

COMPTRAIN GYM

August 2026

Programming Deep Dive

A monthly guide for coaches and gym owners.

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

MONTHLY DIGEST

August at a Glance

August is the climax of the Max Effort cycle. Working sets climb to **90%** in Week 7, then **Week 8 is test week: 3-Rep Max Deadlift, Bench Press, and Back Squat**. Everything the cycle has been building toward lands here. Week 9 backs off and lets the body recover. Meanwhile, every Tuesday builds toward the **CompTrain Beep Test** (Bergeron Beep Test), introducing the benchmark movements at increasing intensity. The Beep Test itself arrives **September 1**, so August is the final preparation.

WHAT YOU NEED TO KNOW

WEEK OF AUG 10	Peak intensity	Max-effort working sets hit 90%. The heaviest the cycle gets before testing.
WEEK OF AUG 17	3RM Test Week	3-Rep Max Deadlift (Mon), Bench Press (Wed), Back Squat (Fri). Competitors also test 1RM Clean & Jerk.
SEPTEMBER 1	Beep Test	The CompTrain Beep Test benchmark arrives. Every Tuesday in August prepares athletes for test day.

DAILY THEMES

Monday	<i>Muscular Monday</i>	Strength + muscular endurance. Max-effort lifting anchors each session.
Tuesday	<i>Target Tuesday</i>	Interval work building toward the CompTrain Beep Test benchmark.
Wednesday	<i>Well-Rounded Wednesday</i>	Balanced conditioning across multiple movement domains + max-effort lifting.
Thursday	<i>Threshold Thursday</i>	Sustained efforts at lactate threshold. Engine-building days.
Friday	<i>Forever Athlete Friday</i>	Plyometrics + max-effort squats + short, intense conditioning.
Saturday	<i>Sweat Session Saturday</i>	Longer pieces. Community workouts with team versions available.
Sunday	<i>Slow Down Sunday</i>	Zone 2 aerobic work. Three options: intervals, continuous, or mixed.

ACCESSORY PROGRESSIONS

Strict Pull-up Progression (Weeks 7-10): Running through August. Week 10 is a retest on August 18. Athletes should be hitting higher rep counts than their Week 1 baseline.

Stability Progression - Single-Leg Squat/Split Squat (Weeks 1-4): Four-week block running through August Tuesdays. Athletes choose their level (bodyweight split squat through double DB Bulgarian split squat). Week 4 is the final week: stay at the level you own and make every rep the cleanest.

STRENGTH CYCLE

MAX EFFORT: The Final Push

August is where the Max Effort cycle pays off. After five weeks of progressive loading (80% to 85%), the intensity climbs to **90% in Week 7**, then **Week 8 tests true 3-Rep Maxes** across all three primary lifts. The build sets (3@75%, 3@85%, 1@87%) prime the nervous system before each test. Week 9 backs off to let the body recover before the next training phase.

Where We Are in the Cycle:

Weeks 1-5 (June 29 - July 27) built the foundation: 80% to 85% working sets with a back-off week in the middle. August picks up at Week 6 and drives straight to the peak.

Full-Year Arc: Stamina > Build > Power > **Max Effort** > Peak

August Progression (Weeks 6-9)

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

TEST WEEK COACHING

Week 8 (Aug 17): Athletes test 3RM Deadlift (Monday), 3RM Bench Press (Wednesday), and 3RM Back Squat (Friday). Build sets prime the nervous system: 3@75%, 3@85%, 1@87%, then go for the 3-Rep Max.

Competitors also test a **1RM Clean & Jerk** on their Olympic day. Remind athletes: technical failure rules still apply. The heaviest triple they can move with clean form is the goal.

COMPETITORS TRACK

Same Bench and Back Squat progression as the Complete Track. The Olympic day shifts into Block 2: a structured **Clean & Jerk progression** building singles at climbing percentages. Week 8 tests **1RM Clean & Jerk** alongside the 3RM powerlift tests. Week 9 backs off with Push Press and Power Clean at 77-82%.

BENCHMARK

CompTrain Beep Test

An ascending ladder that gets harder every round. The run and burpee pull-ups stay constant, but the thrusters climb by one rep each round (1, 2, 3, 4, 5...) until you cannot finish inside the 2-minute window. Every Tuesday in August rehearses the exact movements at benchmark loading.

COMPTRAIN BEEP TEST On the 2:00 x Max Rounds:
200 Meter Run | 5 Burpee Pull-ups | 1-2-3-4-5... Thrusters (75/55)
Time Cap: 30:00 (15 Rounds) | **RPE:** 7-8 | **Target:** 6-10 Rounds | **Scaling:** 65/45 | **Attribute:** VO2 Max

Finish the run and burpee pull-ups in 90 seconds or less, leaving 30+ seconds for thrusters. The workout ends when you cannot complete the thruster reps inside the 2:00 window. Bar should feel light enough for unbroken sets every round.

TARGET TUESDAY

Building to the Beep Test

Four Tuesdays, each layering in another piece of the benchmark. By Sound Check, athletes run the full triplet at race pace in tight windows.

DATE	WORKOUT	FORMAT	CONNECTION
Tue 8/4	"Lane Change"	24:00 window, 3 blocks	<i>Runs + burpee PUs + front squats. First session of the Beep Test thread.</i>
Tue 8/11	"Red Line"	4x AMRAP 4:00 / 4:00 rest	<i>400m run + thrusters (75/55) + lateral burpees. Benchmark weight introduced.</i>
Tue 8/18	"Dress Rehearsal"	3 descending interval blocks	<i>400m run + thrusters (75/55) + burpee pull-ups. All three movements combined.</i>
Tue 8/25	"Sound Check"	3 Sets: On the 2:00 x 3	<i>200m run + burpee PUs + thrusters (75/55). Full triplet, tight windows.</i>

READ THIS TO YOUR CLASS

"Every Tuesday this month is a step toward the Beep Test. Same run. Same burpee pull-ups. Same barbell. What changes is how we layer them. Lane Change breaks the movements apart. Red Line puts the barbell in your hands at race weight. Dress Rehearsal stacks all three. Sound Check runs the full triplet in windows tight enough to expose your pacing. On test day, the thrusters climb by one rep each round until you break. If you can hold your splits through Sound Check, you are ready."

PROGRAMMING INTELLIGENCE

The Thread: Hidden Connections

"Take Your Time" (Sat 8/8) opens with a 2-mile run. Athletes who tested the 1 Mile Run benchmark on 6/30 now double the distance as a buy-in. The first mile should match their benchmark pace; the second mile teaches them to hold form when fatigued. Their benchmark time is the pacing reference.

"One Way" (Sat 8/15) is a 1-mile run into a chipper. 80 hand-release push-ups, 60 V-ups, 40 burpees to target, 20 hang power snatches (115/85). One pass through each station. Settle into the run at a pace that leaves something for the floor. Target 24-30 minutes.

Week 9 back-off introduces different lifts. Push Press, Power Clean, and Front Squat replace the main three lifts. The loading drops to straight sets at 77-82%. This keeps athletes under the bar without accumulating fatigue before the next training phase.

SLOW DOWN SUNDAY

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).

TRACK YOUR PROGRESS

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
"Pinkie Promise"	Wed 8/5	<i>Jun 6, 2025</i>
"Hold It!"	Fri 8/14	<i>Sep 17, 2025</i>

COACH PLAYBOOK

What to Say Each Week**August 3 - 9**

MAX EFFORT Week 6. Working sets hit 85%. Bench Press on Monday, Power Clean on Wednesday, Back Squat on Friday. "Lane Change" on Tuesday opens the Beep Test thread with 200m runs, burpee pull-ups, and front squats. Pinkie Promise on Wednesday is a repeat from 6/6/25. "Take Your Time" on Saturday: 40:00 AMRAP with a 2-mile run buy-in. Target 6-8 rounds after the run.

August 10 - 16

Peak week. Working sets climb to 90%. Deadlift on Monday, Bench on Wednesday, Back Squat on Friday. This is the heaviest the cycle gets before test week. "Red Line" on Tuesday: 4x AMRAP 4:00 with a 400m run buy-in and thrusters at benchmark weight (75/55). "Hold It!" on Friday is a repeat from 9/17/25. "One Way" on Saturday: 1-mile run into a chipper. Target 24-30 min.

August 17 - 23

TEST WEEK. 3-Rep Max Deadlift, Bench Press, Back Squat. Build sets (3@75%, 3@85%, 1@87%) prime the nervous system before each test. Competitors also test 1RM Clean & Jerk. "Dress Rehearsal" on Tuesday layers all three Beep Test movements together in descending interval blocks. "Closing Argument" on Saturday: 3+6 rounds for time with KB swings, push-ups, and runs.

August 24 - 30

Back-off week. Push Press, Power Clean, and Front Squat at 77-82%. No max-effort sets. Let connective tissue recover. "Sound Check" on Tuesday is the final Beep Test prep: full triplet (run + burpee PUs + thrusters) in 2:00 windows. Athletes should finish each round with at least 15 seconds of rest. "Matchstick" on Friday (wallballs + row) is the cleanest aerobic primer for the Beep Test. "Last Call" on Saturday closes the month: 5 rounds with bike, burpees, DB snatches, and 400m runs.

LOOK AHEAD

The **CompTrain Beep Test** arrives **September 1**. Four weeks of Tuesday prep have rehearsed every movement at benchmark loading. Athletes who held their splits through Sound Check are ready. The **Peak** cycle follows Max Effort: fewer sets, heavier singles, building toward true 1RM tests. A separate **Max Effort Strength Cycle** document covers the full progression.

August is where the work pays off. One test week. One benchmark on the horizon. Help your members trust the process. When they see the thread, they show up ready.