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JUNE COMPTRAIN GYM CALL

STATE OF COMPTRAIN GYM

- What we're working on & updates
 - Lesson plan contents updates
 - Echo bike conversions.
 - Finishing max reps cycle, beginning a 4 week 20 rep cycle.
 - Check resource drive for information on strength cycles.
 - Gym Ambassadors
 - Email Jamison@comptrain.com if interested
 - Next Call
 - Tuesday July 23rd, 12:30PM EST.
 - Link in chat.

GYM RESOURCES DRIVE

	CompTrain Benchmarks 	 Evan Bartus	Mar 8, 2024 Evan Bartus	2 KB	
	CompTrain Benchmarks.pdf 	 me	Oct 23, 2023 me	2.2 MB	
	CompTrain Gym Call December Call Deck 	 me	Jan 3, 2024 me	1,008 KB	
	CompTrain Gym Call February Call Deck 	 me	Feb 29, 2024 me	1.8 MB	
	CompTrain Gym Call January Call Deck.pdf 	 me	Feb 23, 2024 me	1 MB	
	CompTrain Gym Call November Call Deck.pdf 	 me	Jan 3, 2024 me	4.3 MB	
	CompTrain Gym Philosophy Document 	 me	Jan 11, 2024 me	5.6 MB	
	CompTrain Monostructural Conversions Chart 	 me	Oct 23, 2023 me	2.2 MB	
	CompTrain Strength Cycle #1 in Class.pdf 	 me	Nov 17, 2023 me	2.2 MB	
	CompTrain Strength Cycle #2 in Class.pdf 	 me	Nov 17, 2023 me	2.2 MB	
	CompTrain Strength Cycle #2.pdf 	 me	Nov 17, 2023 me	2.2 MB	
	CompTrain Strength Cycle Max Repetition Meth... 	 me	Mar 20, 2024 Evan Bartus	121 KB	    
	CompTrain Strength Variance & Oly Lifts 	 Evan Bartus	Mar 8, 2024 Evan Bartus	2 KB	
	CompTrain Strength Variance & Oly Lifts.pdf 	 me	Oct 23, 2023 me	2.1 MB	

STRENGTH CYCLE DETAILS

Where are we now?

Heavy 20s
June 24 - July 15

STRENGTH CYCLE | Heavy 20s

Week 1 | 20 Rep Primer | Strict Press, Deadlift, Back Squat

Week 2 | 20 Rep Test | Strict Press, Deadlift, Back Squat

Week 3 | 20 Rep Primer | Bench Press, Sumo Deadlift, Front Squat

Week 4 | 20 Rep Test | Bench Press, Sumo Deadlift, Front Squat

*In the "primer" weeks, athletes will explore their thresholds for the 20 rep loading. Athlete's will use the data gathered from the week 1 primer in order to perform an actual 20 rep max test during the second week.

The Heavy 20s & Workouts in the Same Class

"There is plenty of time within an hour session to warm up, practice a basic movement or skill or pursue a new personal record (PR) or max lift, discuss and critique the athletes' efforts, and then pound out a tight little couplet or triplet utilizing these skills or just play."

CrossFit Level 1 Training Guide

What's next?

“Triphasic” Tempo Strength Cycle July 22nd - October 7th

Building to heavy non-tempo 3x5s for:
Bench Press, Strict Press, Deadlift, Sumo
Deadlift, Front Squat, Back Squat.

INTEGRATING THE SUMO DEADLIFT

Why the Sumo Deadlift vs the Power Clean?

- The goal of a strength cycle is strength.
- Technique is not the limiter.
- It's the true counter to the traditional deadlift.

TEACHING THE SUMO DEADLIFT

COMMUNITY QUESTIONS

Q/A ON PROGRAMMING

Questions from the community

- Why did you discontinue mindset and home workout? We really appreciated these. Are they coming back?
- Could the Q&A part of the calls be longer perhaps? To cover all questions?
- Noticed a lot of Bike Erg programming, but not Assault/Echo. We are slowly trying to get Concept 2 bikes, we do love them, Just kind of curious as to why you prefer those for the workouts?

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