

TENET

COMPETITION PREP GUIDE

BAY STREET GAMES 2026

THURSDAY, JUNE 4TH
VARSITY STADIUM, TORONTO

12 workouts that are designed
to help you and your team
prepare for competition.

Complete 2-3 workouts per
week and feel confident in the
movements and workouts on
games day.





Alex Cibiri
Head Judge, Bay Street Games 2026

I've had the pleasure of working closely with the amazing team at Capitalize for Kids for 8 years to program and run the Bay Street Games. Funds raised from this event support improved access to mental health care for children and youth.

This guide is built around the exact movements you'll be performing on the field June 4th. You can skip right past the guess work and generic fitness content and add these workouts into your routine - or use them to start a new routine! - to help you get ready for game day.

Aim to complete 2-3 sessions per week. Keep showing up, trust the process and make sure to keep fundraising.

We'll see you on the field on June 4th!

ALEX

HOW TO USE THIS GUIDE

01

START AT THE BEGINNING

Complete the sessions in order starting at Workout 1.

02

COMPLETE 2-3 SESSIONS EACH WEEK

Rest a day between sessions if needed.

03

SCALE AS NEEDED

Do Box Step-Ups instead of jumps. Run instead of row. Just do the work.

04

SHOW UP READY

Complete all 12 workouts before June 4th and be confident heading into comp day!



01. THE OPENER

Four Rounds for Time of:

10 Burpees

15 Walking Lunge Steps

25 Situps

REST 2 MINUTES BETWEEN ROUNDS



Coach's Notes:

Focus on moving nice and steady while maintaining your breathing for the entire workout. The goal today isn't speed it's consistency. Use the rest period to recover as much as possible.



2 - 4 Minutes per Round
14 - 22 Minutes Total (incl. rest)

My Time:

02. JUMP & ROW

Five Rounds for Reps of:

60 sec: Max Row (Calories)

60 sec: Max Jump Rope Skips

REST 1 MINUTE BETWEEN ROUNDS



No Skipping Rope? Try Jumping Jacks.



Coach's Notes:

Find a pace on the rower you can repeat each round. Resist the urge to sprint in the first round. Add up your reps across all 5 rounds for each exercise for your total scores.



10 - 20 Row Calories per Round
60 - 100 Skips per Round

My Total Cals:

My Total Skips:

03. THE PRIMER

Three Rounds for Reps of:

2 Min: Box Overs

- rest 1 min -

2 Min: Max Burpees

REST 1 MINUTE BETWEEN ROUNDS



Don't like Box Jumps? Try Box Step Overs.



Coach's Notes:

Move nice and steady on the first round and count your reps. Try to match or beat your own score each round thereafter. Recommended Box Height is 20 inches (51 cm).



12 - 20 Jumps per Round
12 - 20 Burpees per Round

My Total Jumps:

My Total Burpees:

04.
PARTNER WORK

As many reps as possible in 20 min:

30 Jump Rope Skips

25 Sit-ups

10 Burpees

PARTNERS SWITCH EACH ROUND



Alone? Rest 2 min each time.



3-5 Minutes per Round
250 - 400 Total Reps

My Total Reps:

Coach's Notes:



Partner A does the first round and then rests while Partner B does the second round.

The goal is to move as fast as you can during your work time and recover during the rest.

05.
LEG BUILDER

Six Rounds for Time of:

12 Box Overs

12 Walking Lunges

REST 1 MINUTE BETWEEN ROUNDS



Don't like Box Jumps? Try Box Step Overs.



2 - 4 Minutes per Round
15 - 30 Minutes Total

My Total Time:

Coach's Notes:



Push your pace but remain deliberate with these movements. As your legs get tired the work on the Box is expected to become more difficult. Resist the urge to slow down, step up instead!

06.
THE GRIND

4 x Four Minute Rounds of:

15 Calorie Row

20 Sit-Ups

Max Burpees

REST 2 MINUTE BETWEEN ROUNDS



Tired of Burpees? Try Lunges.



Aim for 2 Minutes of Burpees
12 - 20 Burpees per Round

My Total Burpees:

Coach's Notes:




This is a buy-in sprint to earn time to get burpee reps in. Work hard to give yourself time on the Burpees and then pace the remainder of your time to ensure you can keep moving steadily.

07.
SPEED WORK

Eight Rounds for Time of:

- 8 Burpees
- 100m Sprint

REST 1 MINUTE BETWEEN ROUNDS

 Sprint and walk back to the start to rest.



Coach's Notes:

This is a full out sprint workout. Each round should feel short and sharp. Get uncomfortable. Substitute Rowing 8 Calories at a sprint pace if running isn't possible.



1 - 2 Minutes per Round
15 - 23 Minutes Total (incl. rest)

My Time:

08.
ENDURANCE PUSH

Three Rounds for Time of:

- 25 Box Overs
- 25 Walking Lunges
- 25 Sit-Ups
- 25 Jump Rope Skips

 Do it with a partner and go rep for rep.



Coach's Notes:

This is the longest workout we've done without rest so far. Focus on a steady pace and resist the urge to sit / rest during your three rounds. Moving slow is better than resting and not moving at all.



4-6 Minutes per Round
12 - 30 Minutes Total


My Time:

09.
COMP SIM 1

4 x 3 Minute Rounds of:

- 20 Calorie Row
- Max Burpees

REST 90 SECONDS BETWEEN ROUNDS

 Nice outside? Run 200m instead of rowing.



Coach's Notes:

This is the first time we are pushing all out because we want to get a taste of what competition day will feel like. Push yourself on each round and see what you're capable of.



Aim for 90 seconds of Burpees
12 - 20 Burpees per Round

My Total Burpees:

10. POWER INTERVALS

Every Minute for 10 Minutes:

ODD Mins: 5 Box Overs + Max Burpees

EVEN Mins: Max Jump Rope Skips



Want more cardio? Row or Run on Even Minutes

Coach's Notes:



There's no rest in today's workout, so make sure you're managing your work intervals wisely. Leave room for transition from the Jump Rope Skips over to the Box Overs.



3-10 Burpees per Round
60 - 100 Skips per Round

My Total Burpees:

My Total Skips:

11. RACE PREP

Five Rounds for Time of:

15 Calorie Row

10 Burpees

REST 30 SECONDS BETWEEN ROUNDS



Nice outside? Run 200m instead of Rowing.

Coach's Notes:



We're ramping the pace up with today's workout. Make sure you're rowing at full effort and not resting on the Burpees, moving slow is better than stopping. Give each round 100% effort.



2-3 Minutes Per Round
12 - 17 Minutes Total Time

My Total Time:

12. THE FINAL COUNTDOWN

Two Rounds for Time of:

50 Jump Rope Skips

40 Situps

30 Walking Lunges

20 Box Overs

10 Burpees

REST 3 MINUTES BETWEEN ROUNDS

Coach's Notes:



You've put in the work, now it's time to trust yourself. This is your last session before competition day, give it your all and make sure you have time to rest before the big day!



5 - 8 Minutes per Round
13 - 20 Minutes Total Time

My Total Time:

SEE YOU ON THE FIELD!

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TENET is a PerformanceOS for people who want to operate at a higher standard - across training, recovery, work, and life.
Not a gym. Not an app. A structured approach to setting, testing, and raising your standards.

