

## Session #0: Triphasic Training

Triphasic training was a 9 week cycle we from 8.31.15 - 10.23.15. Including test weeks and deload. based on Cal Dietz's principals of Triphasic Training. This cycle was broken up into 3 phases, each phase lasted 2 weeks. Eccentric, Isometric and Concentric.

For our purposes we focused on the Snatch Pull, Back Squat and Bench Press. In addition to these primary lifts we also focused on using density training to train strength endurance for Scotty Bobs, and incorporated simple periodization for the Bent Over Row. Overall we are very pleased with the results of this cycle.

The final results are as follows:

Snatch- 33 Athletes retested/ 22 Improved/ Average Increase: 10.47lbs

Scotty Bobs- 65 athletes retested/ 57 Improved/ Average Increase: 7.8 Push Ups

Back Squat- 35 Athletes retested/ 27 Improved/ Average Increase: 16.53lbs

Bench Press- 30 Athletes retested/ 24 Improved/ Average Increase: 11.18lbs

Row- 26 Athletes retested/ 22 Improved/ Average Increase: 15.2lbs

## Session:

This is a 8 week 36 session program based on Cal Dietz's theory – Triphasic Training. This cycle is broken up into 3x 2 week cycles. With each cycle focusing on a different portion of Triphasic Training. Any athlete will benefit from this cycle as it will teach the athlete to focus on key elements of each specific lift.

The Triphasic Method teaches the athlete how to eccentrically and isometrically absorb energy before applying it in explosive dynamic movements.

“Most training methods focus on the development of explosive strength by emphasizing the concentric phase of dynamic movement. My epiphany in 2003 was that we were approaching the development of force from the wrong angle. The key to improved force production, and thus performance, doesn't lie in the concentric phase. To develop explosive strength, you must train the eccentric and isometric phases of dynamic movements at a level equal to that of the concentric phase.” – Cal Dietz

## Session #1: Triphasic Training

Barbell: Today we are testing our 1 Rep Max on the snatch, and we are looking for a solid number to base the next six weeks on. Maintain good form, a big number with bad form will leave you struggling through the next 6 weeks.

Next we test the number of Scotty Bobs you can do in 3 minutes. You don't have to maintain your pushup position the entire 3 minutes, but every rep must be a solid push up and row. Your chest is going to be your limiting factor on this, so work hard to maintain push up integrity. Each pushup+row counts as 1 rep, instead of 1/2. This will be easier to retest later.

The final effort is just meant to be a steady grind. Don't go all out; you've got a long week of testing ahead.

### Session:

#### Warm Up: 4 Rounds

- Lower Snatch Warm Up
- 60 seconds Soft Tissue between each round

#### 1) Find 1RM Snatch

#### 2) Max Reps Scotty Bobs in 3 Minutes

#### 3) 30 Minute Grind

- 400m Tire Drag - unweighted
- 25x Swings
- 50x Lateral Step Ups with 12.5lb
- 25x Swings
- 800m Run - unweighted
- 25x Swings

## Session #2: Triphasic Training

We have had issues with our athletes hitting a correct 1RM so for this cycle we will be finding a 5-8RM and using the 1RM Formula to figure out our numbers.

We instructed our athletes to work up to about 85% of their 1RM and then do max reps at that load. It really doesn't matter how many reps you get, but the closer to 5 you get the better. If you only get 3-4 reps that is fine, just record the reps and the number. If you know you are going to get over 10 reps at this loading, then add 20lbs and go again. These should be max reps too, don't stop if you have 4 more reps in the tank - unless you are already at 6-7 reps and know you are going to just keep repping it out.

We are using some 400m repeats to breathe heavy today. We want these to be consistent efforts, so go out at about a 7 on the effort scale and slowly ramp up from there. Our athletes that didn't pace on this got their asses kicked.

Also gonna focus on upper body strength endurance on this cycle with a few accessory lifts. The first is the Upper Body Blaster- 3 minutes of a good pain- you'll love it. Just remember the goal is 3 minutes of constant movement so adjust your reps and load for this.

Enjoy the work,

-Coach Moore

## Session:

### Warm Up: 3 Rounds

- 5x Back Squats
- 3/5x Pull Ups
- 5x Hippy Hops e/s
- 5x Lateral Lunges e/s

### 1) Find 5-8RM Back Squat

### 2) 5 Rounds

- 400m Run
- 60 Sec Rest

### 3) 3 Minute Upper Body Blaster

### 4) 2 Rounds

- Jane Fonda Complex e/s - 20 Sec Each Movement

## Session #3: Triphasic Training

Barbell - Today we are getting two different 5RMs. The first is for Barbell and the second is for Bent Over Barbell Rows. What we want to demonstrate on both of these exercise is control over the barbell. At no point should the lift feel out of control. We just want a working 5RM that you could replicate without hurting yourself.

The bench press is not a pause/tempo bench press, but the set of 5 will still sneak up on you. We are looking for about 5 reps, but something close to it would work. We'd rather you get 4 at 225, than 10 at 215. That's closer to a true max to us.

For the bent over row, we just want to see that pause at the belly. If it's not making contact, it doesn't count, and if you can't hold it in place for one beat, it doesn't count either. Strict Reps.

Lastly we have a pretty tough core/running effort. How tough it is will depend on how hard you hit that run.

Try not to skip the durability, and don't go too heavy on the Zpress. It's harder than it reads.

### Session:

#### Warm Up: 3 Rounds

- 5x Bench Press
- 5x Kroc Rows e/s
- 10x Hippy Hops e/s
- 30 Sec Soft Tissue

#### 1) Find 5 Rep Max Bench Press

#### 2) Find 5 Rep Max Bent Over Row - 1 Sec pause up top

#### 3) 3 Rounds

- 100m Run
- 25x Sit Ups
- 100m Run
- 25x Hello Dollies total
- 100m Run
- 25x Flutter Kicks total
- 100m Run
- 25x Plank Walk Ups total

## Session #4: Triphasic Training

The focus for the first two weeks of this cycle will be the controlled lowering or the eccentric phase of the lift. For the Snatch we will be starting in the hip and controlling the descent for a 5 second count. Its best to use a clock for this or have someone else count for you- otherwise it ends up being a 3 second count.

Its important that all the positions of the Snatch get in on the way down slowly and on the way back up -fast. Really focus on this, your lats should be on fire on the descent, if they aren't then you are dipping too much with your legs and not keeping your shoulders over the barbell. If you struggle with the Snatch or don't think you are going to make the lift, its ok to just do a Snatch Pull instead of the full lift.

You shouldn't be getting above about 80% on the Clean Complex today and again focus on all the same positions for each lift.

For the Scotty Bobs you will be doing 10% of your total push ups from the test. So if you got 45 reps on the test you will start with 4x Scotty Bobs a minute. Remember each Scotty Bob consists of 2x push ups so you will be doing 8x push ups a round. This is pretty easy for the first couple of rounds, but adds up fast.

If you have any questions about Triphasic Training or the upcoming cycle please contact me at [Tod@atomic-athlete.com](mailto:Tod@atomic-athlete.com).

Enjoy the work,

-Coach Moore

## Session:

### Warmup: 3 Rounds

- Lower Snatch Warm Up - Muscle/Clean + Power/Full
- 30 Sec Peanut

### 1) 5 Rounds

- Eccentric Snatch
  - 3x 45%
  - 3x 55%
  - 1x 65%
  - 1x 65%
  - 1x 65%
- 2x Broad Jumps
- 30 second Soft Tissue

### 2) 15 Minutes - work up to difficult loading

- Clean Complex
  - 1x Clean Pull to Explode
  - 1x Hip Clean
  - 1x Hang Clean
  - 1x Full Clean

### 3) 10 Minutes - one round every minute

- 10% of Total Test Reps of Scotty Bobs - 35/25/15 lbs

## Session #5: Triphasic Training

This is a pretty rowdy grind today. You have a lot of time to be miserable. Don't be, be workmanlike and just keep going. Your shoulders and grip will hit failure. Rest early and often if you need to. Also notice where you struggle the most. Most of our guys got beat up on the Front Rack Carries and the Farmers Carry.

Enjoy the work,  
-Coach Moore

### Session:

#### 1) 4 Rounds easy pace

- 400m Run
- 60 seconds Waiter Walk - alternate sides as needed - 20/16/12kg

#### 2) 4 Rounds easy pace

- 50x Lateral Step Ups
- 60 Sec Double KB Front Rack Carry - 20/16/12kg

#### 3) 1200m

- Double KB or Farmers Farmers Carry - 20/16/12kg

## Session #6: Triphasic Training

You can use your 5-8RM to determine your 1RM with the following formula:  
 $(\text{Load} \times \text{Reps} \times .0333) + \text{Load} = 1\text{RM}$

For instance if I did 355lbs x5 reps it would look like this  
 $(355 \times 5 \times .0333) + 355 = 414\text{lbs}$  for determining my percentages.

For the Eccentric Back Squat really focus on a consistent descent. Stay tight and look for where you are weak during the descent and address it. For most of our athletes it was as soon as they broke parallel. Stay tight, don't pause and explode out of the bottom of the squat. Our guys also struggled on their timing for the descent. 5 seconds ended up looking a lot like 3 seconds. Don't do this. Have the integrity to control the lift. If for some reason you get more than 10 reps on your max reps add +10lbs to your 1RM for next weeks training.

We have a two part Work Capacity effort today. The first 10 minutes is just a steady pace. About a 5 out of 10. Just focus on constant movement. Rest 3 minutes, then all out- all race no pace 5 rounds for time. Attack this and leave it in the gym.

We have a shoulder intensive core circuit as well as the upper body blaster. This is a lot of shoulders and it is by design. If you need to go a little lighter on the core, then do so.

Enjoy the work,

-Coach Moore

## Session:

### Warmup: 3 Rounds

- 5x Back Squat - Controlled Descent- Heels Elevated
- 3-5x Pull Ups
- 10x Push Ups
- 5x Lateral Lunge e/s

### 1) 3 Rounds Back Squat with 5 second descent

- Round 1 = 5x 45%
- Round 2 = 5x 55%
- Round 3 = Max Reps x 65%
- 2x Sandbag Squat Jumps after each set - 40/25 lbs
- 60 Sec Soft Tissue

### 2) 10 Minute AMRAP - hard effort

- 6x Burpees
- 12x Sit Ups
- 18x Hippy Hops (9x each side)

**Rest 3 minutes**

### 3) 5 Rounds for Time - max effort

- 6x Burpee



- 12x Sit Ups
- 18x Hoppity Hops (9x each side)

#### **4) 3 Rounds**

- 15x Weighted Sit Ups
- 10x Seated Russian Twists e/s
- 5x Kneeling Half Moons e/ s
- 30 Sec Rest

#### **5) 3 Minutes Upper Body Blaster**

#### **6) 2 Rounds**

20 Sec Jane Fonda Complex e/s

## Session #7: Triphasic Training

For today's effort you will need to know your theoretical 1RM based off of last weeks numbers:

$(\text{Weight Lifted} \times \text{Reps Performed} \times .0333) + \text{Weight Lifted} = \text{Theoretical 1RM}$

For the bench press effort, you don't have to be strict with the 5-second tempo pace, until the main set. For the warm up, you just need enough of a controlled decent to prepare your shoulders.

You've got two rounds of 5x bench with a 5second decent, followed by one round of maximum reps with that same tempo. Don't expect a big number on the max effort. 8 repetitions is impressive. Between sets, we want you to make those 2 plyometric pushups as explosive as possible.

The bent over row is 5 reps at 55% of your 1RM, every minute on the minute. It's not work capacity, it's strength on a specific time cycle.

To finish off the effort, we just want some kind of 20+ grind. The exercises aren't as important as the effort level. We want it between at 7-8. Tough, but you should be able to do it for a while.

### Session:

#### Warmup: 3 Rounds

- 5x Controlled Descent Bench Press
- 3-5x Pull Ups
- 5x BW Get Ups
- 200m Run
- 5x Mantis

#### 1) 3 Rounds - Bench Press w/ 5 Sec Descent

- Round 1 = 5x 45%
- Round 2 = 5x 55%
- Round 3 = Max Reps x 65% Immediately After Each Round
- 2x Plyo Push Ups after each set
- 60 Sec Soft Tissue

#### 2) 10 Rounds - one round every minute

- 5x Bent Over Barbell Rows with a 1 second pause - DBD

#### 3) 30 Minute Grind

- 1200m Run
- 5x BW Get Ups
- 20m Duck Walk

#### 4) 3 Rounds

- 10x Dumbbell Z Press
- 10m Band Walk

## Session #8: Triphasic Training

Very similar session to last week we just made a few modifications because of some issues we saw with our in gym athletes.

Last week we did an eccentric snatch. This week we want you to do a Snatch Pull for the eccentric work and then follow it with a full speed Snatch. This is to make sure that we are getting as much carryover from the Snatch Pulls into the actual Snatch as possible.

Really focus on keeping the Pulls Close to the body and don't let them drift away from you. You also want to make the point of using your arms to guide the barbell and keep it close, not adding an additional pull to the top of the lift.

Our guys looked great on the Clean Complex this week. I think a little bit of consistency with the lift and the Snatch Pulls both helped out in this. If it feels good or bad, you shouldn't have any misses. So don't fall in love a set loading. Just work up for about 10 minutes or until it feels pretty heavy then hit the two back off sets. Also each one of these Cleans should feel exactly like the one before it, so be consistent.

The Scotty Bobs of Death is what the athletes are calling these. We are adding 1 Scotty Bob to each round. Remember that 1x Scotty Bob = 2 Push Ups- so if you were doing 4x Scotty Bobs last week that would have been 8 Push Ups per round. This week you are doing 5x Scotty Bobs or 10 Push Ups each round. This isn't bad the first couple of rounds, but when it gets bad, it gets real bad. Remember we are only doing 9 Rounds this week and have an additional 15 seconds each round.

Enjoy the work,  
-Coach Moore

## Session:

### Warmup: 4 Rounds

Lower Snatch Warm Up

30 Sec Peanut

### 1) 5 Rounds 3 second Eccentric Snatch Pull + Snatch

- 3 + 1 x 55% (3 Pulls + 1 Snatch)
- 3 + 1 x 65%
- 1 + 1 x 75% (1 Pull + 1 Snatch)
- 1 + 1 x 75%
- 1 + 1 x 75%
- 2x Broad Jumps after each set
- 30 Sec Soft Tissue

### 2) 15 Minutes Clean Complex - Difficult but Doable

- 1x Clean Pull to Explode
- 1x Hip Clean
- 1x Hang Clean
- 1x Full Clean

### 3) 9 Rounds - 1 round Every 75 seconds

- Scotty Bobs - 35/25/15 lbs

- + 1 rep from last session

#### **4) 1 Round at moderate pace**

- 50x Toes to Sky
- 200m Run
- 50x Russian Twists e/s
- 200m Run
- 25x Toes to Sky
- 25x Russian Twists e/s
- 200m Run

## Session #9: Triphasic Training

Just adding a bit more volume today. It was interesting today that our mentally fit athletes- both men and women- just looked at the board and went to work. Some of our less mentally fit athletes looked at the board and then tried to make deals with me about dropping down in weight because they weren't able to get the Front Rack Carries unbroken. Guess what? You aren't supposed to get these unbroken. We are trying to build your mind and teach you when you actually need to rest and when you just want to rest. These efforts are hard, but the hardest thing about them is that there is nowhere to hide. Once you walk out with a weight you have to walk back with it.

Enjoy the work,  
-Coach Moore

### Session:

#### 1) 5 Rounds easy pace

- 400m Run
- 60 seconds Waiter Walk - alternate sides as needed- 20/16/12kg

#### 2) 5 Rounds easy pace

- 50x Lateral Step Ups
- 60 Sec Double KB Front Rack Carry- 20/16/12kg

#### 3) 1200m

- Double KB Farmers Carry - 20/16/12kg

## Session #10: Triphasic Training

Today's session is mentally and physically taxing. The squats get heavy fast and we had to stay on our guys about hitting the count early and just dropping and rebounding out of the bottom. Ideally there will be little if any rebound on these lifts. We want you to stay tight especially after you break parallel. It's alright to have a tiny bounce, but you shouldn't need to count on it. Hit your loaded jump squats right after you rack the barbell. We had our guys use whatever was available- plates, sandbags, kettlebells, it doesn't matter as long as you hit two loaded squat jumps right after each of your last squats.

We've inverted the work capacities today so you are starting with the all out effort and finishing with the grind. Don't pace the first effort- attack it. Rest 3 minutes and focus on constant movement for the second.

Attacking your shoulders with the core and the Upper Body Blaster.

Enjoy the work,  
-Coach Moore

### Session:

#### Warmup: 3 Rounds

- 5x Back Squat - Controlled Descent - Heels Elevated
- 3-5x Pull Ups
- 10x Push Ups
- 5x Lateral Lunge e/s

#### 1) 3 Rounds Eccentric Back Squat w/ 3 Sec Descent

- 3x 55%
- 3x 65%
- Max Reps x 75%
- 2x Sandbag Squat Jumps - 40/25 lbs
- 60 Sec Soft Tissue

#### 2) 5 Rounds for Time - Work Capacity - Max Effort

- 6x Burpee
- 12x Sit Ups
- 18x Hippy Hops

#### 3 minute rest

#### 3) 10 Minutes - Work Capacity - Moderate Pace

- 6x Burpees
- 12x Sit Ups
- 18x Hippy Hops

#### 4) 3 Rounds - Core

- 20x Bench Walk Ups
- 15x Seated Russian Twists e/s
- 10x Kneeling Half Moons e/s

- 30 Sec Rest

**5) 3:30 Minutes**

- Upper Body Blaster at 5-15lbs

**6) 2 Rounds**

- 25 Sec Jane Fonda Complex e/s

## Session #11: Triphasic Training

This week the reps and tempo go down, but the weight goes up.

For both bench and your bent over row, you are increasing weight, but the reps are down to three with the final set of each effort being maximum repetitions.

Don't worry if your max reps isn't a huge number, most of our athletes aren't getting much more than +2/3 more than the previous sets.

For that last grinding effort, keep yourselves from walking between transitions and press the mental effort to keep that rep and movement integrity.

### Session:

#### Warmup: 3 Rounds

- 5x Controlled Descent Bench Press
- 3-5x Pull Ups
- 5x BW Get Ups
- 200m Run
- 5x Mantis

#### 1) 3 Rounds Eccentric Bench Press w/ 3 Sec Descent

- 3x 55%
- 3x 65%
- Max Reps x 75%
- 2x Plyo Push Ups after each round
- 60 Sec Soft Tissue

#### 2) 10 Rounds - one round every minute

- 3x Bent Over Barbell Rows with 1 second pause - 60% of Projected Row 1RM
- Max reps on last round

#### 3) 35 Minute Grind

- 1200m Run
- 10x BW Get Ups
- 20m Duck Walk

#### 4) 3 Rounds

- 10x Dumbbell Z Press
- 10m Band Walk



## Session #12: Triphasic Training

Dropping into the fourth week of Triphasic training and we are now incorporating a pause at the mid shin. Really focus on driving your butt/hips/knees back to fire your hamstrings. Our rule is- Feel the Steel keep the lats tight so you are pulling the barbell into your body the entire time. After your Pause RDL's we want you to hit one full speed Snatch each round. If you feel like you need a warm up round at the Snatch loading before hand, please take it.

The Clean Complex is shorter today, but no less taxing. You are limited by the Jerk and our guys struggled with the Jerk a bit so go ahead and practice on the side. You can get pretty heavy on this so expect around 85% of your C + J 1RM.

Finishing off with the Scotty Bobs of death. We are adding +1 Scotty Bob to last week or +2 Push Ups but we are dropping a round and increasing rest. If you aren't able to complete an interval just work through it and take 30 secs rest before you start the next round.

We are also attacking your shoulders one more time in the core circuit. Again quality movement. You can take the run as fast as you want.

Enjoy the work,  
-Coach Moore

### Session:

#### Warmup: 4 Rounds

Lower Snatch Warm Up  
30 Sec Peanut

#### 1) 5 Rounds Eccentric Snatch Pull w/ 5 Second Pause + 1 Snatch

3 + 1 x 50%

3 + 1 x 60%

1 + 1 x 70%

1 + 1 x 70%

1 + 1 x 70%

2x Broad Jumps

30 Sec Soft Tissue

#### 2) 15 Minutes - Clean Complex - DBD

1x Clean Pull to Explode

1x Clean

1x Jerk

60 Sec Jerk Practice

#### 3) 8 Rounds - 1 round Every 90 Secs

Scotty Bobs - 35/25/15 lbs

+ 1 rep from last session

#### 4) 5-4-3-2-1 Max effort

1 Armed Sit Ups e/s - 16/12kg

Seated Russian Twists e/s - 16/12kg

200m Run

## Session #13: Triphasic Training

This is the last progression of this cycle and our athletes really did well on this one even with the added volume. Its just work, so as soon as you realize that there is nowhere to hide and you just have to do the work - it gets much better. Grind it out.

Enjoy the work,  
-Coach Moore

### Session:

#### 1) 6 Rounds easy pace

- 400m Run
- 60 seconds Waiter Walk - alternate sides as needed- 20/16/12kg

#### 2) 6 Rounds easy pace

- 50x Lateral Step Ups
- 60 Sec Double KB Front Rack Carry- 20/16/12kg

#### 3) 1200m

- Double KB Farmers Carry - 20/16/12kg

## Session #14: Triphasic Training

Going into the 2nd phase of this cycle we moved the slow lifts to the same day. This makes for a pretty taxing session, but its nice to just hammer heavy weight for an entire session.

For the Squats focus on getting into that rock bottom position, but still maintaining your core so you don't collapse. Drive your elbows forward out of the hole and attack every rep. Try not to bounce out of the hole on your opening rounds, but if you need to on your max reps thats ok.

The Bench Press got gnarly today. Be safe on this and don't attempt a rep if you don't think you are going to make it. We had a lot of athletes hit failure on this so be ready for it. We are pausing 1" off the chest then tapping the chest and driving up on the reps. The Plyo Push Ups get pretty desperate on this so be prepared.

There is a huge difference between a bent over row- bent at least at 45 degrees and an upright row- bent at 5 degrees. We are doing Bent Over Rows so bend over- push your butt back and your knees back.

Enjoy the work,  
-Coach Moore

### Session:

#### Warmup: 3 Rounds

5x Back Squat - Pause - Heels Elevated  
3/5x Pull Ups  
10x Push Ups  
5x Lateral Lunge e/s

#### 1) 3 Rounds Back Squat w/ 5 Sec Pause

5x 50%  
5x 60%  
Max Reps x 70%  
2x Sandbag Squat Jumps - 40/25 lbs  
60 second Soft Tissue

#### 2) 3 Rounds Bench Press w/ 5 Sec Pause 1" off chest

5x 50%  
5x 60%  
Max Reps x 70%  
2x Plyo Push Ups  
60 Sec Soft Tissue

#### 3) 8 Rounds Every minute on minute

5x Bent Over Barbell Rows - 62.5% of Projected Bent over Row 1RM  
Max Reps Last Round

#### 4) 4 Minutes

Upper Body Blaster

## Session #15: Triphasic Training

On paper this workout looks pretty easy, but don't mistake simplicity for ease.

All of our strict lifting is done for the week and today we focus on intensity. Mainly, sustaining a 7 out of 10 effort pace for 30 minutes and then turning it on full force for the 4-6min work capacity, that we've been doing for the past few weeks.

Today is all about pacing and prioritization. Our weighted aerobic activity and functional moves are easily doable and make for a good grind. Now you can go into the burpees, sit-ups, and hippity-hops hard.

When you're done, get ready for a pretty tough core effort. Do your first round before you test anything about 25lbs for your plate. We kept the load light to compensate for the volume.

We want to see that flat back and upright chest for the Z-Press. Teach your low back muscles to fire, as well as your glutes on the 10m Band Walk.

Let us know how you did on the Work Capacity via our Facebook pages.

### Session:

#### 1) 15 Minute Grind

400m Run  
10x Dumbbell Push Press  
5x Lateral Lunges e/s with 60/40lb Sandbag

#### 2) 15 Minute Grind

40x Step Ups or 2 Minutes - 16/12kg  
3-5x Pull Ups  
20m Bear Crawl

#### 3) 5 Rounds for Time - Max Effort

6x Burpees  
12x Sit Ups  
18x Hippity Hops

#### 4) 3 Rounds

25x Bench Walk Ups  
20x Russian Twists - 25/15lbs - e/s  
15x Half Moons - 25/15 - e/s

#### 5) 2 Rounds

10x Z Press  
10m Band Walk

## Session #17: Triphasic Training

Heavy loading with a shorter pause today.

Many of our athletes needed to take a few additional sets of snatches between the working rounds because going from an unloaded warmup to a 80% Snatch is aggressive. The stronger you are the more you'll need to take additional sets.

The Clean complex is just about maintaining our proficiency. Work up to a heavy loading then do a back off set or 2 at lighter loading.

Adding 2 pushups to the Scotty Bob's which is one additional rep. Expect to hit failure on the last couple of sets. When you do simply shake it out, take a breath, and get back in there.

For the finisher use a load that will not slow you down too much, looking for core work + breathing heavy.

Enjoy the work,  
Coach Saenz

### Session:

#### Warm Up: 3 Rounds

Lower Snatch Warm Up - Muscle/ Power + OHS / Full  
30 Sec Peanut

#### 1) 5 Rounds Snatch Pull w/ 3 Second Pause at Mid Shin + 1 x Snatch

3 + 1 x 60%

3 + 1 x 70%

1 + 1 x 80%

1 + 1 x 80%

1 + 1 x 80%

2x Broad Jumps

30 Sec Soft Tissue

#### 2) 15 Minutes - Clean Complex - DBD

1x Clean Pull to Explode

1x Clean

1x Jerk

60 Sec Jerk Practice

#### 3) 7 Rounds 1 Every 1:45 Mins

+1 Scotty Bob From Last Session - 35/25/15 lbs

#### 4) 10-8-6-4-2

Weighted Sit Ups - 45/35/25lbs

Seated Russian Twists - 45/35/25lbs - Total

200m Run

## Session #18: Triphasic Training

This is a rough grind, but it is just a grind. We are hammering the shoulders with the KB carries and Step Ups. You can carry the KB one of three ways on the carries- Waiters Walk, Farmers Walk or Front Rack don't just set it on your shoulder and rest.

It is however ok for you to set it on your shoulder for the Lateral Step Ups- we want all your focus to be on stepping up, and not falling on your face.

We give your shoulders a break with the Tire Drag finisher. This is a rough way to finish the day, but its great for hammering mental fortitude.

Finish up with some durability and call it a day.

Enjoy the work,

-Coach Moore

### Session:

#### 1) 30 Minute Grind

50x Lateral Step Ups w/ 1 KB - 16/12/8kg

400m Walk w/ KB- Change position as necessary between Waiters Walk, Front Rack Carry and Farmers Carry

#### 2) 1200m Tire Drag-35/25lbs

#### 3) 3 Rounds

30 Sec Ultimate Shoulder Stretch

30 Sec Peanut

30 Sec Lat Soft Tissue

30 Sec Foam Roll Back

## Session #19: Triphasic Training

You've got some pretty taxing work to get through today but there are less reps and the pause is shorter- but it is heavier. Have your head right for the pauses. Stay tight and really focus on exploding out of the hole. You can bounce around to get depth, but try to be static when you are coming out of the hole unless absolutely necessary. Be careful on your max reps. Don't go for something that you aren't positive you will make.

For the Bench Press its all about keeping your lats tight and using them to drive the barbell. Really focus on being consistent on where the barbell is on your chest and keeping the bar in a tight line on your press. When you hit failure on these it will come fast so make sure you have a spotter or don't go for a rep you aren' positive you will make.

Be sure you are bent over on the Rows, these aren't upright rows and there is a tendency to begin to stand in the later reps and later rounds. Stay honest and stay bent over. Also no jerking, this should be a strict row with a pause at the top so keep it tight.

Finishing your already smoked shoulders off with the Upper Body Blaster- just keep moving and it will be fine.

Enjoy the work,

-Coach Moore

### Session:

#### Warmup: 3 Rounds

5x Back Squat - Pause - Heels Elevated  
3/5x Pull Ups  
10x Push Ups  
5x Lateral Lunge e/s

#### 1) 3 Rounds Back Squat w/ 3 Sec Pause

3x 60%  
3x 70%  
Max Reps x 80%  
2x Sandbag Squat Jumps - 40/25 lbs  
60 second soft tissue

#### 2) 3 Rounds Bench Press w/ 3 Sec Pause 1" off chest

3x 60%  
3x 70%  
Max Reps x 80%  
2x Plyo Push Ups  
60 Sec Soft Tissue

#### 3) 8 Rounds - 1 round every minute

3x Bent Over Barbell Rows  
65% of Bent Over Row 1RM  
Max Reps Last Round

#### 4) 4:30 Minute

Upper Body Blaster

## Session #20: Triphasic Training

Today's effort progresses the stamina effort and the core. By adding 5 minutes to each part of the stamina portions (from 15 to 20m), the following work capacity effort also increases in difficulty. The trick is to pace out the 40min of work, so that the 5 rounds of work capacity can be full force.

This will take up the majority of your time, but what you have left will be taken up with our last progression of this core. It's not meant to be a fast effort, but it will be challenging. Follow your Rules of Mental Fitness. Don't stop between exercises; do one rep before you take a break. Don't let your break last more than 5 deep breaths. There's a lot of volume today in the core. Plan your breaks accordingly and keep yourself from complete failure.

Keep moving. Keep working.

### Session:

#### 1) 20 Minute Grind

400m Run w/ 1 Chain  
10x Dumbbell Push Press  
5x Lateral Lunges e/s with 60/40lb Sandbag

#### 2) 20 Minute Grind

40 Step Ups or 2 Minutes - 16/12kg  
5/ Pull Ups or 10x Horizontal Pull Ups  
10m Duck Walk or 20m Bear Crawl

#### 3) 5 Rounds for Time - Max Effort

6x Burpees  
12x Sit Ups  
18x Hippy Hops

#### 4) 3 Rounds

30x Bench Walk Ups  
25x Russian Twists - 25/15lbs - e/s  
20x Half Moons - 25/15 - e/s



## Session #21: Triphasic Week 5 – Session 1

Interval based work capacity effort today. Keep in mind that we are working on two distinct speeds here.

The pace on the grind should be perceived as easy to start, as you move through the effort it will be more and more challenging due to the accumulated fatigue.

The pace on the burst should be about 95%, it should be a hard run, but not quite max effort.

Hammer that mid section and do some geeky durability.

Coach Saenz.

### Session:

#### Warmup: 3 Rounds

10x Push Ups  
10x Air Squats  
10x Sit Ups  
100m Run

#### Training:

##### 1) 30 Min Grind + Bursts

Grind - 5-6 Pace  
Bursts - 9-10 Pace  
10% of Test- Scotty Bobs or 1st weeks number - 35/25/15 -  
10x Seated Russian Twists w/ KB- 16/12kg  
40x Step Ups w/ KB - 16/12kg or 2 Minutes  
1x BURST EVERY 3:30 MINUTES  
BURST = 300m Sprint  
Every 3:30 Minutes

##### 2) 3 Rounds

20 Sec Sit Ups  
20 Sec Hello Dollies  
20 Sec Flutter Kicks  
20 Sec Plank Walk Ups  
20 Sec Rest

##### 3) 3 Rounds

10m Band Walk  
5x Shoulder Corkscrews e/s - 10/5lbs  
60 Sec Peanut

## Session #22: Triphasic Week 5 – Optional

Back up to test weight or one kettlebell heavier than you used last week.

You will use a single kettlebell for Part 1. You can either Waiters Walk with it overhead or you can carry it in the Front Rack position. Its only 100m so don't cheat and carry it on your shoulder- keep it locked into one of those two positions. You can switch arms and switch positions as much as necessary.

Our guys did really well on the Farmers Carry. Just grind it out.

Enjoy the work,

-Coach Moore

### Session:

#### Training

##### 1)40 Minute Grind

400m Tire Drag - 35/25lbs

20x Lateral Step Ups

100m 1x Kettlebell Carry - Waiters Walk or Front Rack - Test Weight - 20/16kg

##### 2) 1200m Farmers Carry 2x KB - Test Weight - 20/16kg

## Session #23: Triphasic Week 5 – Session 2

We are stacking all of our strength lifts on the same day for the next two weeks. This is a lot of volume today so make sure you are warm and ready for each round.

For the Snatch Pulls and the Snatches take at least one or two warm up Snatches between each round. We had our stronger guys take warm up rounds on the Back Squat as they finished their Snatch Pulls and most of our athletes only needed one warm up round on the Bench Press.

The lifts are full speed lifts for the next two weeks. The Snatch Pulls will be coming off the ground, make sure you are hitting all of your positions on the way up. After the barbell breaks past your knee you should feel it up your thighs until you make contact in your hips- make the contact, that is the entire point of the lift.

For the Bench Press and the Back Squat you want to control your decent just enough to keep the bar path straight- then explode out of the bottom putting as much force into the barbell as possible.

Keep your back angle at 45 degrees on the Rows. Butt back, knees back and pull and hold for a 1 second count on your stomach.

Enjoy the work,

-Coach Moore

### Session:

#### Warmup: 3 Rounds

Lower Snatch Warm Up - Muscle/Power + OHS/Full  
30 Sec Peanut

#### Training:

##### 1) 5 Rounds

Snatch Pull + 1x Snatch

3 + 1 x 55%

3 + 1 x 65%

1 + 1 x 75%

1 + 1 x 75%

1 + 1 x 75%

Immediately After Each Round:

2x Broad Jumps

30 Sec Soft Tissue

Take as many warm up Snatches as you need to between each round.

##### 2) 3 Rounds

Back Squat

5x 55%

5x 65%

Max Reps x 75%

Immediately After Each Round

2x Sandbag Squat Jumps - 40/25 lbs

Take as many warm up rounds as necessary

**3) 3 Rounds**

Bench Press

5x 55%

5x 65%

Max Reps x 75%

Immediately After Each Round:

2x Plyo Push Ups

60 Sec Soft Tissue

Take as many warm up rounds as necessary

**4) 6 Rounds EMOM**

5x Bent Over Barbell Rows

67.5% of Row 1RM - 1 Sec Pause on Stomach

Max Reps Last Round

## Session #24: Triphasic Week 5 – Session 3

It's all about the grind today. No bursts, no complicated movements, just long and hard work. The exercises themselves aren't as important, if you don't have all the equipment, just make sure whatever you choose to do keeps you at a 6 out of 10 effort pace the entire time. If you find yourself needing to stop for that 5 seconds of breath, you are going to hard.

Afterwards, just a bit of durability to finish you up.

### Session:

#### Training

##### 1) 45 Minute Grind - Grind - 6-7 Pace

15 Minutes - w/ 1x Dumbbell - 25/15lbs

300m Run

10x Weighted Sit Ups - Don't Put Dumbbell Down

15 Minutes - w/ 1 Chain of 12.5lbs

30 Step Ups

10x Bench Walk Ups

Don't Take Chain Off

15 Minutes - w/ 1 KB - 16/12kg

200m Tire Drag - 25/15lbs

10x Goblet Squats- Don't Put KB Down

##### 4) 2 Rounds

30 Sec Jane Fonda

5x Shoulder Corkscrews e/s - 10/5lbs

60 Sec Peanut

## Session #25: Triphasic Week

Progressing this effort by two bursts today.

You perceived effort should be higher, but your actual pace should be slower since you will be less rested each round.

Really make sure that you are moving at 2 very distinct speeds.....don't let this turn into a slog.

Coach Saenz

### Session:

#### Warmup: 3 Rounds

10x Push Ups  
10x Air Squats  
10x Sit Ups  
100m Run

#### Training:

##### 1) 30 Min Grind + Bursts - Grind at 5-6 Pace, Bursts at 9-10 Pace

Scotty Bobs - 10% of Test + 1 OR 1st weeks number + 1 at 35/25/15lbs  
10x Seated Russian Twists e/s  
40x or 2 minutes of Step Ups w/ KB - 16/12kg, whichever comes first  
1x Burst = 200m sprint every 3 minutes (so 10x bursts in this segment)

##### 2) 3 Rounds

25 Sec Sit Ups  
25 Sec Hello Dollies  
25 Sec Flutter Kicks  
25 Sec Plank Walk Ups  
20 Sec Rest

##### 3) 3 Rounds

10m Band Walk  
5x Shoulder Corkscrews e/s - 10/5lbs  
60 Sec Peanut

## Session #26: Triphasic Week 6 – Optional

This is a struggle from the beginning to the end. This is truly a grind. You just chip away at it one step at a time. Part 1 is hard on the soul, Part 2 is hard on the hands. Just knock it out one round at a time and keep a positive attitude.

### Session:

#### Training:

##### 1) 5 Rounds

400m Tire Drag - 35/25

400m Front Rack or Waiters - 20/16kg - test weight - 1x KB

##### 2) 5 Rounds

40 Lateral Step Ups - unloaded

400m Farmers Carry - 20/16kg - test weight - 2 x KB

## Session #27: Triphasic Week 6 – Session 2

Just like last week, now all of our strength efforts are on the same day. This makes for a lot of heavy lifting since these are the heaviest loads we have used this cycle. The good news is there is less volume and there are no pauses or controlled descents. We want everything full speed and everything perfect.

We encouraged our athletes to take as many warm up rounds as necessary between each round in order to make sure they were confident getting under the Snatch. Make sure that you are hitting all of your positions on the Snatch Pull, including making contact in the hips. Keep that barbell as close to your body as possible- up your thighs and stomach.

For the Back Squat and Bench Press we want you to be conservative for your max reps, we are retesting in two weeks so we don't want you to over do it today. Take it to the edge and then back it off. For most of our guys we had them rack it as soon as the bar speed started to slow down.

Finishing off with Bent Over Rows- bend over and keep that back tight and squeeze them hard for the 1 second hold on the stomach.

### Session:

#### Warmup: 3 Rounds

Lower Snatch Warm Up - Muscle/ Power + OHS / Full

30 Sec Peanut

5x Back Squats - 135/95/115

#### Training:

##### 1) 5 Rounds Snatch Pull + 1x Snatch

3 + 1 x 65%

3 + 1 x 75%

1 + 1 x 85%

1 + 1 x 85%

1 + 1 x 85%

Immediately After Each Round 2x Broad Jumps

30 Sec Soft Tissue

(Take warm up Snatches before each round if necessary)

##### 2) 3 Rounds Back Squat

3x 65%

3x 75%

Max Reps x 85%

Immediately After Each Round

2x Sandbag Squat Jumps - 40/25 lbs

##### 3) 3 Rounds Bench Press

3x 65%

3x 75%

Max Reps x 85%

Immediately After Each Round

2x Plyo Push Ups

60 Sec Soft Tissue



**4) 6 Rounds - EMOM**

3x Bent Over Barbell Rows at 72.5% of Row 1RM w/ 1 Sec Pause on Stomach

Max Reps on Round #6

## Session #28: Triphasic Week 6 – Session 3

Very similar session to last week, just going longer. The biggest challenge with this is maintaining a consistent pace for 60 minutes and dealing with the external load. Just focus on constant, quality movement and never pushing too hard, but also never stopping.

The crux of this effort is going from the Step Ups to the Tire Drags. These suckers are hard and most of our guys were getting pretty sad towards the end of it. However the ones that had a good attitude and a consistent pace did just fine.

This finishes up this cycle, next week we will deload then retest the following week.

Enjoy the the work,

-Coach Moore

### Session:

#### Training

##### 1) 60 Minute Grind - Grind - 6-7 Pace

20 Minutes - w/ 1x Dumbbell - 25/15lbs

300m Run

5x Push Presses e/s

10x Weighted Sit Ups - Don't Put Dumbbell Down

20 Minutes - w/ 12.5lb weight

30 Step Ups

5x Lunges e/s

10x Bench Walk Ups

Don't put weight down

20 Minutes - w/ 1 KB - 16/12kg

200m Tire Drag - 25/15lbs

10x Swings

10x Goblet Squats-

Don't Put KB Down

## Session #29: Triphasic Deload Week – Session 1

Taking a break from the barbell today guys. Enjoy the variety and expect some sore legs.....

### Session:

#### Warm-up: 3 Rounds

8x DB Push Press  
8x Walking Lunges - unloaded  
8x Plank Walk-ups  
200m Run

#### Training:

##### 1) 5 Rounds

6x Dumbbell Military Press - increase loading until difficult but doable  
6x/4x Pull-ups - increase loading until difficult but doable (use chains)  
60 sec. Upper Body Soft Tissue

##### 2) 5 Rounds

6x Dumbbell/Kettlebell Walking Lunges - increase loading until difficult but doable  
2x e/s Jumping Lunges - high as possible, land stable  
60 sec. Lower Body Soft Tissue

##### 3) 7 Rounds

20 sec. Jumping Lunges  
20 sec. Burpees  
20 sec. Rest

##### 4) 3 Rounds

Shoulder 21s - 15/10/8/5#  
60 sec. Farmer's Carry - 32/28/20kg  
10x EOs

## Session #30: Triphasic Deload Week – Optional

Just a steady grind today. This should be a fast walk or an easy jog with the sandbag, and don't feel like a sissy if you stick with a 60lb sandbag.

Try to maintain the same level of exertion for all three single mode efforts.

Enjoy the work,

-Coach

### Session:

**1) For 45 minutes (5 of 10 effort):**

400m Sandbag Carry - 80/60/40#

400m Tire Drag - 35/25/15#

1200m Run w/ chain

## Session #31: Triphasic Deload Week – Session 2

It's been a while since we've done two work capacity sessions back to back and it showed. Physically all of our athletes did fine, but the mental fitness definitely wasn't as sharp as it's been in the past. But this is to be expected.

Work capacity is the easiest of our training elements to lose, not in the sense that you lose fitness, but that you lose the mental discipline to push yourself over and over again. The good news is that it comes back fast, so if you don't have a great day today don't beat yourself up over it. The fitness is there you just have to train the brain to use it again.

Enjoy the work,

-Coach

### Session:

#### Warm-up: 3 Rounds

3/2x Pull-ups  
8x Air Squats  
8x Sit-ups  
200m Run

#### Training:

##### 1) Max reps Pull-ups.

##### 2) 4 Rounds, every 2:30

300m Shuttle Sprint

##### 3) As Many Rounds As Possible in 10 minutes of:

5x Renegade Man Makers - 35/25/15#  
30x Step-ups  
200m Run

##### 4) 3 Rounds

30 sec. Founder (hands up)  
30 sec. Flutter Kicks  
30 sec. Russian Triangle - 25/15#  
30 sec. Rest

##### 5) 2 Rounds

20 sec. Jane Fonda  
5x Y+Ls - 5/2.5/unloaded

## Session #32: Triphasic Deload Week – Session 3

Today we get to do cleans again. It's been a while since we've done them, and our athletes here in Austin had a great time getting under some weight again. That's all we are looking for today on cleans. A heavy, well performed double on cleans. We don't have a specific % to hit, just a difficult but doable load.

Then we hop into a longer Work Capacity effort. 6 rounds of swings, squat jumps, and 400s. The run is the hard part of this effort, so use the swings and jumps wisely - you shouldn't have to rest on them. Start the first round at 80% and then push yourself through the next 5 rounds - finishing stronger at the end.

For the core effort, take it slowly on the turkish get ups, and maintain your integrity on the elevated planks - they are harder than many of our athletes expected.

### Session:

#### Warm-up: 3 Rounds

Lower Clean Warm-up - Muscle, Power + Squat/Squat

#### Training:

##### 1) 8 Rounds

2x Clean - increase loading until DBD

30 sec. Soft Tissue

##### 2) 6 Rounds (20 minute cut-off)

10x Kettlebell Swings - 24/20/16kg

5x Squat Jumps

400m Run

##### 3) 3 Rounds

3x Turkish Get-ups

10x Standing Slashers

60 sec. Elevated Front Bridge

## Session #33: Triphasic Test Week

Don't let the Snatch mess with your head today. Either you'll have it or you won't.

Our novice to intermediate athletes did very well on this today. Our more veteran athletes did not see too much improvement due to the general nature of the programming.

We saw great improvements on the Scotty Bob's.....the athletes crushed this.

### Session:

#### Warm Up: 4 Rounds

Lower Snatch Warm Up

#### 1) Find 1RM Snatch

#### 2) Max Reps Scotty Bobs in 3 Minutes

#### 3) 30 Minute Grind

400m Tire Drag - unweighted

25x Swings

50x Lateral Step Ups - 1x Chain

25x Swings

800m Run - unweighted

25x Swings

## **Session #34: Triphasic Test Week**

If you've been putting in the work on these extra sessions you will definitely see the improvements on the retest. You've put in the physical work, now its time to push yourself mentally and see how far you can go.

Enjoy the work,

-Coach

### **Session:**

- 1) Max Time Waiter Walk e/s - 20/16/12kg**
- 2) Max Time 2x KB Front Rack Carry - 20/16/12kg**
- 3) Max Time 2x KB Farmers Carry - 20/16/12kg**
- 4) 1200m Tire Drag - 25/15lbs**



## Session #35: Triphasic Test Week

This is the exact session that you originally tested on. You have two options for testing the Back Squat you can either try your previous load and see how many reps you can get or you can try 5-10lbs heavier. Either one is fine as long as you plug the number into the Projected 1RM formula.  $(\text{Load} \times \text{Max Reps} \times .0333) + \text{Load} = \text{Projected 1RM}$ .

You don't have to go crazy on the 400m runs they are just to get your legs moving after the Back Squats, try to be consistent with your efforts and if you want to pick up the intensity, wait for the last one to pick it up.

Enjoy the work,

-Coach Moore

### Session:

#### Warm Up: 3 Rounds

5x Back Squats

3/5x Pull Ups

5x Hippy Hops e/s

5x Lateral Lunges e/s

#### 1) Find 5-8RM Back Squat

#### 2) 5 Rounds

400m Run

60 Sec Rest

#### 3) 3 Minute Upper Body Blaster

#### 4) 2 Rounds

Jane Fonda 20 Sec Each Movement

## Session #36: Triphasic Test Week

Last day of testing for this cycle - Bench and Rows. Like the squat, we are looking for an increase in reps or an increase in weight for this test. Try to make it comparable.

Grab a spotter on the bench, if you can. You'll be surprised at how quickly you go from knocking out reps easily to that fatigued stopping point.

On the Rows, we are looking for that 1 second pause at the top to show that you are controlling the bar. If you start shrugging and jerking to get that bar into place, you've passed your max.

Core+Work Capacity for the next effort. If you hit those 100m sprints hard, this will be a tough effort.

Rounding it out with Durability; make sure your back is straight for the Zpress and that you are going slowly for both the concentric and eccentric phases of the Band Pull Apart.

### Session:

#### Warm Up: 3 Rounds

5x Bench Press

5x Kroc Rows e/s

10x Hippity Hops e/s

30 Sec Soft Tissue

#### 1) Find 5-8RM Bench Press

#### 2) Find 5-8RM Bent Over Row 1 Sec Hold at top

#### 3) 3 Rounds

100m Run

25x Sit Ups

100m Run

25x Hello Dollies total

100m Run

25x Flutter Kicks total

100m Run

25x Plank Walk Ups total

#### 4) 3 Rounds

10x Z Press

10x Band Pull Apart

10m Band Walk