





























































COMPTRAIN | GYM

AUGUST COMPTRAIN GYM CALL

STATE OF COMPTRAIN GYM

- What we're working on & updates
 - Lots of Updates – Discussing in this call
 - Tempo Strength Cycle
 - Check resource drive for information on strength cycles.
 - Programming Principles
 - <https://www.comptrain.com/gym-programming-principles>
 - Gym Ambassadors
 - Link | <https://forms.gle/TUgA7b5fdsMhZGrL7>
 - Next Call
 - September 26th, 1:30PM EST.
 - Link | <https://calendly.com/comptrain/comptrain-gym-monthly-call?month=2024-09>
 - August Promo
 - Link | https://drive.google.com/file/d/1-YNLsSIHPg8XIkEX4OTZLGeJUw81gKOH/view?usp=drive_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

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.

COMPTRAIN TRAINING PHILOSOPHY		
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TEMPO STRENGTH CYCLE



TRAINING PHILOSOPHY

COMPTRAIN

HANDLE HARD BETTER

COMPTRAIN RESOURCES

BETTER PEOPLE | BETTER ATHLETES

Highlights

End of cycle A - 3RM

- Week of 8/05 for Strict Press, Deadlift, Back squat
- Week of 8/26 for Bench, Sumo, Front Squat

End of cycle B - 1RM

- Week of 9/16 for Strict Press, Deadlift, Back Squat
- Week of 10/07 for Bench, Sumo, Front Squat

August + September Benchmarks

- Boat Race 08/27
- Kelly 09/03
- Onesies 09/20
- Chipper Gone Bad 09/30

STRENGTH CYCLE | Tempo

Our Tempo cycle is a lifting protocol broken up into three training blocks. Each block focuses on a particular portion of the main lifts — the eccentric (down) phase, the isometric (static) phase, and the concentric (up) phase.

Why It Works

Tempo training, or weight training with a controlled pace, can help build strength and muscle. It can also improve form, body awareness, and stability. Tempo training works by increasing the time under tension (TUT) of muscles, which can lead to better muscle adaptations and strength. It also removes momentum from lifts, which helps ensure controlled technique and taps into more motor units to complete the lift

How It Works

The cycle will focus two weeks of time on the three different phases of a lift. The cycle will repeat 2 times for a total of 12 weeks.

Week 1 | ***Eccentric*** - 5 Second Negative, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 2 | ***Isometric*** - 3 Second Pause, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 3 | ***Concentric*** - No Tempo, 5-7 sets building to a Heavy set of 3 | Strict Press, Deadlift, Back Squat

Week 4 | ***Eccentric*** - 5 Second Negative, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Week 5 | ***Isometric*** - 3 Second Pause, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Week 6 | ***Concentric*** - No Tempo, 5-7 sets building to a Heavy set of 3 | Bench Press, Sumo Deadlift, Front Squat

Weeks 7-9 | Repeat Weeks 1-3 aiming to build in weight

Weeks 10-12 | Repeat Weeks 4-6 aiming to build in weight

*For Isometric Weeks: Bench Press: pause 1 inch off the chest on the way up. Strict Press: pause at eye level on the way up Deadlift & Sumo deadlift: pause below the knee on the way up. Front & Back Squat: pause at parallel on the way up.

*The first time through (weeks 1-6) we'll end with a 3RM test of each lift. The second time through (weeks 7-12) we'll be completing the cycle with a 1RM test of each lift.

STRENGTH CYCLE | Tempo

How It Works...cont

Phase 1 | Eccentric

We begin with the eccentric block. It's the most taxing of the three since you're under a heavy load for an extended period of time. The outcome is significant changes of the musculature and strengthening the joints and tendons. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifter lowers the load down. Once at the bottom of the lift, drive it back up. After completing this block, your muscles and tendons will be ready to take on the blocks that follow.

Eccentric Phase:

- Load | 70% to 85% of 1RM
- Tempo | 5 second lowering

[VIDEO LINK](#)

Phase 2 | Isometric

The next block is the isometric phase. Here, the focus is on holding the lift in a typical position of struggle or weakness before completing the lift. This phase will help you overcome sticking points by strengthening the muscles needed to lift the weight in that particular position. Bench Press: pause 1 inch off the chest on the way up. Strict Press: pause at eye level on the way up Deadlift & Sumo deadlift: pause below the knee on the way up. Front & Back Squat: pause at parallel on the way up.

Isometric Phase:

- Load | 60% to 80% of 1RM
- Tempo | 3 seconds hold

Phase 3 | Concentric

The third is the concentric block, in which the lifter performs the rep with as much force and speed as possible.

Concentric Phase:

- Load | 75% to 80% of 1RM
- Tempo | Explosive lifting

GYM UPDATES ROADMAP

COMING SEPTEMBER

- Programming & Content Delivery: Monday 5PM EST each week for the following week.
- New Coach-Specific Weekly Overview
- Better Individual & Gym Coaches Notes Alignment
- Reintroducing Mindset
- Enhancing Sunday Programming
- Expanding Coaching Resources
- Targeted Modifications: Standards for Masters (55+ years) and Teens (13-14 years)
- Ambassador Program
- External Platforms Improvement
- Community and Platform Development

COMING SOON

- Language Translation into Europe & South America:
 - We're expanding our reach by translating programming and content into multiple languages to better support our gyms in Europe and South America with more specifics to come on exact languages. This ensures more of our global community can fully engage with the content.
- Customization Features:
 - We're in the early stages of exploring new features that could allow you to better tailor programming to your gym's specific setup. Our goal is to make it easier for you to align workouts with the unique equipment and needs of your gym.
- In-Person Activations:
 - We're planning immersive, in-person experiences designed to elevate your coaching and gym management skills. As part of the CompTrain community, you'll be the first to know about these exclusive events, with opportunities for early access and special offers.

COMMUNITY QUESTIONS

Q/A ON PROGRAMMING

Questions from the community

- Will we have access to the OPEN - GAMES track that is provided with the individual programming?
- Will we have more coaching specific Videos? -
 - [Link to Lesson Plan](#)
 - [Link to Teaching Video](#)
 - [Link to Weekly Coach Overview](#)
- What is your Favorite Color?
- First - I love the set Mon, Wed, and Friday for the lifting cycles but would it be possible with the different cycles to change what lift falls on what day? We have athletes that miss certain days so they never hit one of the lifts or with the squats always being at the end of the week myself and a lot of athletes are feeling beat from the week and just don't have a lot left to give to the squat day. It would be nice to start the week with squats sometimes.

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