





























































COMPTRAIN | GYM

SEPTEMBER COMPTRAIN GYM CALL

STATE OF COMPTRAIN GYM

- What we're working on & updates
 - Don't miss these
 - Age group "Rx" loads added
 - Weekly Gym overview videos added
 - End of tempo cycle & launch of new cycle
 - Check resource drive for information on strength cycles.
 - Programming Principles
 - [Link](#)
 - Gym Ambassadors
 - [Link](#)
 - Next Call
 - October 22nd, 1:00PM EST
 - [Link](#)
 - New Platforms
 - Chalk it Pro - Live Now
 - BoxMate - Coming Soon
 - WODIFY - October 7th
 - New Community Platform for Gyms
 - [Link](#)

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?

Tempo Strength Cycle
July 22nd - October 7th

This week - Eccentric
Next week - Isometric
Following week - 1RM

COMPTRAIN TRAINING PHILOSOPHY		
STRENGTH CYCLES CALENDAR		
Date Range	Cycle	Focus
March 18 - June 23	Max Repetition Method	Increasing ability to perform more reps @ 80%, 85%, 90%. Then setting a new 1RM.
June 24 - July 21	20 Rep Protocol	Build mental toughness and strength-endurance by training and testing 20 Rep max.
July 22 - October 13	Tempo Training	Building strength through Eccentric & Isometric loading. Finishing by establishing a new 3 rep max.
October 14 - November 10	10 Rep Protocol	Hypertrophy and strength by training and testing 10 Rep Max.
November 11 - January 5	Linear Progression Across	Higher volume training at 5 to 1 reps, establishing foundation for next "climbing" cycle
January 6 - March 2	Linear Progression Climbing	Higher load training, building set over set to establish new PR's from 5 to 1 reps
The CrossFit Open Season	No Structured Cycle	

What's next?

10 Rep Hypertrophy
and Strength.

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10 Rep Protocol



HANDLE HARD BETTER

COMPTRAIN RESOURCES

BETTER PEOPLE | BETTER ATHLETES

STRENGTH CYCLE | 10 Rep Protocol

About | This is a short, 4 week training cycle. Training with heavier weights and higher rep ranges like 10-rep sets can stimulate muscle growth (hypertrophy). The increased time under tension and metabolic stress from lifting heavier loads for multiple repetitions can lead to muscle fiber recruitment and growth, contributing to greater overall muscle size and strength, as well as challenging the neuromuscular system and stimulates adaptations in muscle fibers, motor units, and coordination, leading to improvements in overall strength.

Cycle Dates | October 14th, 2024 - November 8th, 2024

Lifts:

Cycle A | Strict Press, Deadlift, Back Squat

Cycle B | Bench Press, Sumo Deadlift, Front Squat

Typical Days:

Monday | Strict Press / Bench Press

Wednesday | Deadlift / Sumo Deadlift

Friday | Back Squat / Front Squat

Format:

Week 1 | Set of 10 primer week | Explore and establish a load for the following week | Typical loading will be around 50%-60% of 1RM

Week 2 | Set of 10 test week | Use week 1 findings to perform a true 10 rep max

*Complete for Cycle A lifts then shift to Cycle B lifts.

In a Class:

Including warm-up and building sets, provide 12:00 in your class timeline for the completion of the 10 rep lifts.

Highlights

10 Rep Protocol

- 2 Weeks Per Lifts
- Week 1 – Primer Week
- Week 2 - Test Week

October Benchmarks

- Chipper Gone Bad 09/30
- Tippy Toes 10/15

October Heros & Repeats

- Team Chuck Heavy 10/05 REPEAT FROM 10/7/23
- Holbrook 10/8 REPEAT FROM 10/27/23
- Team Dea Han 10/19 REPEAT FROM 9/9/23
- Rahoī 10/25 REPEAT FROM 11/1/23

OCTOBER

CHIPPER GONE BAD

AMRAP 18:
100 Wallballs (20/14)
80 Dumbbell Snatches
(50/35)
60 Box Jumps (24"/20")
40 Dumbbell Push Press
(50's/35's)
Max Calorie Row

TIPPY TOES

10 Rounds For Time:
10 Toes to Bar
10 Burpees
100 Meter Run

Time Cap: 30 Minutes

GYM UPDATES ROADMAP

DELIVERED IN SEPTEMBER

- Programming & Content Delivery: Monday 5PM EST each week for the following week.
- New Coach-Specific Weekly Overview
- Reintroduced Mindset
- External Platforms Improvement
- Enhanced Sunday Programming
- Targeted Modifications: Standards for Masters (55+ years) and Teens (13-14 years)

IN PROCESS

- Expanding Coaching Resources
- Further ahead on program testing in order to deliver more value
- Community and Platform Development
- Clarification of individual offering vs. gym offering

COMMUNITY QUESTIONS

Q/A ON PROGRAMMING

Questions from the community

- Not all members are training 5 days a week, how to prevent they miss the strength cycle?
- We're new to the programming so we've only seen a few weeks of it, but I'm curious if we are on a cycle, such as squatting as an example, will the squats always be on the same day every week? For another example, longer metcons have been taking place on Tuesdays the last few weeks. THANK YOU!
- The masters programming - you have added in the rxd weight. A good coach does this every class - I was expecting an actual program which is more specific to maintaining independence, less intense, what would work for an actual masters/legends class.
- With all the new information coming out regarding best training practices for Peri / Post menopausal women, and this demographic being a large part of our clientele, can we expect to see some specific programming for women in the future?
- A current struggle with the programming is that both the structure as it has been the same for 3+ months. The warmups have been very repetitive as well so we are now not following the warmups at all. The strength has been very rigid too (which I understand the necessity behind it). But coaches waking up every Mon to coach Strict Press/Bench Press for 3 months straight doesn't necessarily leave room for new tips & creativity. People lose interest easily. Is there a suggested solution for this?
- Why the Bike Erg?

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