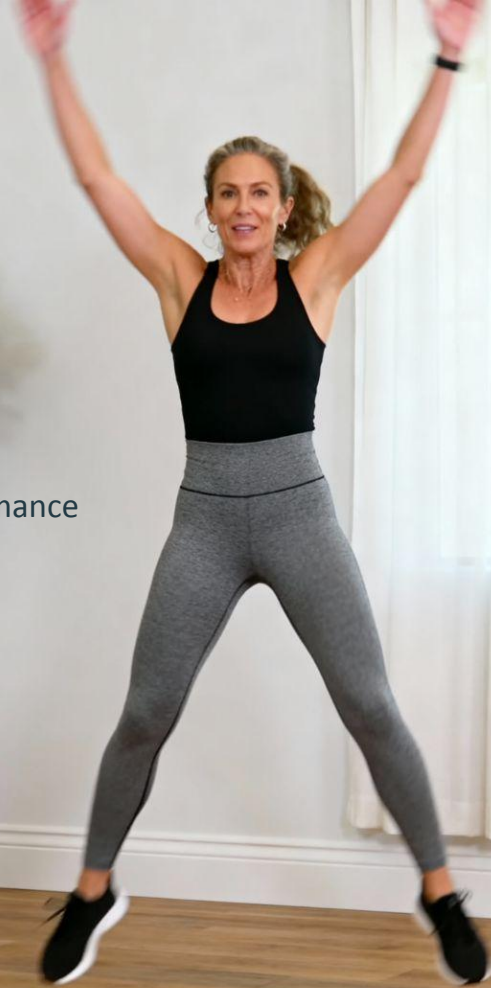


# January 2026

A Strategic Blueprint for Sustainable Performance

Consistency • Adaptability • Longevity



# The Philosophy: Consistency Over Intensity

- The Problem: Motivation is finite; relying on it leads to burnout.
- The Solution: High performance is built on the compound interest of consistency.
- The Approach: Stripping back the noise. No unsustainable hype.
- The Goal: A 31-day foundation to optimize momentum for the year ahead.

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# The Objective

- Primary Goal: Establish an unbreakable rhythm.
- The Mindset: We are not shattering personal bests in Week 1. We are engineering habits.
- The Result: Transmuting temporary motivation into permanent behavioral change.

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# The Strategy

- Consistency: Manageable, daily engagement increases long-term retention.
- Adaptability: Missed a slot? Recalibrate immediately. Never try to 'catch up'.
- Sustainable Movement: View movement as active recovery and asset management.

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# The Methodology: Choose Your Modality

## Option A: The Continuous Protocol (30 Minutes)

- Focus: Steady-state aerobic conditioning.
- Benefit: Builds mental resilience and cardiovascular endurance.

## Option B: The Fractionated Protocol (3 x 15 Minutes)

- Focus: 'Exercise Snacking' (Morning, Noon, Night).
- Benefit: Superior for glycemic control; breaks up sedentary behavior.

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# Programme Architecture

Undulating Periodization to prevent fatigue:

- Monday: Metabolic Conditioning (Cardio)
- Tuesday: Lower Body Strength
- Wednesday: Upper Body Strength
- Thursday: Active Recovery & Mobility
- Friday: Functional Core & Coordination
- Weekend: Endurance (60 mins) & Deep Restoration

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# Phase 1: The Induction (Jan 1 - Jan 4)

## Jan 1 (Thu): Momentum

- A: 30-min 'Fresh Start' Walk
- B: Dawn Mobility / Noon Walk / Journaling

## Jan 2 (Fri): Functional Foundation

- A: Bodyweight Matrix (Squats, Push-ups)
- B: Desk Antidote (Glute bridges, Wall Angels)

## Jan 3 (Sat): Endurance Test

- A: 60-min Ruck/Hike
- B: 3x20 min (Walk/Circuit/Yoga)

## Jan 4 (Sun): Restoration

- A: 60-min Yoga Flow
- B: 4x15 min Foam Rolling/Mobility

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# Phase 2: The Establishment (Jan 5 - Jan 11)

Mon Jan 5: Intervals OR Jump Rope

Tue Jan 6: Leg Matrix OR Tabata Squats

Wed Jan 7: Push/Pull Mechanics OR EMOM Push-ups

Thu Jan 8: Pilates Flow OR Joint Lubrication

Fri Jan 9: Plank Matrix OR Office Core

Sat Jan 10: Urban 'City Hike' OR 'Chore Workout'

Sun Jan 11: Hatha Yoga OR Full Body Scan

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# Phase 3: The Resilience (Jan 12 - Jan 18)

Mon Jan 12: Hill/Stair Intervals OR Burpee snacks

Tue Jan 13: Split Squats OR Step-ups

Wed Jan 14: 'The Centurion' (100 reps) OR Tricep/Back focus

Thu Jan 15: Animal Flow OR Sun Salutations

Fri Jan 16: 'Deck of Cards' OR Bear Crawls

Sat Jan 17: 60-min Partner Hike (Social)

Sun Jan 18: Yin Yoga (Hip focus)

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# Phase 4: The Peak (Jan 19 - Jan 25)

Mon Jan 19: Weighted Ruck March OR Explosive Squats

Tue Jan 20: EMOM Legs OR Stair Sprints

Wed Jan 21: 'Towel' Sliding Workout OR Push-ups

Thu Jan 22: Pilates Core OR Neck/Wrist release

Fri Jan 23: 'The Accumulator' Ladder OR Mtn Climbers

Sat Jan 24: New Modality (Swim/Cycle/Dance)

Sun Jan 25: Slow Flow Yoga (Gratitude)

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# Phase 5: The Graduation (Jan 26 - Jan 31)

Mon 26: Consistency Check (Speed Walk)

Tue 27: Leg Finale (Supersets)

Wed 28: Arm Finale (Circuit)

Thu 29: Mobility Flow

Fri 30: The Final Challenge (Beat Week 2 score)

Sat 31: The Victory Lap (Reflective 60-min Walk)

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# Contingencies & Safety

## 1. Missing Micro-Workouts?

- Use 'Kitchen Sink' pushups or 'Zoom Call' leg extensions.

## 2. Adverse Weather?

- Walk laps indoors ('Hallway 5k') or use stairwells.

## 3. Safety in Darkness

- High-vis vests mandatory for roads.
- Share live location when alone.

# Conclusion

This is behavioral reprogramming.

- The 'Fractionated' option proves lack of time is a myth.
- The 'Continuous' option proves endurance is a choice.

Welcome to your new baseline.

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