





























# COMPTRAIN | GYM

NOVEMBER COMPTRAIN GYM CALL

# State of CompTrain Gym

- **What we're working on**
  - High skill / up-modified workout variation bolt-on
  - KGs added to workouts and lesson plans
  - CompTrain Gym resource drive build
  - Merging of "Through Line" and "Teaching Focus" in the lesson plan
  - More content from Ben's coaching experience
  - Weekly Q&A "Office Hours"
- **Web platform transition to paid**
  - 14 day free trial begins on December 1st.
- **December call | December 21st at 12PM EST**

## GYM RESOURCES DRIVE

Name ↑	Owner	Last modified ▼	File size	
 CompTrain Benchmarks.pdf 	 me	Oct 23, 2023 me	2.2 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 Variance & Oly Lifts.pdf 	 me	Oct 23, 2023 me	2.1 MB	

# COMPTRAIN GYM + OPEN - GAMES TRACK

**Beginning December 4th you'll find the additional of the  
"Open-Games" version of the daily workout added to your lesson plans.**

**We're working closely with Cole Sager who programs the full  
Open-Games track for the individual CompTrain App.**

**Cole has aligned his programming to include an "up-modified"  
variation of the daily CompTrain Gym workout.**

# THE COMPTRAIN PHILOSOPHY



ELITE PHYSICAL PREPAREDNESS

## The Framework of EPP Training

### **What is the goal of this program?**

To create Elevated Physical Preparedness (EPP).

### **What is EPP?**

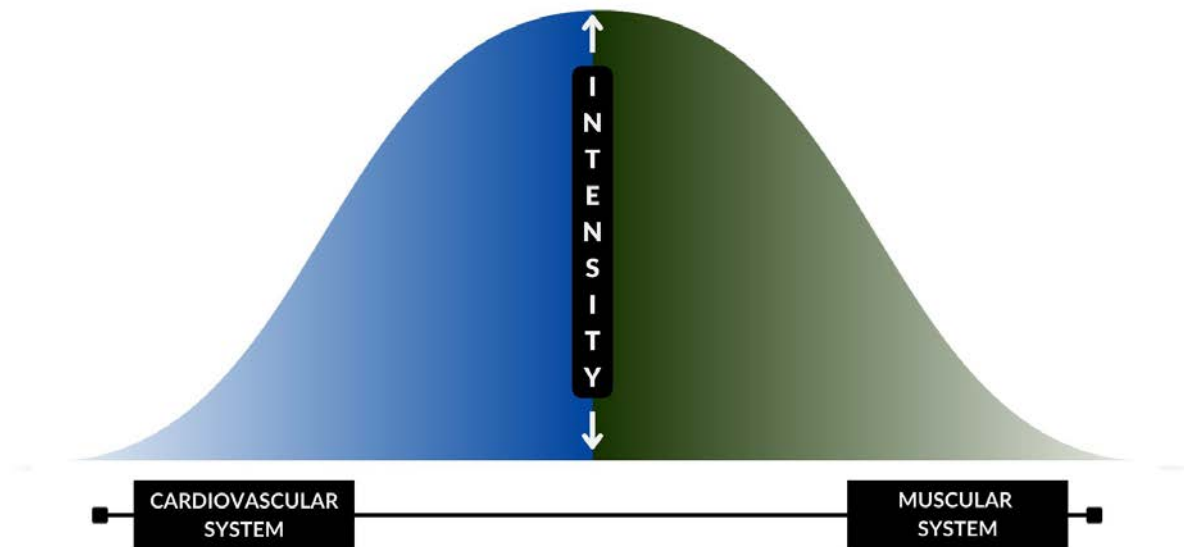
EPP is an ideal state where you are physically prepared to face and overcome the challenges of both sport and life at all times.

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## TRAINING PHILOSOPHY

### The Framework of EPP Training

The primary drivers of EPP are the cardiovascular and the muscular system (there are many others, but these are the primary drivers). These can be trained at low to high intensity, as represented in the graph below. It is vital to understand that intensity is the main driver of adaptation/results, regardless of the pursuit. Meaning if you are learning to type, play guitar, or speak a foreign language - the harder you work, the faster you will see results.



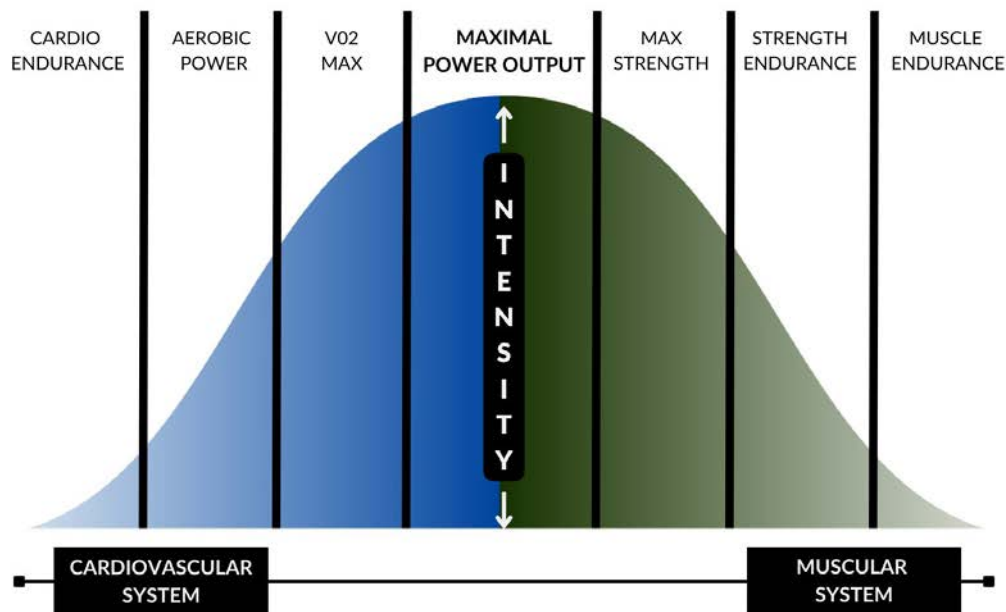


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TRAINING PHILOSOPHY

## The Framework of EPP Training

We can then break this framework into training domains that will have the greatest carryover to performance outside the gym.



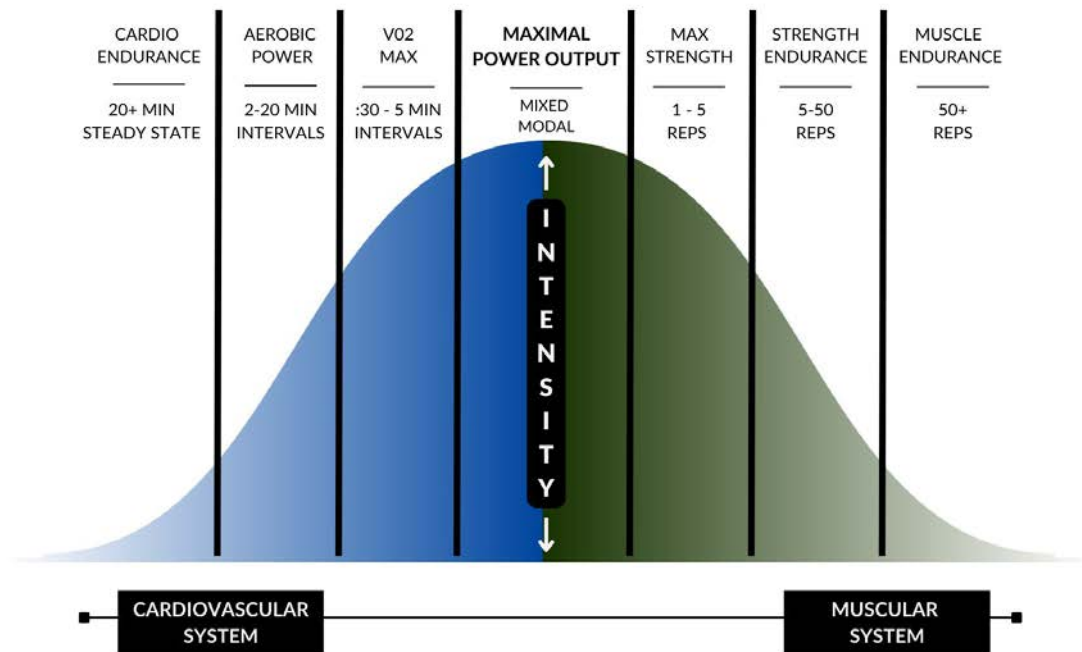
ELITE PHYSICAL PREPAREDNESS

# COMPTRAIN

## TRAINING PHILOSOPHY

### The Framework of EPP Training

The volume on the cardio side is referenced by time, while the muscular system side is determined by reps. Note that “Maximal Power Output” is the blend of both cardio and muscular training, and can vary widely in time and reps.



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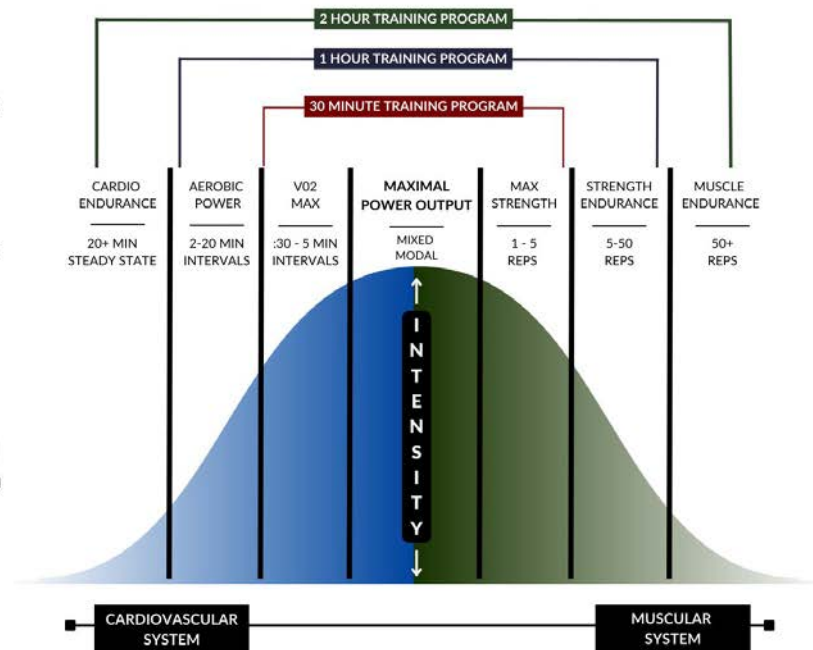
## TRAINING PHILOSOPHY

### The Framework of EPP Training

Because intensity is the main driver of adaptation/results, our 30 min programming focuses on the most powerful levers for you to train to ensure you are maximizing your time in the gym; Power Output, Max Strength and VO2max Training.

If you have 60 minutes to train on a given day, you have the opportunity to add in some Aerobic Power and/or Strength Endurance work.

If training for 2 hours a day, it obviously doesn't make sense to go "all-out" for that entire time, and that is where Cardio Endurance/Zone 2 and Muscular Endurance can make sense in your training program.



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## TRAINING PHILOSOPHY

### Breaking Down EPP Principles

#### Maximal Power Output

While there are many areas of fitness to address — maximal strength, endurance, strength endurance, relative strength, etc. — your ability to produce power is the most important factor to develop. Having a higher power output means you can complete a greater amount of work in any set period of time.

Maximal power output is the sweet spot of training and maximizes the greatest number of training adaptations. This is done by mixing body weight, cardio, and weightlifting (loads between 30-60% of 1RM) in a single workout with rep schemes that are challenging to accomplish with minimal rest (threshold). When the optimal rep schemes and loading are combined it enables you to operate at threshold (the most number of reps you can do with little or no rest) in a cyclical fashion, allowing you to do more work, effectively generating more power output.

To adapt to this stimulus, your body is forced to improve its strength, endurance (both muscular and cardiovascular), and increase its threshold. Thus, it is the most potent and effective form of training to improve EPP.

**Example Training**  
5 Rounds for time of:  
400m Run  
21 Wall Balls  
12 Pull ups

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## TRAINING PHILOSOPHY

### Breaking Down EPP Principles

#### Maximal Strength % Explosiveness

Top end strength is determined by the amount of external loads you can move through the primary movement patterns (squat, press and pull) and are best developed when performed above 80%.

Power is determined by the speed at which you can move a load, either your own body or external loads, and is best developed through the “fast lifts” (Clean, Jerk and Snatch) performed above 80%.

Our strength and explosive work is performed in cycles, focusing on 3 lifts; squats, presses, and a pulls. Each cycle is performed for 4 weeks, which is enough time to allow athletes to experience the appropriate lifting frequency and volume to become proficient and see meaningful adaptations. While taking into account the law of accommodation, which says that we need to use a different stimulus on a regular basis to achieve results.

Next is an example of a strength cycle:

All sets are to be performed as “across”, meaning the same weight is used for all five sets. The objective with this linear progression is to increase loads over the four weeks of the cycle, and each time the cycle comes around.

**Example Training**  
5x3 Back Squats  
at 85% of 1RM

## STRENGTH MACRO CYCLE

Micro Cycle 1 | Squat = Front Squat | Press = Jerk | Pull = Deadlift

Micro Cycle 2 | Squat = Back Squat | Press = Strict Press | Pull = Snatch

Micro Cycle 3 | Squat = Overhead Squat | Press = Bench Press | Pull = Clean

WEEK	SETS   REPS	FORMAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	3x5	<ul style="list-style-type: none"> <li>Begin at 78%</li> <li>Build each set</li> </ul>	SQUAT		PRESS		PULL	
2	3x3	<ul style="list-style-type: none"> <li>Begin at 80%</li> <li>Build each set</li> </ul>		SQUAT		PRESS		PULL
3	3x2	<ul style="list-style-type: none"> <li>Begin at 82%</li> <li>Build each set</li> </ul>	SQUAT		PRESS		PULL	
4	3x1	<ul style="list-style-type: none"> <li>Begin at 85%</li> <li>Build each set</li> </ul>		SQUAT		PRESS		PULL

\*Days of the week that the lift falls will vary based on a number of different factors.  
Typically the lifting days with alternate M/W/F and T/Th/Sat





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## TRAINING PHILOSOPHY

### STRENGTH CYCLES

#### Why do we change lifts every month?

The human body is an amazing machine. If we regularly expose ourselves to the same stress daily, the body adapts to be able to handle it. The body can then accommodate the stress we put on ourselves. This is called the Law of Accommodation.

So in order to avoid this, but still spend time learning the skills of each movement, we switch up our big movements monthly. This allows our body to be exposed to a slightly different, but similar, training stress where we can continually see strength gains throughout the year.

#### The Snatch, Clean, and Clean & Jerk

There is some autonomy when implementing the snatch, the clean, and the clean & jerk cycles into your class programming.

- These movements can be completed as full (squat) variations or as power (receiving above parallel) variations. Athletes that are proficient enough to complete the squat variation at a higher load than the power variation should choose to do so. If athletes face significant barriers of technique and mobility they will likely benefit from choosing the power variation in order to maximize strength training for the cycle. Keep in mind, we want to develop these athlete's deficiencies in technique and mobility as well.
- These sets are also intended to be completed as singles, not touch and go repetitions. The time between repetitions should be no more than 3 breaths or about 5 seconds. Choosing singles over touch and go reps allows us to focus on the mechanics of the lift and keeps the athlete from training poor movement patterns in their first and second pulls. This also allows for maximal power output per set as most athletes will be able to complete these singles at a heavier load than touch and go reps.

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## TRAINING PHILOSOPHY

### The Framework of EPP Training

Training in the gym needs to transfer to the field of sport or life.  
How does proper programming ensure this happens?

There are two main considerations to focus on:

- Training to maximize power output, which we have already discussed
- Targeting “Second Wave Adaptations”.

#### FIRST WAVE ADAPTATION

**NUEROLOGICAL**  
early stage, quick wins



First Wave Adaptations come from learning the fundamental techniques and skills of new movement patterns.

#### SECOND WAVE ADAPTATION

**ORGANIC**  
transferrable to sport and life



Second Wave Adaptations are the gains from training that produce greater strength, speed, stamina, endurance, etc. — these are the adaptations that improve performance outside of the movement itself.

#### THIRD WAVE ADAPTATION

**NUEROLOGICAL**  
Non-transferrable technique



Third Wave Adaptations are related to technical proficiency on a more granular level, implying full mastery of very specific skills.



## The Framework of EPP Training

### Is there a structure to the weekly Conditioning?

Using a weekly conditioning template helps ensure that we're covering all the bases in helping you get the most out of your time in the gym. Couplets and triplets performed at “sweet-spot” weights and rep schemes are a staple of CompTrain’s methods, and will help you develop the highest levels of EPP. While weekly programming will deviate from time to time, the bullet points below are what you'll see most often:

#### Weekly Conditioning Template:

- 5x Per Week Couplets & Triplets in “sweet spot” loading and reps
- 1-2x Long (20+ minutes)
- 1-2x Intervals
- 1 Benchmark or Repeat WOD
- 1 No Shoulders
- 1+ No Barbell

# COMPTRAIN

## TRAINING PHILOSOPHY

### The Framework of EPP Training

#### Sample week of programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1. Back Squat 5x3, on the 2 minute  2. 3 RFT: 400m Run 12 Front Squats (155/105) 12 Chest to Bar Pull ups	4 rounds x AMRAP 4: 20 Lateral Barbell Burpees 500/450m Row Max Power Cleans (135/95)	1. Strict Press 5x3, on the 2 minute  2. AMRAP 12: 7 Toes to Bar 5 Dumbbell Thrusters (50/35)'s 30 Double Unders	3 Rounds For time: 20 Deadlifts (185/135) 40 Sit ups 60/40 C2 Bike Calories
FRIDAY	SATURDAY	SUNDAY	
1.Snatch 5x3, on the 2 minute  2. AMRAP 7: 7 Power Snatches (95/65) 14 Wall Balls (20/14)	3 Rounds For Time: 1,000 Meter Row 50 Burpees 50 Box Jumps (24"/20") 800 Meter Run  Time Cap: 45 Minutes	1. EMOM 40 For total completed rounds (30 possible) Min 1   30 Double unders Min 2   15/12 Calorie row Min 3   10 Push ups Min 4   Rest  2. Run 2-3 miles	<b>Sample Week of CompTrain Gym programming</b>  <i>(30 minute track in individual app)</i>

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## TRAINING PHILOSOPHY

### EQUIPMENT PROFILE

What equipment do I need in order to follow CompTrain Gym programming?

EQUIPMENT	EQUIPMENT	VARIANTS
PULL UP BAR	DUMBBELLS	<ul style="list-style-type: none"><li>Men: pair of 70lb and 50lb</li><li>Men over 55: pair of 50lb and 35lb</li><li>Women: pair of 50lb and 35lb</li><li>Women over 55: pair of 35lb and 25lb</li></ul>
SQUAT RACK		
FLAT BENCH	KETTLEBELLS	<ul style="list-style-type: none"><li>Men: 70 and 53</li><li>Men over 55: 53 and 35</li><li>Women: 53 and 35</li><li>Women over 55: 35 and 25</li></ul>
BARBELL + BUMPER PLATES		
JUMP ROPE	MEDICINE BALLS	<ul style="list-style-type: none"><li>Men: one 20 pound ball</li><li>Men over 55: one 14 pound ball</li><li>Women: one 14 pound ball</li><li>Women over 55: one 10 pound ball</li></ul>
CLIMBING ROPE (15')		
CONCEPT 2 ROWER	PLYO BOXES	<ul style="list-style-type: none"><li>Men: 30 and 24 inches</li><li>Men over 55: 24 and 20 inches</li><li>Women: 24 and 20 inches</li><li>Women over 55: 20 and 14 inches</li></ul>
CONCEPT 2 BIKE		

*Note: If you don't have equipment, every workout provides equipment substitution suggestions.*

# COMPTRAIN

## TRAINING PHILOSOPHY

### PR ATTEMPTS & BENCHMARKS

What metrics do you use to benchmark performance improvements?

Athletes will be able to measure their performance against their personal records several times each week while still allowing several weeks of training between each benchmark.

STRENGTH TESTS	WORKOUTS		MONOSTRUCTURAL
1/3/5 REP SQUATS	ADDERAL (2X)	GLEN	1 MILE RUN
1/3/5 REP DEADLIFT	WELL ROUNDED	JERRY	
1/3/5 REP BENCH PRESS	BERGERON BEEP TEST (2X)	FAST BREAK	
1/3/5 REP STRICT PRESS	BIG CLEAN COMPLEX (2X)	KELLY	
1/3/5 REP PUSH PRESS	BOAT RACE	MACHO MAN (2X)	2,000M ROW
1/3/5 REP PUSH JERK	CHAD	MIND ERASER	
1/3/5 REP CLEAN	COMPTRAIN STANDARD	MURPH	
1/3/5 REP SNATCH	DT	NANCY	
1/3/5 REP THRUSTER	FORTITUDE (2X)	THE CHIEF	

# Using “The One | teaching focus”

Simple is effective.

## Workout

### Front Squat

On the 3:00 x 3 Sets:

2 Front Squats

\* Start First Working Set at 82%

& Build To Heavy

### "Swiftie"

AMRAP 8:

9-12-15-18...

Row Calories

Thrusters (95/65)

## The One | Feet

On the 2-rep front squat and thruster, the big toe should be pushed down to create an arch in the foot, creating a solid foot:ground contact.

Look at the outside of athletes shoes just under the ankle bone to see if they have a collapsing ankle. If so, cue them to “lift their arches” or “roll weight to the outside of the foot”. For a tactile cue, place a jump rope cord under the outside of their heel and have them squat as you lightly try to pull the rope out- it should stay under their foot.

## Questions from the community

- “Why don’t the strength and accessory pieces line up for the “2 Hour” track and the “open-games” track? I noticed CompTrain gym is pulled from the 30 Minutes, 1 Hour, and 2 Hour Track. For the more competitive athlete, it’s nice to be able to do strength, metcons, etc. with the class rather than doing different pieces then class. I wanted to get your take on why the strength pieces are different since they are all the same movements that a regular class member does and a competitive athlete does.”
- Best way to modify for outdoor runs when it’s too cold outside?
- Best way to integrate the “Open-Games” option into a class setting?
- What is the best way to share Programming with other Coaches within the business?

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