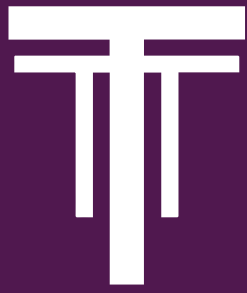


2024 SPRING CYCLE

TRAINING THINK TANK

2024 SEASON



FITNESS

04/29/24 - 07/14/24

EFFORT IS A CHOICE



WHICH PATH IS RIGHT FOR YOU?

> TTT 60

TTT 60 is for the athlete who wants a well rounded fitness program that blends strength, CrossFit, and endurance - all in 60 minutes!

> TTT BODYBUILDING

TTT Bodybuilding is just what it sounds like-- get strong and look good doing it! Our goal is to take a unique approach to tried and tested methods on getting your feeling healthy and looking good!

> TTT ENDURANCE

The TTT Endurance path is for those who want to build their ENGINE. This is a great program for someone who wants to get better on the ergs, improve their running/swimming, or who needs a little extra conditioning work on top of their CrossFit training.

FULL CYCLE BREAKDOWN

> TTT 60

This training cycle we will focus on “chasing the pump” and “Building Endurance”. For Strength, you can expect to see a 5RM back squat progression, a strict pull-up endurance test, strict press test, and accessory hinging/glute training. For our conditioning, we will focus on a variety of time domains from short, high-powered workouts to longer conditioning sessions focused on building aerobic endurance, all in 60min or less!

MONDAYS we will focus on upper body pulling strength and a fun CrossFit style metcon.

TUESDAYS we will have dedicated time for olympic and powerlifting strength, along with a longer endurance session.

WEDNESDAYS we will run linear Back Squat and Lunge progressions to build strong legs. For our conditioning, we will focus on middle time domain (8-15min) CrossFit and Aerobic conditioning.

FRIDAYS we will perform upper body strength progressions, including bench and strict press variations. For conditioning, we will focus on shorter time domain workouts with a focus on barbell lifts.

SATURDAYS we will round out our week with hinging strength progressions, including deadlifts and other glute/hamstring focused exercises. For conditioning, we will focus on longer aerobic capacity based training, including a “murph” prep option for those who would like to perform Murph this Memorial Day.

FULL CYCLE BREAKDOWN

> TTT BODYBUILDING

We are excited to start our Spring bodybuilding cycle. We will continue to focus on creating actual strength adaptations while also layering in hypertrophy based training protocols to help you look and feel better.

MONDAYS will be a time to focus on your bench press and rows! We are targeting your chest, back, lats, and rear delts with the focus on horizontal pushing and pressing movement patterns!

TUESDAY'S focus will be on your lower body, specifically your glutes and hamstrings. We will target your posterior chain with deadlift variations, front squats, hip thrusts, and glute bridges to have strong AND functional glutes!

WEDNESDAY will pack another powerful upper body workout as we focus on the delts, biceps, triceps, and core. We are focusing on upper body pressing with landmine variations to work a different range of motion, and we are going to be chasing the PUMP on our isolation movements to build functional muscle!

FRIDAYS will be another lower body workout to target your full legs! We will be progressing your back squat, starting with slow tempo reps all the way to a 3 RM. The exercises after will be strength support work in order to move well and get stronger legs.

SATURDAYS will be a full upper body workout with vertical pressing and horizontal pulling! This day will be built to build your strict press and strict pull-up strength as we build to a 3 RM for both of these exercises. Then, we will be blasting your biceps and triceps to get #SWOLE!

FULL CYCLE BREAKDOWN

> TTT ENDURANCE

MONDAY: 10min Max Calorie Echo Bike Progressions. This will be an 10 week progression focused at getting the athlete better at a 10 min time trial on the echo bike. The focus will be on improving your aerobic power on the echo bike.

TUESDAY: Swim Training with a focus on stroke development. We will spend more time building a proper swimming stroke and bodyline to help you become a more efficient swimmer while building your in-the-water endurance.

WEDNESDAY: On Wednesdays, we will perform speed-based run intervals. This will be a great way to balance the longer, slower, runs we will perform on Saturdays.

FRIDAY: We will have a “test-retest” of a fun Row/Ski benchmark workout. Week 1 we will test and then on Week 10 we will retest. The workout is as follows:

50-40-30-20-10:

Row Cals

Ski Cals

SATURDAY: Last cycle we finished with a 5k Run for Time. This cycle we will shift to tempo run intervals that will finish with a Time Trial run for max distance. For those who need to improve their running this spring/summer, this progression is for you!

FULL CYCLE BREAKDOWN

> MOVEMENT & MOBILITY PATH

During this next cycle, the Movement and Mobility Path will continue to use the 4 week blocks that will vary the exposure to movement development so you can work on getting into better positions for training.

MONDAY will start with a 4 week block of overhead mobility, then move into several 4 week blocks focusing on developing better hip rotation for squatting.

TUESDAY will start with a 4 week blocks focusing on squatting, then shift into several 4 week blocks focusing on shoulder rotation to help improve overhead position for jerks and handstand push-ups.

WEDNESDAY will alternate blocks focusing on hamstring and adductor mobility for front and middle splits. While not necessary for the sport of CrossFit, it is complimentary for all of the squatting and hinging we do in the sport.

THURSDAY is going to be focused on general movement, touching both upper and lower body joints to give you a break from the dedicated/specific positional work that is the other days.

FRIDAY is going to rotate through different 4 week blocks, starting with hinging specific work to overhead mobility to squatting and ankle mobility.

SATURDAY is going to be focused on hip mobility for general improvements in rotation for squatting and hinging patterns.

FULL CYCLE BREAKDOWN

> 04/29/2024 THROUGH 07/14/2024

| | TTT 60 | TTT Endurance | TTT Bodybuilding |
|-------------|---|---|---|
| MON | Upper Body Pulling Strength + CrossFit Style Conditioning | 10min Echo Bike Time Trial | UPPER BODY Horizontal press+push, rear delts, lats |
| TUES | Olympic/Power Lifts + Long Aerobic Capacity Development | Swim Training | LOWER BODY Glute focused day with an emphasis on deadlifts and front squat |
| WEDS | Back Squat Strength + Middle Time Domain Conditioning | Run Speed Endurance Intervals | UPPER BODY Landmine press progressions / PUMP for delts, biceps, triceps |
| THUR | Active Recovery | Breathing/Recovery Focus/ Movement and mobility path | Movement and Mobility Path |
| FRI | Upper Body Pressing Strength + Short Time Domain Conditioning | Mixed Row/Ski Benchmark Test | LOWER BODY Back squat, lunges, glute work, calves |
| SAT | Hinging Strength + Longer Aerobic Capacity | Tempo Run Training (20min Max Distance Test) | UPPER BODY Strict press +strict pull-up +biceps +triceps |
| SUN | OFF | Movement and Mobility Path | OFF |