

C O M P T R A I N G Y M

August 2026

Movement Coaching Guide

A faults & cues tool for the coaching floor.

The Movements That Matter

Three of these movements are the **CompTrain Beep Test** — August's benchmark. Every Target Tuesday builds toward it: **Lane Change**, **Red Line**, **Dress Rehearsal**, and **Sound Check** stack the run, burpee pull-ups, and thrusters into closer rehearsals until athletes have touched the exact test. The fourth, the **Back Squat**, headlines the Max Effort cycle as it peaks at a 3-Rep Max the week of **August 17**.

THE BENCHMARK · COMPTRAIN BEEP TEST

On the 2:00 × Max Rounds:

200m Run

5 Burpee Pull-ups

1-2-3-4-5... Thrusters (75/55)

Add one thruster every round. The round ends the moment you can't finish the thrusters inside the 2:00. Score = total rounds + reps. Time cap 30 min (15 rounds); 13–15 & 55+: 65/45. **Light bar (35–45% 1RM) · RPE 7–8 · VO2 Max · target 6–10 rounds.**

Pace it: clear the run + burpee pull-ups in 90 seconds or less, leaving 30+ for the barbell. The first two rounds should feel too easy — the aerobic engine takes ~90 seconds to switch on. Same round-time every round; empty the tank only on the last.

How We Coach It

- ▶ **Quality earns intensity.** Perform the movement clean and controlled before you add speed or load.
- ▶ **Cue the effect, not the body part.** "Push the floor away" beats "extend your knees" — external cues stick faster and hold up under fatigue. (*Wulf; Winkelman*)
- ▶ **One cue at a time.** Pick the single fault that fixes the most, say it, then let them *feel* the next rep. Say less.
- ▶ **Let the drill do the coaching.** When you can, set up the drill so the fault can't happen — better than repeating a correction. (*Constraints-Led Approach*)
- ▶ **Control the controllables.** Effort, attitude, the next rep — never the score. (*Bergeron*)

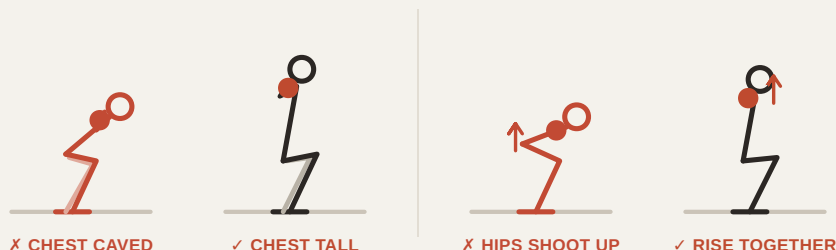
The Month's Movement Map

MOVEMENT	ROLE THIS MONTH	KEY NUMBER
Back Squat	Max Effort lift — cycle peaks at a 3-Rep Max (wk of Aug 17)	<i>Establish a 3-Rep Max</i>
Thruster	Beep Test barbell — the ascending ladder that ends the test	<i>1-2-3-4-5... · 75/55</i>
Burpee Pull-up	Beep Test rhythm — bar just at your fingertips	<i>5 reps / round</i>
200m Run	Beep Test efficiency — the valve that protects thruster time	<i>≤ 90s w/ the BPU</i>

Back Squat

The Max Effort cycle peaks at a 3-Rep Max the week of August 17 — three warm-up sets, then one heavy triple. Near-max weight rewards position and punishes rushing, and the leg drive it builds is the same drive behind every thruster in the Beep Test.

COACH'S CUE *"Screw your feet into the floor and stand up tall."*



THE FAULT — WHAT YOU SEE

Chest caves and the bar drifts forward under the heavy triple

Rushing and bouncing the descent on a near-max rep

THE CORRECTION — WHAT YOU SAY

BELLY → BRACED · CHEST → UP

"Brace like you're about to take a punch."

Stiffen the whole trunk before you unrack and hold it — that "super stiffness" is what keeps a near-max bar from folding you forward.

DOWN → CONTROLLED · UP → PUSH THE FLOOR AWAY

"Control down, then push the floor away."

A patient descent keeps you stacked to drive out of the hole; bouncing a heavy bar throws you forward.

DRILL · PAUSED BACK SQUAT

On the warm-up sets, have them hold a full two-second pause at the bottom of every rep, dead still with no bounce, then stand. Count the two seconds out loud so the pause stays full. Three or four sets of two to three reps in the build-up is plenty before they load the top triple.

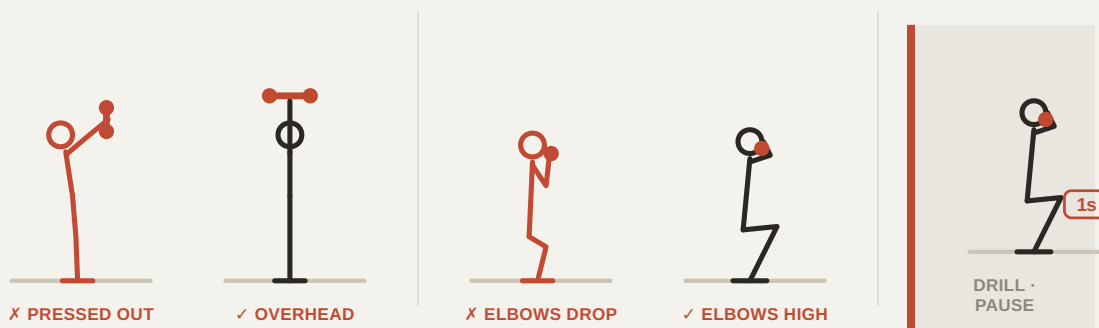
Watch the pause. The chest should stay tall and the bar should sit stacked over the middle of the foot. The moment the chest dips or the hips shoot up first, you are seeing the exact fault the heavy triple would expose, so take weight off until they can hold a tall position. Talk them through it: "big breath into the belly, chest tall" at the bottom, then "drive the whole foot down and lead with the chest" on the way up.

Build: work up through the warm-up sets and then chase the heavy triple, ending the set the moment bar speed slows or the position breaks. **Modify:** if a true three-rep max isn't there today, finish on the heaviest triple that still looks clean, and set safeties or a spotter so they can push without hesitating.

Thruster

The thruster is what ends the Beep Test. It climbs every round — 1 rep, then 2, then 3 — on a deliberately light bar. This isn't a strength test; it's whether you can keep an efficient, unbroken thruster while the reps and heart rate climb. Front-rack position and leg drive are what hold up.

COACH'S CUE *“Stand up fast and send the bar through the ceiling.”*



THE FAULT — WHAT YOU SEE

Pressing the bar out with the arms instead of riding the leg drive

Cutting the squat and the elbows dropping in the front rack

THE CORRECTION — WHAT YOU SAY

LEGS → DRIVE FIRST · BAR → RIDES UP
“Drive with the legs — the arms only guide it.”

On a light bar the dip-drive should float it up; pressing with the arms burns the shoulders you'll need in round 12.

HIPS → BELOW KNEES · ELBOWS → HIGH & OUTSIDE
“Full squat — elbows high and outside.”

Loose full grip, elbows up, bar resting in the fingertips so it rides the shelf; a tight grip drops the elbows and a cut squat kills the drive.

DRILL · PAUSING THRUSTER

With an empty or very light bar, run two or three sets of five. Have them pause a full second in the bottom of the front squat, elbows high and the bar settled on the shoulders, then stand and send the bar overhead in one motion. Starting from a dead stop takes the bounce away, so the legs have to do the launching.

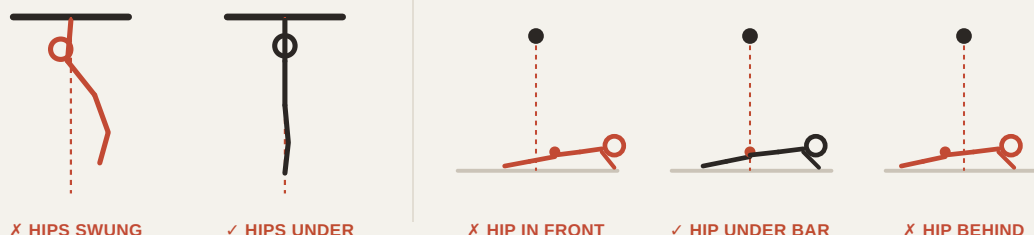
The tell is the timing: the bar should leave the shoulders the instant the legs finish. If they stand all the way up and then press, the drive and the press are disconnected, so call out “beat the bar, legs first.” Also watch the elbows dropping in the pause, which usually means the grip is too tight, and the heels lifting on the way up. Cue “elbows high, sit tall” at the bottom and “stand up fast and let it ride up” out of it.

Build: take the pause away and cycle smooth, unbroken sets of five to seven at workout weight, breathing at the top of each rep. **Modify:** drop to an empty bar or a PVC pipe until the bottom position and the timing hold up, then add weight a little at a time.

Burpee Pull-up

5 burpee pull-ups every round, and they set up your thruster time. The bar sits at your fingertips, so this is a *jumping* pull-up — the jump carries you up and your chin clears the bar in one motion, not a jump and then a strict pull.

COACH'S CUE “Stay stacked under the bar — burpee, jump, and pull, all one straight line.”



THE FAULT — WHAT YOU SEE

Jumping, hanging, then pulling — three moves instead of one

Hips travel — feet kick back too far in the burpee, or the body swings on the pull

THE CORRECTION — WHAT YOU SAY

JUMP → INTO THE PULL • CHIN → OVER ON THE WAY UP
“Jump and pull as one — chin over on the way up.”

The jump should flow straight into the pull so it carries you over the bar; stopping to hang throws away the free lift the jump gives you.

FEET → BACK TO UNDER THE BAR • HIPS → STACKED THE WHOLE TIME

“Keep your hips under the bar the entire movement.”

Land the burpee with your feet back *under* the bar, and the jump goes straight up into the pull. Stay stacked and every rep is a short, straight line.

DRILL • UNDER-THE-BAR WALK-THROUGH

Stand directly under the bar and walk through the movement slowly with no jump, five or six reps: hands down, feet back so the chest lands right under the bar, snap the feet back in under the bar, and stand up tall into it. Once the footwork feels stacked, speed it up and add the jump and the pull.

Watch the feet on every rep — they should land back directly under the bar. If they kick out far behind or land ahead of the bar, the hips travel and the jump won't line up with the pull. At the top, the athlete should finish stacked right under the bar, ready to jump straight up. Cue it as they go: “chest under the bar, feet back under you, stand tall into it,” then “jump straight up, chin over” once they're moving at speed.

Build: string five to ten unbroken burpee pull-ups at a steady, repeatable rhythm without the hips ever drifting off the line.

Modify: raise the bar slightly, or swap to a jumping pull-up on a lower bar or a burpee into a ring row, keeping the same under-the-bar footwork.

The 200m Run

The run is the pacing valve of the Beep Test — controlled enough that the run and 5 burpee pull-ups fit inside 90 seconds, leaving 30+ for the barbell. Go out too hard and there's no window left by round 8.

COACH'S CUE “Run tall — quick, light feet landing under you.”

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Tense upper body — shoulders shrugged, hands clenched, arms crossing the body	SHOULDERS → DOWN & LOOSE · ELBOWS → DRIVE STRAIGHT BACK “Loose hands, drive the elbows back.” Arms crossing the body rotate the torso and leak energy; a straight front-to-back elbow drive sends it all forward.
Overstriding — the foot reaches out front and heel-brakes each step	FEET → LAND UNDER YOUR HIPS · CADENCE → QUICK “Quick feet — pull the foot up, don't reach.” Reaching out front brakes you every step; a fast, light cadence lands the foot under you and holds the heart rate down.

DRILL · WALL DRILL

Face a wall with hands on it at shoulder height, arms straight and the whole body in one line, leaning in slightly from the ankles rather than bending at the waist. Drive one knee up until the foot lifts under the hip, hold a beat, set it down, and switch legs. Start with slow single drives, five or six each side, then quicken into a light march.

The body should stay in one straight line from head to heel, so watch for the hips sagging or the athlete folding at the waist. The driving foot should come straight up under the hip with the toe up, not swing out in front, and the standing heel stays down. Cue “tall body, lean from the ankles,” then “drive the knee, foot under your hip,” and as they march, “quick and light, barely touch the ground.”

Build: carry that same tall posture and quick foot turnover straight into the run, holding the same steady effort as the rounds climb. **Modify:** march it out in place off the wall first if the lean is too much, and on test day shorten the run or swap an equal-effort row or bike so the run and burpee pull-ups still fit inside 90 seconds.

Coach the movement, not the clock. Hold the standard while there's still time to teach it — by test day, an efficient thruster and even pacing are all that's left to manage.

BORROWED FROM THE BEST

Cueing & motor learning: **Gabriele Wulf**, external-focus research (2013); **Nick Winkelman**, *The Language of Coaching* (2020) — external cues & analogy. Squat & bracing: **Kelly Starrett**, *Becoming a Supple Leopard* — “spread the floor / create torque”; **Dr. Stuart McGill** — bracing & “super stiffness.” Front rack: **Greg Everett** (Catalyst Athletics) & **Mike Burgener** — “elbows high and outside.” Strength method: **Louie Simmons / Westside Barbell** — the Max Effort method. Running & pacing: **Chris Hinshaw** (aerobiccapacity.com) — gears & even splits; **Dr. Nicholas Romanov**, Pose Method — land under the hips. Drill design: **Renshaw, Davids et al.** — the Constraints-Led Approach. Simplicity & mindset: **Dan John** — “push the floor away”; **Ben Bergeron**, *Chasing Excellence* — control the controllables.