CONQUEST PLANNER

1. Define Objective
   a. 30 pull ups
   b. Do 30 pull ups in a row
   c. June 1.
2. What are the Checkpoints between my Objective and where I am?
   a. Checkpoint #1 - 20 pull ups
      i. Consistent with my workouts. I have to be consistent with my workout from day one, and get in my reps. Then my body and muscles will adapt to the movement and I will be able to take more pull ups with less effort.
      ii. 2-3 workouts a week. If I have 2-3 workouts a week it will be enough to get in enough reps, but also enough time for my muscles to rest and recover. Then I will be able to do more pull ups and get closer to my goal.
      iii. Vary between strength and hypertrophy workouts. If I have some workouts to focus on building muscle I will have bigger muscles with more potential. Then when I also have a workout where I focus on strength, I will be able to do more pullups with less effort, but at the same time have bigger potential for more reps.
   b. Checkpoint #2 - 25 pull ups
      - Get in more reps each workout after I have done 25, so I can keep up the progress.
      - Keep the same focus on strength and hypertrophy if I feel my body respond to it well.
      - If I stay motivated and disciplined I will be able to push harder and progress faster. I will take the sets where I am working on hypertrophy to failure, and have some extra focus on the strength workouts so I get 100% from them
3. What Assumptions or Unknowns do I face?
   - I don't know how much stimuli my muscles need to get bigger and stronger.
   - How many reps should I do each workout?
   - Don't know if my theory about strength and hypertrophy is correct.
4. What are the biggest challenges/problems I have to overcome?

- When I stagnate I have to keep pushing and not just do the pull ups to do them, but do them to become better.
- Don't know if I have access to a pull ups bar, I want to have one at home, so I will have to see if that is possible.
5. What resources do I have?
    - The internet
    - Some friends who do climbing and calisthenics.

Calendar Work

- List out checkpoints and set time to reach them
- List out tasks needed to reach each checkpoint
- Identify metrics/kpis for each task.
- Allocate time on for each tasks
- Each day look at the tasks you perform and metrics you need to hit to achieve checkpoints.