





























































COMPTRAIN | GYM

MARCH COMPTRAIN GYM CALL

State of CompTrain Gym

- **What we're working on & updates**
 - Push Press to launch in April
 - Additional videos assets added
 - Additional value in lesson plans
 - Weekly digest added to lesson plans and emailed out weekly
 - Currently in our 12 week Max Reps strength cycle
 - Web experience update in full function

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	

UPDATED WEB EXPERIENCE

Gym Programming

Welcome to the new CompTrain Gym 2.0 Programming Portal.
Here you'll find recent & upcoming weekly views.

MANAGE MY ACCOUNT

[Rate your CTG experience](#) 🌟

Information

[Book in weekly office hours](#)

[CTG resource drive](#)

Support

[Contact us for help](#)

For past programming before February 26th 2024:

🔴 [Go to Legacy Programming Page](#)

FEB 26-MAR 3 MAR 4-10

MON TENDERLOIN

Front Squat
On the 3:00 x 3 Sets:
8 Front Squats
Start First Set at 60% & Build

"Tenderloin"
3 Rounds
12/9 Calorie Row
12 Front Squats
Directly into...
3 Rounds
12/9 Calorie Row
12 Deadlifts
Barbell: (155/105)
KG | (70/47)

[View Programming](#)

TUE STRICT LITTLE DEVIL

5 Rounds for time of:
800m Run
8 Strict Pull-ups
12 Devil Press 50/35
Time Cap: 40 Minutes

[View Programming](#)

WED MR. GOODBAR

For Time:
1 Power Clean + 9 Push Jerks
2 Power Clean + 8 Push Jerks
3 Power Clean + 7 Push Jerks
4 Power Clean + 6 Push Jerks
5 Power Clean + 5 Push Jerks
6 Power Clean + 4 Push Jerks
7 Power Clean + 3 Push Jerks
8 Power Clean + 2 Push Jerks
9 Power Clean + 1 Push Jerk
Barbell: (135/95)
Time Cap: 10 Minutes
KG | (60/43)

[View Programming](#)

THU GOAT DAY | HIP, HIP, HOORAY!

"Goat Day"
On the Minute x 20:
Minute 1: Movement 1
Minute 2: Movement 2

-OR-

"Hip, Hip, Hooray!"
On the Minute x 20 (5 Rounds):
Minute 1: C2 Bike Calories
Minute 2: Box Jumps (24"/20")
Minute 3: Air Squats
Minute 4: Rest

[View Programming](#)

FRI 24.2

TBD
Will update once announced

[View Programming](#)

7 Principles of CompTrain Gym Programming

7 Principles of CompTrain Gym Programming

1. Effective & Approachable

- Not “program for the best and scale for the rest”, but “program for the majority & modify accordingly”
- Minimal barrier to intensity through cyclical threshold conditioning

7 Principles of CompTrain Gym Programming

2. Strength, Endurance & Work Capacity

- Transferable abilities, not sport specific skills
- Be better at things outside the gym, not better at gyming

7 Principles of CompTrain Gym Programming

3. Balanced

- 3 days per week of under 15:00
3 days per week of over 20:00
- Even split of strength, cardio, and
bodyweight

7 Principles of CompTrain Gym Programming

4. Measurable & Repeatable

- Bimonthly conditioning benchmarks
- Monthly strength benchmarks

7 Principles of CompTrain Gym Programming

5. Concurrent

- Always ready, not periodized
- Improve strength, endurance, and capacity simultaneously

7 Principles of CompTrain Gym Programming

6. Structured Strength

- Lift 3 days per week
 - Press, Pull, Squat
- Cycles of linear progression

7 Principles of CompTrain Gym Programming

7. Running matters

- Functionality of moving from point A to point B
- Running 2-3 days per week is programmed throughout the year

Sample
Week

Monday	Press + 8-15 minutes conditioning
Tuesday	15-25 minutes conditioning or Intervals (alternating weekly)
Wednesday	Pull + 8-15 minutes conditioning
Thursday	20-30 minutes of conditioning or Intervals (alternating weekly)
Friday	Squat + 8-15 minutes conditioning
Saturday	20-35 minutes conditioning
Sunday	Run 2-3 miles

A PROGRAMMING CONVERSATION

Q/A ON PROGRAMMING

Questions from the community

- Can you provide some examples of how you lead classes through the 10:00 window for the current max reps strength work? Do you assign building sets or just start the clock and they figure it out?
- In addition to working to technical failure and the current strength cycle, I would like to know if there is any other Focus throughout the year in terms of mesocycles? Something like Gymnastics, Dumbbells etc.
- What is the reason for always box jumps instead of box jump overs?
- What are the differences between what we get on CompTrain Gym and the CompTrain app?

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