

COMPTRAIN | GYM

OCTOBER COMPTRAIN GYM CALL

STATE OF COMPTRAIN GYM

- What we're working on & updates
 - Don't miss these
 - Lesson plan resources
 - Gym Toolkit [Link](#)
 - End of 10 rep cycle & launch of new cycle
 - Check resource drive for information on strength cycles.
 - New cycle formats coming 2025
 - Programming Principles
 - [Link](#)
 - Next Call
 - November 20th, 2:00PM EST
 - [Link](#)
 - New Platforms
 - Chalk it Pro - Launched
 - BoxMate - Launched
 - WODIFY - Launched
 - New Community Platform for Gyms
 - [Link](#)

STRENGTH CYCLE DETAILS

Where are we now?

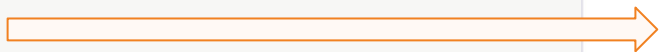
10 Rep Protocol
October 14 - November 10

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?

Linear Progression



(Volume Focused)

COMPTRAIN TRAINING PHILOSOPHY		
STRENGTH CYCLES CALENDAR		
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Linear Progression (Volume Focused)

STRENGTH CYCLE | Linear Progression (*Volume Focus*)

About | This is an 8 week linear progression strength cycle that's focused on volume training with the same loading across all sets. We'll be training the strict press, deadlift, back squat, bench press, sumo deadlift, and front squat with weeks of 3x5, 3x3, 3x2, and 3x1. Athletes will target loading that they can use for all sets, which means we're not focusing on PRs as the target. Keep in mind that all our percentages are based on technical failure and not simply completion regardless of mechanics and quality. Essentially the name of the game with this cycle is that it starts challenging and stays challenging. The challenge only increases due to fatigue, not due to increased load.

Cycle Dates | November 11th, 2024 - January 3rd, 2025

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

**Variances are present in this cycle due to holidays and unique programming such as "Chad"*

Format:

Week 1 | 3 sets of 5 same weight across | Around 78%

Week 2 | 3 sets of 3 same weight across | Around 82%

Week 3 | 3 sets of 2 same weight across | Around 86%

Week 4 | 3 sets of 1 same weight across | Around 89%

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

In a Class:

12 minutes timeline: 6 minutes to warm up to working weight, 6 minutes to complete the 3 working sets (on the 2 minute)

Highlights

10 Rep Protocol

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

November Benchmarks

- 2K Row November 4th
- Chad November 11th

October Heros & Repeats

- Scotty November 6th REPEAT FROM 12/02/23
- Wittman November 9th REPEAT FROM 12/13/23
- Boat Shoes November 19th REPEAT FROM 01/16/24
- Murph November 28th REPEAT FROM 05/27/23

NOVEMBER

2K ROW

For Time:
2,000 Meter Row

CHAD

For Time:
1,000 Box Step-ups

GYM SYSTEMS

FUNNEL TO REVENUE [LINK](#)

COMMUNITY QUESTIONS

Q/A ON PROGRAMMING

COMPTRAIN | GYM

SEPTEMBER COMPTRAIN GYM CALL