



ersistence | **CrossFit** ^{PA}

Strength & Conditioning Program

1 Week Sample

Program Summary

Program Overview:

This one-week training program is designed to enhance your strength, conditioning, and overall athletic performance. Each day is carefully structured to provide a balanced approach to training, incorporating Olympic lifting, strength work, hypertrophy, and conditioning. Whether you're an experienced athlete or just starting your fitness journey, this program will help you build a solid foundation and push your limits.

Mindset & Goal:

Our goal is to help you build strength, improve endurance, and enhance overall fitness while maintaining a focus on technique and safety. Approach each session with a mindset of continuous improvement, pushing your limits while listening to your body. Consistency is key, and every day is an opportunity to progress.

What to Expect:

Day 1: Focus on Olympic weightlifting, primary strength work, and hypertrophy with optional conditioning. Develop upper body strength with a focus on secondary hypertrophy.

Day 2: Focus on Olympic weightlifting, primary strength work, and hypertrophy with optional conditioning. Lower body strength and conditioning, incorporating Olympic lifting and core work.

Day 3: Recovery day with gymnastics skills practices, core conditioning, and mobility-focused work. Light cardio in zone 2

Day 4: Long zone 3 effort with multiple modalities of functional movements. The lightweight and low volume of functional movement will allow us to focus on consistent movement patterns.

Day 5: Upper body Push-Pull strength and power emphasizing overhead pressing, followed by conditioning.

Day 6: Intervall weight training with multiple max-effort cardio intervals focused on improving overall endurance across all modalities.

Day 7: Rest and recovery, allowing your body to fully recuperate for the next week.

Day-1

A. Weightlifting

A) 3 Position Power Snatch (Hip, Knee, Floor):

3 sets of 1 rep at 65% of 1RM

Estimated Time: 6-8 minutes

B) Power Snatch from the Ground:

4 sets of 1 rep at 70% of 1RM

Estimated Time: 8-10 minutes

Total Estimated Time: 14-18 minutes

B. Strength

Primary Push and Pull Supersets (Strength Focus)

A1: Bench Press

2 sets of 10 reps @ 30% 1RM (Warm-up)

2 sets of 8 reps @ 40% 1RM

2 sets of 6 reps @ 50% 1RM

5 sets of 2 reps @ 80% 1RM (Focus on speed, no sticky points)

2 sets of 1 rep @ 90%+ 1RM (Control and power)

A2: Single-Arm Dumbbell Row

7 sets of 3 reps for each arm @ RPE 7

1 set of 3 reps for each arm @ RPE 9

2 sets of 1 rep each arm @ RPE 10

Rest 2 minutes between sets

Total Estimated Time: 25-30 minutes

C. Hypertrophy

Secondary Push and Pull Supersets (Hypertrophy Focus)

B1: Single-Arm Dumbbell Bench Press

5 sets of 4 reps for each arm @ RPE 7

1 set of 2 reps for each arm @ RPE 8

1 set of 1 rep each arm @ RPE

10 Rest 90 seconds between sets

B2: Bent-Over Barbell Row

4 sets of 6 reps @ RPE 8

1 set of 6 reps @ RPE 9

1 set to Max Reps

Rest 90 seconds between sets

Total Estimated Time: 20-25 minutes

D. Conditioning

12 Minute AMRAP

15 Push-Ups

10 Ring Rows (Horizontal Pull)

12 Calories Row

Day-2

A. Weightlifting

A) 3 Position Squat Clean (Hip, Knee, Floor):

3 sets of 1 rep at 65% of 1RM

Estimated Time: 6-8 minutes

B) Squat Clean from the Ground:

4 sets of 1 rep at 70% of 1RM

Estimated Time: 8-10 minutes

Total Estimated Time: 14-18 minutes

B. Strength A

Back Squat - Speed work

Set 1: 6 reps @ 30%

Set 2: 6 reps @ 30%

Set 3: 4 reps @ 50%

Set 4: 4 reps @ 50%

Set 5: 1 rep @ 60%

60 Sec Rest

Back Squat - Strength work

Set 6 to 12 : 3 reps @ 70%

Set 13: 1 rep @ 80%

Set 14: 1 rep @ 90% +

Set 15: 1 rep @ 90%+

2 Min Rest

C. Strength B

RDL

Set 1: 1 rep @ RPE 7

Set 2: 1 rep @ RPE 7

Set 3: 1 rep @ RPE 7

Set 4: 1 rep @ RPE 7

Set 5: 1 rep @ RPE 7

Set 6: 1 rep @ RPE 8

Set 7: 1 rep @ RPE 8

Set 8: 1 rep @ RPE 10

Rest 2 minutes between sets

D. Hypertrophy

Secondary Lower Body Supersets (Hypertrophy Focus)

D1: Bulgarian Split Squat

3 sets of 8 reps per leg @ RPE 7

2 sets of 6 reps per leg @ RPE 8

1 set to max reps @ RPE 9

Rest 90 seconds between sets

D2: Jumping Air Squat (Skip this if doing Conditioning)

3 sets of 20 reps (RIR 1)

Rest 60 seconds between sets

Total Estimated Time: 15-20 minutes

Day-3

A. Gymnastics Conditioning

Practice Bar Muclse up Skills for 10 min

12 Rounds

1 Bar Muclse up attempts/ 2 Chest 2 bar(unbroken)

100-meter recovery jog

Zone 2

B. Core Conditioning A

3 Rounds:(Not for time)

20-Second Ring Support L-Sit

20 V-Ups

20 Plank Dumbbell Slides (Total)

Rest as needed between rounds.

Notes -

Second Ring Support L-Sit - Hold yourself in a ring support position with your legs extended in an L-sit. Focus on keeping your body stable and core engaged.

V-Ups- Lie flat on your back and perform a V-up, bringing your arms and legs up to meet in the middle. Engage your core throughout the movement.

Plank Dumbbell Slides - Assume a plank position with a dumbbell on one side of your body. Using the opposite hand, slide the dumbbell across to the other side, then slide it back to the original side. This counts as one rep. Keep your hips stable, minimizing rotation as you move the dumbbell.

C. Core Conditioning B

Lower Intensity, Focus on Mobility and Stability

3 Rounds

12 Dead Bug

Rest 30 seconds

12 ea Bird Dog Rest

30 seconds

10 ea Side Plank (with Hip Dip)

Rest 30 seconds

15 ea Slow Mountain Climbers

Rest 30 seconds

Notes

This workout is designed to gently engage and stretch the core muscles, aiding recovery while maintaining core stability.

Dead Bug :- Keep lower back flat against the floor, simultaneously moving opposite arm and leg.

Bird Dog :- Maintain a neutral spine, extending opposite arms and legs while keeping hips stable.

Side Plank (with Hip Dip):- Hold a side plank, dip the hips towards the floor, and then return to the plank position.

Slow Mountain Climbers :- Focus on slow, controlled movement, driving the knee towards the chest.

Day-5

A. Weightlifting

A) Push Jerk + Split Jerk Complex

3 sets of 2 reps @65% (of whatever is lower)

B) Push Jerk + Split Jerk Complex

4 sets of 1 rep @70%

Estimated Time: 10-15 minutes

B. Strength

Primary Push-Pull Supersets (Strength Focus)

B1: Seated Barbell Overhead Press

Set 1: 10 reps @ 30% 1RM (>1m/s)

Set 2: 10 reps @ 30% 1RM

Set 3: 8 reps @ 40% 1RM

Set 4: 8 reps @ 40% 1RM

Set 5: 6 reps @ 50% 1RM

Set 6: 6 reps @ 50% 1RM

Set 7: 4 reps @ 65% 1RM (0.5-0.75m/s)

Set 8: 4 reps @ 65% 1RM

Set 9: 4 reps @ 65% 1RM

Set 10: 4 reps @ 65% 1RM

Set 11: 1 rep @ 80% 1RM (<0.5m/s)

Set 12: 1 rep @ 80% 1RM Rest for 60 seconds

B2: Batwing Row (substitute for Lat Pulldown)

Set 1: 10 reps @ RPE 6

Set 2: 10 reps @ RPE 6

Set 3: 8 reps @ RPE 7

Set 4: 8 reps @ RPE 7

Set 5: 6 reps @ RPE 8

Set 6: 6 reps @ RPE 8

Set 7: 4 reps @ RPE 8

Set 8: 4 reps @ RPE 8

Set 9: 1 rep @ RPE 9

Set 10: 1 rep @ RPE 9

Rest for 60 seconds. Rest for the first light sets and 2 minutes between Heavy sets.

Total Estimated Time: 25-30 minutes

C. Hypertrophy A

Secondary Push-Pull Supersets (Hypertrophy Focus)

C1: Seated Single-Arm Dumbbell Overhead Press

Set 1: 2 reps each arm @ RPE 7

Set 2: 2 reps each arm @ RPE 7

Set 3: 2 reps each arm @ RPE 7

Set 4: 2 reps each arm @ RPE 7

Set 5: 1 rep each arm @ RPE 8

Set 6: 1 rep each arm @ RPE 9

Set 6: 1 rep each arm @ RPE 10

Rest 60 seconds between sets

C2: Pull-Up

Set 1: 3 reps @ RPE 7

Set 2: 3 reps @ RPE 7

Set 3: 3 reps @ RPE 7

Set 4: 3 reps @ RPE 7

Set 5: 3 reps @ RPE 7

Set 6: 3 reps @ RPE 7

Set 7: 3 reps @ RPE 7

Set 8: 3 reps @ RPE 7

Set 9: AMRAP @ RPE 10

Rest 60 seconds between sets

Total Estimated Time: 20-25 minutes

D. Hypertrophy B

Push-Pull Superset

D1: Seated Dumbbell Overhead Press

Set 1: 8 reps @ RPE 7

Set 2: 8 reps @ RPE 7

Set 3: 8 reps @ RPE 8

Set 4: 8 reps @ RPE 10

Rest 60 seconds between sets

D2: Barbell Upright Row

Set 1: 8 reps @ RPE 7

Set 2: 8 reps @ RPE 7 S

Set 3: 8 reps @ RPE 8

Set 4: 8 reps @ RPE 8

Rest 60 seconds between sets

Total Estimated Time: 15-20 minutes

E. Hypertrophy B (Arms - Optional)

Arms Superset (Optional)

E1: Hammer Curl

Set 1: 20 reps @ RIR 1

Set 2: 20 reps @ RIR 1

Set 3: 20 reps @ RIR 0

Rest 60 seconds between sets

E2: Dumbbell Circle Raise

Set 1: 12 reps @ RIR 1

Set 2: 12 reps @ RIR 1

Set 3: 12 reps @ RIR 0

Rest 60 seconds between sets

Dumbbell Circle Raise - is simply a lateral raise that goes all the way overhead. Control the decent, and don't let them just fall. Raise the DB's from pockets to straight overhead as if you were drawing a circle

Day-6

A. IWT

Before starting each round, perform 2 Squat Clean Thruster at 50% of your 1RM.

Cycle 1:

Round 1: 500 m Row

Rest 3 min

Round 2: 400 m run

Rest 3 min

Round 3: 500 m Ski

Rest 3 Min

Round 4: 1000 m Bike

Rest 5 min

Before starting each round, perform 1 Squat Clean Thruster at 70% of your 1RM.

Cycle 2:

Round 1: 250 m Row

Rest 3 min

Round 2: 200 m Run

Rest 3 min

Round 3: 250 m Ski

Rest 3 Min

Round 4: 500 m Bike

Rest 3 Min

B. Core

B3 Rounds(Not for time)

20 to 30 GHD sit-ups

10 to 15 Strict toes to bar

20ea Russian twist

C. Coaching Notes

Squat Clean Thruster: Ensure you're executing the movement with good form, focusing on power through the squat and explosiveness in the thruster. This movement should prime your body for the high-intensity cardio work that follows.

Intensity: Aim to complete each cardio portion as quickly as possible while maintaining proper technique. Use the rest periods to recover fully before starting the next round.

Cycle 1 vs. Cycle 2: The first cycle is designed to be more challenging, with longer distances. The second cycle maintains the intensity but with shorter distances, pushing your capacity in a different way.

Understanding the Program

Rate of Perceived Exertion (RPE):

RPE Scale

(Rate of Perceived Exertion)

RPE is a subjective measure of how hard you feel you're working. It's useful when you don't have heart rate data.

RPE 1-2

Very Light Activity - Feels like nothing at all, just slightly more than sitting.

RPE 3-4

Light Activity - Feels like you can maintain for hours. Easy to breathe and carry a conversation.

RPE 5-6

Moderate Activity - Breathing heavily, can hold a short conversation. Feels challenging but sustainable.

RPE 7-8

Vigorous Activity - Borderline uncomfortable, short of breath. Can speak a few words at a time.

RPE 9-10

Max Effort Activity - Extremely intense, cannot maintain for long. Unable to talk, focusing entirely on the exercise.

Reps In Reserve (RIR):

RIR Scale

(Reps In Reserve)

RIR indicates how many more repetitions you could perform in a set before reaching muscular failure. It's particularly useful for strength training.

RIR 5+

Very Easy - You could do 5 or more additional reps. This is light work for you.

RIR 3-4

Moderate - You have 3-4 reps left in the tank. The weight feels challenging but manageable.

RIR 1-2

Hard - Only 1-2 reps left. You're pushing yourself, but could still do a bit more if you had to.

RIR 0

Maximum Effort - You couldn't do another rep with good form if you tried. You've reached muscular failure.

Remember: Listen to your body and adjust your intensity as needed. If you're new to exercise or have any health concerns, consult with a fitness professional or your doctor before starting a new program.

Training Zones:

Exercise Intensity Guide

Understanding your workout intensity helps you train more effectively and safely. Use this guide to gauge your effort level during exercise.

Intensity Zones

Based on percentage of your maximum heart rate

Zone 1

50-60% Max Heart Rate

Very Light - Easy recovery, warm-up. You can easily hold a conversation and feel very comfortable.

Zone 2

60-70% Max Heart Rate

Light - Aerobic base building. Breathing is slightly elevated, but you can still hold a full conversation.

Zone 3

70-80% Max Heart Rate

Moderate - Aerobic endurance. Breathing becomes heavier, but you can still speak in short sentences.

Zone 4

80-90% Max Heart Rate

Hard - Lactate threshold training. Breathing is heavy and speaking is difficult. You're pushing your limits.

Zone 5

90-100% Max Heart Rate

Very Hard - VO2 max, anaerobic training. Maximum effort, can only maintain for short periods. Speaking is nearly impossible.

Program Goals and Mindset:

Our program is designed to progressively enhance your physical capabilities through a combination of strength training, hypertrophy, and conditioning. The mindset you bring to each workout is crucial to your success. Embrace the challenge, stay consistent, and focus on form and technique. Remember, progress is not just measured in the weights you lift, but in the consistency, effort, and mindset you bring to each session.

Consistency Over Perfection: Results come from consistent effort over time. Trust the process, and don't be discouraged by setbacks. Each day is an opportunity to improve, no matter how small the progress may seem.

Listen to Your Body: While it's important to push yourself, it's equally important to listen to your body. Use RPE and RIR to gauge your effort, ensuring that you challenge yourself without risking injury.