

The background is a collage of three gym scenes. On the left, a man in a black t-shirt and black leggings is running on a treadmill. In the center, a woman in a pink t-shirt and black shorts is lifting a barbell with a large black weight plate. On the right, a man in a white t-shirt is pulling on a thick rope. The text 'TRAINING PHILOSOPHY' is in white, sans-serif font, and 'COMPTRAIN' is in a larger, bold, white, sans-serif font, both centered over the collage.

# TRAINING PHILOSOPHY COMPTRAIN

## STRENGTH CYCLE | Tempo

Our Tempo cycle is a lifting protocol broken up into three training blocks. Each block focuses on a particular portion of the main lifts – the eccentric (down) phase, the isometric (static) phase, and the concentric (up) phase.

### Why It Works

Tempo training, or weight training with a controlled pace, can help build strength and muscle. It can also improve form, body awareness, and stability. Tempo training works by increasing the time under tension (TUT) of muscles, which can lead to better muscle adaptations and strength. It also removes momentum from lifts, which helps ensure controlled technique and taps into more motor units to complete the lift

### How It Works

The cycle will focus two weeks of time on the three different phases of a lift. The cycle will repeat 2 times for a total of 12 weeks.

Week 1 | ***Eccentric*** - 5 Second Negative, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 2 | ***Isometric*** - 3 Second Pause, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 3 | ***Concentric*** - No Tempo, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 4 | ***Eccentric*** - 5 Second Negative, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Week 5 | ***Isometric*** - 3 Second Pause, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Week 6 | ***Concentric*** - No Tempo, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Weeks 7-9 | Repeat Weeks 1-3 aiming to build in weight

Weeks 10-12 | Repeat Weeks 4-6 aiming to build in weight

\*For Isometric Weeks: Bench Press: pause 1 inch off the chest on the way up. Strict Press: pause at eye level on the way up Deadlift & Sumo deadlift: pause below the knee on the way up. Front & Back Squat: pause at parallel on the way up.

## STRENGTH CYCLE | Tempo

### How It Works...cont

#### Phase 1 | Eccentric

We begin with the eccentric block. It's the most taxing of the three since you're under a heavy load for an extended period of time. The outcome is significant changes of the musculature and strengthening the joints and tendons. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifter lowers the load down. Once at the bottom of the lift, drive it back up. After completing this block, your muscles and tendons will be ready to take on the blocks that follow.

#### Eccentric Phase:

- Load | 70% to 85% of 1RM
- Tempo | 5 second lowering

#### Phase 2 | Isometric

The next block is the isometric phase. Here, the focus is on holding the lift in a typical position of struggle or weakness before completing the lift. This phase will help you overcome sticking points by strengthening the muscles needed to lift the weight in that particular position. Bench Press: pause 1 inch off the chest on the way up. Strict Press: pause at eye level on the way up Deadlift & Sumo deadlift: pause below the knee on the way up. Front & Back Squat: pause at parallel on the way up.

#### Isometric Phase:

- Load | 60% to 80% of 1RM
- Tempo | 3 seconds hold

#### Phase 3 | Concentric

The third is the concentric block, in which the lifter performs the rep with as much force and speed as possible.

#### Concentric Phase:

- Load | 75% to 80% of 1RM
- Tempo | Explosive lifting