a monthly basis you can expect a new meal plan (not mandatory) and this is a safe place to ask questions and consume our resources at your own pace.

We recommend that you download any resources that you want to keep.

You will also get a weekly email which provides the links to the week's content from the Facebook group so that you can access it easily and see anything that you might have missed.

If at any time you're feeling overwhelmed with where to start or what to do next, just talk to one of our team by sending an email to >> nicola@rossellfitness.co.uk