

COMPTRAIN GYM

# *July 2026*

## *Programming Deep Dive*

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A monthly guide for coaches and gym owners.

*Understand the programming. Communicate the why. Build buy-in.*

MONTHLY DIGEST

# July at a Glance

July is the heart of the **MAX EFFORT** cycle. The **POWER** cycle closed in June with explosive tests; now the barbell work simplifies. Three foundational lifts rotate across the week: Bench Press, Back Squat, and Deadlift (with Power Clean, Strict Press, and Front Squat rotating in). Every session follows the same format: warm-up sets at moderate percentages, then **one working set pushed to technical failure** at a climbing percentage. Weeks 1–3 build from 80% to 85%, Week 4 backs off, and Week 5 starts a new wave.

Tuesday’s thread builds toward the **"Well Rounded"** benchmark on **July 28**. Four interval workouts progressively layer power cleans, burpee pull-ups, air squats, and running into longer and more complex formats. By benchmark day, athletes have rehearsed every piece. **"1776"** lands on **Saturday, July 4** for Independence Day. Five repeat workouts give athletes chances to measure progress against previous scores.

NUMBERS TO KNOW

<b>Well Rounded Target</b>	20–26 min (RPE 6–8)   Loading: 55–65%
<b>Max Effort Peak %</b>	85% of 1RM (Week 3)
<b>Back-Off Week</b>	Week 4: 3x5 or 3x3 @ 77–82%
<b>1776 Target</b>	26–36 min (M) / 28–38 min (W)

DAILY THEMES

# Every Day Has a Purpose

<b>MON</b>	<b>Muscular Monday</b>	Upper-body press + muscular endurance conditioning. Giant sets, carries, grinds.
<b>TUE</b>	<b>Target Tuesday</b>	Interval thread building to the Well Rounded benchmark on 7/28.
<b>WED</b>	<b>Well-Rounded Wednesday</b>	Lower-body or pull strength + balanced conditioning. AMRAPs, chippers.
<b>THU</b>	<b>Threshold Thursday</b>	Longer efforts that push your aerobic ceiling. Lactate Threshold. RPE 6–7.
<b>FRI</b>	<b>Forever Athlete Friday</b>	Plyometrics + heavy lift + a short, intense burner. Aerobic Power.
<b>SAT</b>	<b>Sweat Session Saturday</b>	Big effort: individual + team versions. Community day.
<b>SUN</b>	<b>Slow Down Sunday</b>	Long and slow in any modality. Zone 2, RPE 2–4.

STRENGTH CYCLE

# MAX EFFORT: The Full Picture

Max Effort shifts the focus from volume to intensity. After months of building volume (Stamina, Build) and learning to express strength explosively (Power), this cycle narrows the work: fewer total sets, heavier loads, and maximal effort on every rep. One all-out set at a challenging percentage prepares the nervous system for testing **3-rep maxes in Week 8**. After Max Effort comes **Peak**, where athletes push toward true 1RM limits.

### The Max Effort Format:

Two building sets ramp to the working weight, then one all-out set pushing to technical failure. Percentages start at 80% and climb to 90% across the cycle.

**Push:** Bench Press | **Squat:** Back Squat | **Pull:** Deadlift / Power Clean (alternating weeks)

**Technical Failure vs. Absolute Failure:** Stop the set when your form breaks down, not when you physically cannot move the bar. If a rep slows significantly or mechanics shift, rack the bar. Quality over quantity.

## 9-Week Progression

WK	DATE	LIFTS	SESSION FORMAT
1	6/29	Bench / Squat / Deadlift	5@70%   3@75%   Max @ 80%
2	7/6	Bench / Squat	4@73%   3@77%   Max @ 82%
3	7/13	Bench / Deadlift	3@75%   2@80%   Max @ 85%
4	7/20	Strict Press / Front Squat	<i>Back-Off: 3x3-5 @ 77-82%</i>
5	7/27	Squat / Bench	5@73%   3@77%   Max @ 82%
6	8/3	Bench / Power Clean	Bench: 3@75%   2@80%   Max@85% PC: 5@73%   3@77%   Max@82%
7	8/10	Deadlift / Bench	2@80%   1@85%   Max @ 90%
8	8/17	Deadlift / Bench / Squat	<b>3RM Tests (build: 3@75%   3@85%   1@87%)</b>
9	8/24	Push Press / Power Clean	<i>Back-Off: 3x3-5 @ 77-82%</i>

*Weeks 1-5 fall in July. Weeks 6-9 continue through August. Deadlift and Power Clean alternate weeks to manage pulling volume.*

### COMPETITORS TRACK

The Competitors Track follows the same Bench Press and Back Squat progression. The difference is the third lifting day: an **Olympic day** that varies by block. Block 1 (Weeks 1-4) rotates through Snatch Complex, Jerks, Squat Clean, and Jerk Complex. Block 2 (Weeks 5-9) locks into a structured **Clean & Jerk progression** building toward a 1RM C&J test in Week 8, alongside the 3RM powerlift tests.

BENCHMARK

# Well Rounded

Every Tuesday in July has been building toward this. The interval workouts progressively introduced power cleans, burpee pull-ups, air squats, and running in shorter windows, then stretched the format longer and more complex. By July 28, athletes have rehearsed every movement pattern at race-pace intensity. Well Rounded tests aerobic power and lactate threshold across ten rounds of the exact triplet they've been training.

**WELL ROUNDED | Tuesday, July 28, 2026 — 10 Rounds For Time:**

3 Power Cleans (165/115) → 6 Burpee Pull-ups → 12 Air Squats → 200 Meter Run

**Time Cap: 30:00 | Fitness Attribute: Lactate Threshold**

*Target: 20–26 min | Target Loading: 55–65% of 1RM | RPE 6–8*

**Scaling:** Ages 45–54: 135/95 | Ages 14–15 & 55+: 115/85

**Repeat from 8/27/2025.** Compare scores carefully. Athletes who tested this in August 2025 have a full year of data.

READ THIS TO YOUR CLASS

"Ten rounds is a long workout. Your score lives in the back half. Clear rounds in 2:30 or less. Cycle the cleans in quick singles. Land a steady burpee pull-up rhythm where the jump-pull stays one motion. Open the first three rounds controlled. If you're breathing hard at round 3, you went out too hot."

TARGET TUESDAY

## Building to Well Rounded

July's Tuesday thread is a four-week interval progression that rehearses the exact movements in Well Rounded: power cleans, burpee pull-ups, air squats, and running. Each week stretches the format, building capacity for the 10-round benchmark.

DATE	WORKOUT	FORMAT	CONNECTION
Fri 7/3	"Piston"	3x3:00 AMRAP / 1:00 rest	<i>Cleans + run + burpee PUs. Moved to Fri (holiday week).</i>
Tue 7/7	"Firehouse"	4x4:00 AMRAP / 4:00 rest	<i>400m run buy-in + cleans + burpees + DUs. RPE 7–8.</i>
Tue 7/14	"Roundhouse"	4x6:00 AMRAP / 1:00 rest	<i>600m run buy-in + pull-ups + cleans + air squats.</i>
Tue 7/21	"Backbeat"	6x2:00 AMRAP / 4:00 rest	<i>Cleans + burpee PUs + air squats + max cal bike. RPE 9.</i>
Tue 7/28	"Well Rounded"	10 Rds FT / Cap 30:00	<b>BENCHMARK.</b> <i>The full test at race pace.</i>

The arc: short-burst intervals with the core movements → longer windows with a run buy-in → max-effort sprint sets → the full 10-round benchmark. By test day, your athletes have touched every piece at race pace.

PROGRAMMING INTELLIGENCE

# The Thread: Hidden Connections

The programming is more connected than it looks. Here are threads your athletes won't see unless you point them out:

**"Main Event" (Sat 7/11) opens with a 1 Mile Run.** Athletes who just tested the 1 Mile Run benchmark on 6/30 get an immediate application: run a mile at a controlled pace, then push through 100 wallballs, 100 DB step-ups, and 100 cal bike. Their benchmark time is the pacing reference for the buy-in.

**"Backbeat" (Tue 7/21) is the final rehearsal for Well Rounded.** Same movements at the same loading: 3 power cleans (165/115), 6 burpee pull-ups, 12 air squats. The only difference is the window. Six 2:00 AMRAPs with max-cal bike in the remaining time. Athletes who can clear the triplet in under 70 seconds are ready for benchmark day.

**Week 4 back-off introduces different lifts.** Strict Press, Front Squat, and Power Clean replace the main three lifts. The loading drops to straight sets at 77–82%. This keeps athletes under the bar without accumulating fatigue before Week 5 restarts the wave.

## S L O W D O W N S U N D A Y

### Go Long. Go Slow. Pick Your Modality.

Sundays deliver long, slow distance in **any modality**: runs, rucks, hikes, bikes, rows, swims. Zone 2 (RPE 2–4). Each week offers three options: pyramid intervals on row/bike, 20–30 minutes continuous in any modality, or a mixed session (row + run + bike).

## T R A C K Y O U R P R O G R E S S

### Repeat Workouts This Month

These workouts appeared in previous cycles. Athletes who logged scores last time can compare. Highlight these on your whiteboard:

WORKOUT	DATE	LAST APPEARED
"Stop & Shop"	Thu 7/2	Mar 27, 2025
"Triple Crown"	Wed 7/8	Jan 2, 2026
"Magic 8 Ball"	Thu 7/16	Feb 6, 2025
"Vicious Cycle"	Thu 7/23	May 22, 2025
"Well Rounded"	Tue 7/28	Aug 27, 2025

## C O A C H P L A Y B O O K

# What to Say Each Week

### June 29 – July 5

**MAX EFFORT Week 1. 1 Mile Run. Independence Day.** Introduce the new strength format: warm-up sets, then one set to technical failure at 80%. Lifts: Bench, Back Squat, Deadlift. Tuesday 6/30 is the 1 Mile Run benchmark. Stop & Shop on Thursday is a repeat from 3/27/25. "Piston" on Friday is the first Tuesday thread workout (moved

for the holiday). **"1776" on Saturday (July 4th):** 1,776m row + 74 push-ups + 74 wallballs + 74 DB push press + 1,776m row. Cap 40 min. Run a community event.

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## July 6 – 12

Week 2: working set climbs to 82%. Bench and Back Squat continue; Power Clean rotates in on Friday. "Firehouse" on Tuesday: 4x4:00 AMRAPs with 400m run buy-ins. This is the first real Tuesday thread piece. Triple Crown on Wednesday is a repeat from 1/2/26. "Main Event" on Saturday: 1 Mile Run buy-in + 100 wallballs + 100 DB step-ups + 100 cal bike. Target 26–30 min.

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## July 13 – 19

**Peak week: working sets hit 85%.** The heaviest max-effort sets of the month. "Roundhouse" on Tuesday: 4x6:00 AMRAPs with 600m run buy-ins + pull-ups + cleans + air squats. Magic 8 Ball on Thursday is a repeat from 2/6/25. "Mountain Top" on Saturday: pyramid row/KB swings/bench press/pull-ups. Target 24–30 min.

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## July 20 – 26

**Back-off week.** Lifts shift to Strict Press, Front Squat, and Power Clean at straight sets (77–82%). No max-effort sets. Let connective tissue recover. "Backbeat" on Tuesday: 6x2:00 AMRAPs. The final Well Rounded rehearsal at RPE 9. Vicious Cycle on Thursday is a repeat from 5/22/25. "Threadbare" on Saturday: five 400m runs interspersed with DB work. Target 24–30 min.

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## July 27 – August 2

**Well Rounded benchmark. New wave begins.** Max-effort sets restart at 82% with a fresh lift rotation: Back Squat, Bench, Deadlift. **Tuesday 7/28 is Well Rounded.** 10 rounds. Coach pacing from round 1. "Crosshatch" on Wednesday: row + strict press + push-ups. Target 8–12 min. "Tradewind" on Thursday: bike/run/DU couplets with 3:00 rest. Target 27–32 min.

### LOOK AHEAD

August pushes the Max Effort cycle to its peak. Week 6 hits 85%, Week 7 reaches **90%**, then **Week 8 (August 17) is test week: 3RM Deadlift, 3RM Bench Press, 3RM Back Squat.** Build sets (3@75%, 3@85%, 1@87%) prime the nervous system before each test. Competitors also test a **1RM Clean & Jerk.** A separate **Max Effort Strength Cycle** document covers the full progression.

*July puts the MAX EFFORT cycle into full swing. One benchmark anchors the month. Help your members see the thread. When they know the why, they show up.*