

SUMMER 2024 SAMPLE

EFFORT IS A CHOICE

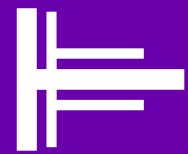
#TTTATHLETE

TT FITNESS

FULL WEEK ONLINE PROGRAM SAMPLES

TRAINING THINK TANK





ATHLETE

TTT 60

MON

12 min warm up - 2-3x through
30 sec bike
10/side rock back adductor stretch
10 90-90 hip switches
5 empty bar good mornings
5 empty bar zombie squats

A. Front Squat @ 2111: 6,5,4,3;
rest 2 min
***final set around 8-9/10 RPE,
leave plenty in the tank
B. 3 x Clean Pulls + 1 x Hang
Power Clean - 1 complex every
2 min x 4 sets
***keep it under 8/10 RPE on
hang power clean - reset be-
tween clean pulls
+
tester warm up
2-3 sets @increasing pace
each set
300m row
12 thrusters
8 pull ups
---rest 60-90 sec between
+
tester
For time
1K row
50 thrusters (45/35)
30 pull ups

TUE

10 min warm up - 3-4x
through
30 sec elevated cat stretch
10 serratus wall slides
20 sec/side KB armbars hold
10 banded no money drill

3 sets:
A1. Bench Press: 15,12,9 - 55,
65,75% 1RM
Rest 30 sec
A2. 20 dball or goblet hold
Box Step Overs - 24/20",
choose load by feel, build to a
tough set for the day
Rest 2-3 min
+
B. Strict Weighted Pull-Up:
Find a 3RM for the day in 5
working sets
***or weighted negative
+
C. 10-12 min AMRAP for qual-
ity:
10 sec Supinated Chin Over
Bar Hold
20 sec wall facing HS hold
30 sec SA Plank Hold/side
40 sec AMRAP Flutter Kicks

WED

12 min warm up - 2-3x
through
60 sec bike
10 Russian KB swings
10 prisoner squats
10 alternating bird dogs
5 sec/side McGill curl up

A. Every 2 min x 3 sets:
Open 21.4 Complex
1 Deadlift + 1 Clean + 1 Hang
Clean + 1 S2O
*Up to 80-90% of best com-
plex, start low & build. Run-
ning this back from last year.
Let's see where it's at while
fresh.
+
C. EMOM x 10:
Min 1: SL Landmine RDL: 8
reps/side
Min 2: Landmine Cossack
Squat: 8 reps/side
+
Chipper:
60 Cal Row
50 Box Step Ups (1 DB @
50/35lbs)
40 v-ups
30 Power Snatch (95/65)
20 C2B

THU

Movement/mobility path (se-
lect an option from the week
that will be most valuable for
you)

FRI

12 min warm up - 2-3x through
60 sec bike
25ft duck walk
25ft bear crawl
10 glute bridges
5 empty bar Kang squats

A. Back Squat - quick build to
82%1RM
B. Strict Press - quick build to
82%1RM; then do 3 reps EMOM x
2-3 sets- 75-80% 1RM
C. EMOM x3 - 3 strict press @75-
80%1RM
+
Shuttle Run Progressions:
2-3x through
10s forward to back line hops w/
two legs
rest :20
10s side to side line hops w/ two
legs
rest :20
+
Every 3 min x 4 sets
5 Shuttle Runs
10 Burpee Pull-ups
5 Shuttle Runs

SAT

10 min warm up - 3-4x
through
20 sec/side KB arm bar hold
10 banded no money drill
5 light DB Cuban press
1 pause jerk dip + 1 jerk dip + 1
split jerk (light weight)

A. 3 Jerk Dips + 1 Split Jerk: 1
complex @ 80% 1RM SJ x 4
sets; rest as needed
+
3 sets:
B1. Half Kneeling SA KB Palm
Arnold Press: 10 reps/side
B2. SA Landmine Meadow
Row: 10 reps/side
Rest 1 min b/t each
+
C. EMOM x3 - 3 deadlifts @75-
80%1RM
+
TTT Throwdown (RX)
For time:
6 Wall Walks
30 double-unders
12 Wall Facing HSPUs
60 double-unders
12 Wall Walks
90 double-unders
24 Strict HSPUs
150 double-unders
18 Wall Walks
210 double-unders

TTT Throwdown (scaled)
For time:
6 Wall Walks
30 double-unders
12 2-DB STO@ 50/35# ea
60 double-unders
12 Wall Walks
90 double-unders
24 2-DB STO@ 50/35# ea
150 double-unders
18 Wall Walks
210 double-unders

MON

warmup 1
3-5 min machine
+
2-3 sets:
10 banded pull-aparts (1 sec squeeze)
10 adductor frog rock backs
10 alternating deadbugs

a1. back squat;
4x8 @65-75% -rest :45
a2. strict ring pull-up;
4xAMRAP (-1) -rest 2-3 mins
*maintain feet together and in front of you

b1. dual KB front squat;
3x8-10 @31x1 -rest :30
b2. single arm ring row;
3x12/side -rest :90

c. single arm DB elbowing row;
3x10-12/side @20x1 -rest :30 between sides

d. Goblet wall sit
3x60 sec -rest :60
*maintain upright torso and hips right at parallel

e. goblet duck walks;
3x20-24 alternating reps -rest :60
*tough but unbroken loads; slow and controlled with a slight pause at the top to feel your legs contracting (think of it as a kickstand pistol coming up to above parallel then back down)

TUE

warmup 1
3-5 min incline walk/ empty sled push
+
2-3 sets:
12 lax ball calf raises
12 anterior tib raises
6 sprawls

a. For quality:
400m reverse sled drag, drive through full knee extension with each step
+
15 min @ steady and sustainable effort
60 sec easy bike
10 single arm staggered stance russian KBS
10 half kneeling KB windmills/side
60 sec easy bike
10-20 sec straight arm ring support hold
20-40 sec gymnastics plank
+
400m forward sled drag, long steps and strike/pull through heels to activate hamstrings

*sub weighted/ incline walk or easy bike for 6-8 mins each instead of sled if needed

WED

warmup 1:
3-5 min machine
+
2-3 sets:
10 banded goodmornings
8 single arm KB bottoms up press/side
6 single leg glute bridges/side (2 sec hold @top)

a. barbell incline bench press;
4x5 *work up to a heavy set of 5 for the day (we will use this as progression going forwards)

b. barbell staggered stance RDL
3x10-12/side @31x1 -rest :60 between sides

c1. rope/ banded face pull;
3x15 -rest :30
c2. leaning DB lateral raise;
3x10/side -rest :30
c3. DB frontal raise;
3xAMRAP with load from lateral raises -rest 2:00

d. slider hamstring curl eccentrics;
3x8-10 @4-5 sec negative -rest :90

e1. half kneeling banded wood-chop;
3x10/side -rest :45
e2. bear sit back to knee drive
3x30 alternating -rest :45

FRI

warmup 1:
3-5 min machine
+
2-3 sets:
16 alternating DB death marches (light)
5 knees over toes split squats/ side
5 goblet squats @22x1 (increase load each set)

a. tempo scoop hip thrust;
10, 8, 8, 6 @31x1 -rest 2:00
*slow lowering with fast contraction up while maintaining glute connection ; tough loads but no lower back form compensations

b. no lockout front squat;
4x10 @20x0 -rest :90
*start light/ moderate and increase each set to a tough set; continuous motion and NO resting at the top or bottom between reps

c1. DB curtsy lunge
3x10/side -rest :30
c2. hips banded russian KB swing;
3x15 -rest :30
c3. frog pumps;
3x30 *squeeze heels together! -rest :90

d. Optional Finisher/Power circuit;
EMOMx10
20 sec standing C2 bike @tough damper
40 sec easy spin (sit down, damper low)

SAT

warmup 1:
3-5 min machine
+
2-3 sets:
3 shoulder swimmers *slow and controlled*
10 tall kneeling DB curl to press *Light*
5 hand release pushups *full retraction in bottom/ full protraction at top*

a. 5 rounds:
15 cal echo bike @aerobic pace (75%)
10 straight bar dips OR pushups *no more than 2 sets each round; reps should be tough so add load if needed into:
5 rounds:
15 cal ski @aerobic pcae (75%)
10 wall supported barbell bicep curls (tough but unbroken)

b. 8 min AMRAP for shoulder health:
5 elbow on knee DB external rotations
30 sec bar hanging grip switches
5 PVC shoulder extensions+ 5 sec hold each rep
30 sec piked HS hold

c. Core finisher:
3-5 rounds:
10 v-ups
10 hollow rocks
10 arch rocks
10 OH plate sit-ups
-rest as needed to keep postions solid



ATHLETE

TTT ENDURANCE

MON

10min Echo Bike Warm-up
 Start at 2/10 RPE and build each minute to 7-8/10 by last minute
 +
 Echo Bike - 20 min for max calories (record distance and average watts too)
 +
 10min Echo Bike Cool-down
 Nasal breathing only

TUE

Dryland warm-up
 -Standing Hip Joint Rotations
 -Standing Shoulder Joint Rotations
 -Leg Swings (progressing speed)
 -Shoulder Circles (progressing speed)
 -Straddle Torso Rotations (progressing speed)
 +
 Start a 15min timer to work through the following drills:
 -1-arm lead scull
 -1/4 stroke pause w/ straight arm recovery
 -1/4 stroke pause w/ high elbow
 *if you have a snorkel / fins use them here, try to keep that as continuous as possible
 +
 3 Sets:
 4 x 50 / 3 breath rest - free swim @ STRONG aerobic effort (push these fast enough to get uncomfortable by the 2nd / 3rd 50)
 Rest 30sec
 1 x 200 / rest as needed - free swim @ SMOOTH (hold stroke together)
 +
 4 x 50 / 45sec rest - variable speed kick
 #1 - 12.5 fast / 37.5 easy
 #2 - 12.5 easy / 12.5 fast / 25 easy
 #3 - 25 easy / 12.5 fast / 12.5 fast
 #4 - 37.5 easy / 12.5 fast
 +
 Start a 10min timer to work through the following drills:
 -1-arm lead scull
 -1/4 stroke pause w/ straight arm recovery
 -1/4 stroke pause w/ high elbow
 *if you have a snorkel / fins use them here, try to keep that as continuous as possible

WED

8 sets - 90 sec on, 3 min rest (20s/m)
 ***as fast as you can sustain at this rate
 ***turn up drag factor 20-30
 +
 Working in sets of 60 sec on, 60 sec rest - accumulate 2.5K/2.25K

FRI

Complete at a nonstop/continuous effort:
 10 min Run - EN2
 5 min A/B or Echo Bike - EN3
 5 min Row - Threshold
 10 min Run - EN1
 *Total Working Time - 30 min

 Heart Rate Zone & RPE Chart:
 EN1 - 65-75% HR / 65-75% effort / Easy/Nose Breathing Pace

 EN2 - 75-85% HR / 75-85% effort / Deep & Steady Breathing

 EN3 - 85-90% HR / 85-90% effort / Short Sentences, "Fun Hard"

 Threshold - 90-95% HR / 90% effort / No Talking, "Hard"

SAT

Endurance warmup: <https://www.youtube.com/watch?v=isceT6h-3CzY>
 +
 5k Run Time Trial
 +
 Easy 15min Walk Cooldown

MOVEMENT & MOBILITY PATH



MON

A. Feet Elevated Breathing w/ Reach: 2 x 10 breaths, rest 30s.

*Slight hamstring bridge, light reach towards the ceiling, slow inhale through, slow exhale through your mouth
<https://www.youtube.com/shorts/R8ol7BflZLQ>

B. Prone Lying Shoulder ER Stretch: 2-3 x 45s, rest 30s.
<https://www.youtube.com/watch?v=DybEVWJ6PvE>

C. 90/90 Pec Fly: 3 x 8 w/ 2s eccentric + 2s hold in the bottom, rest 30-60s.
<https://www.youtube.com/shorts/cnV8ORS87wc>

D. Half Kneel Med Ball Forward Toss: 2-3 x 12-16 reps @ 30-40% effort, rest 30s.
<https://www.youtube.com/shorts/dGSH8Pv96Q8>

E. Half Kneel Med Ball Across Body Toss: 2-3 x 12-16 reps @ 30-40% effort, rest 30s.
<https://www.youtube.com/shorts/ufnSSbhdISI>

F. Thoracic Rotation w/ Overhead Reach; 2-3 x 20-30s hold, rest 30s.
<https://www.youtube.com/shorts/e7FvjBxXYTo>

TUE

A. 3-Way Standing Calf Raises: 2-3 x 6-8 reps per stance, rest 30s.

<https://www.youtube.com/shorts/haNiVhsM2cl>

B. Elevated Seiza Sit: 3 x 20-30s hold, rest 30s.

<https://www.youtube.com/watch?v=e9zPwZa7Gnl>

C. Toe Sit: 3 x 20-30s hold, rest 30s.

<https://www.youtube.com/watch?v=jYCUvEZOAKw>

D. 3D Step Back: 2-3 x 8 per side, rest 30s.

*Find your 3 points of contact (heel, big toe knuckle, little toe knuckle), slight bend in your knee, then rotate and tap at a 45 deg.

<https://www.youtube.com/shorts/zeZclt6mx0A>

E. Split Squat w/ Knee Over Toe:

*Start with your knee behind your foot, feel weight in your heel, and then drive your knee forward towards your big toe

<https://www.youtube.com/shorts/-dppwYLAWyM>

F. Heel Floating Bent Knee to Straight Knee Calf Raise: 2-3 x 8 per side, rest 30s.

<https://www.youtube.com/shorts/1BJxueARJK4>

WED

A. Straddle Sit Opposite Arm Reach: 2 x 60s hold per side, rest 30s.

<https://www.youtube.com/watch?v=OCJb17WPU-Y>

B. Frog Hold: 2 x 60s hold, rest 30s.

https://www.youtube.com/watch?v=1Z_7goMMPYE

C. Straddle Sit Good Morning: 2 x 10 + 2s hold, rest 30s.

<https://www.youtube.com/watch?v=6e-zS9c4hEs>

D. Straddle Sit Bounces: 2 x 10 per direction, rest 30s.

<https://www.youtube.com/watch?v=F64pbsEGH18>

E. Straddle Sit Sweeps 2 x 10 per direction, rest 30s.

https://www.youtube.com/watch?v=WprusKk7Y_l

F. Standing Straddle: Accumulate 2 minutes.

*Focus is on trying to pull your legs together - ideally this is a long duration contraction so only go as far as you are able to maintain a pull of your feet/legs towards your midline (the video below is a little too wide for me to do this appropriately)

<https://www.youtube.com/watch?v=-zc4-lrirdQ>

THU

A. Single Arm Supinated Grip Elevated Cat Stretch: 3 x 45s per side, rest 60s.

+

B. Standing Arm Spirals: 3 x 5-10 per side, rest 60s.

+

C. Tall Kneeling Thoracic Spine CARs: 3 x 5 per side, rest 60s.

+

D. Shifting Forward Lunge with Active Overhead Reach: 3 x 6 +2s hold per side, rest 60s.

+

E. Elevated Pigeon Squats: 3 x 6 per side, rest 60s.

+

F. Standing Straddle Hold - wall support: 3 x 75s, rest 60s.

FRI

A. Tall Kneeling Hip CARs: 2-4 x 3 rotations per side, rest 30s.

<https://www.youtube.com/shorts/XEop9fVJKg4>

B. Extended Leg Couch Stretch: 2-4 x 30s per side, rest 30-45s.

<https://www.youtube.com/watch?v=Pi4ohUhe8UM>

C. Gliding Cossack Squat: 2-3 x 8-10 per side, rest 45-60s.
<https://www.youtube.com/shorts/o6F1par3sEc>

D. Single Arm Down Dog Opposite Toe Touch: 2-3 x 8-10 per side, rest 30s.

<https://www.youtube.com/watch?v=FGy5rle57CU>

E. Overhead Thoracic Rotation Stretch: 2-4 x 20-30s per side, rest 30s.

<https://www.youtube.com/shorts/e7FvjBxXYTo>

F. Emperor Serves Tea: 2-4 x 3 per side, rest 30s.

<https://www.youtube.com/shorts/L2ZUqqd1FUI>

SAT

A. Elevated Cat Stretch: 4 x 30s, rest 15s.

<https://www.youtube.com/watch?v=QvmU8Uc3NgY>

B. Seated Shoulder Extension: 4 x 20s, rest 30s.

<https://www.youtube.com/watch?v=IRtwWUtc4aA>

C. Prone Lying Y Raise (w/ Resistance Band Pulling the PVC pipe up) x 20s active hold in the end range of shoulder flexion x 3-5 sets, rest as needed.

*You can be in a snatch grip or jerk grip (or start from snatch and work your way into a jerk)

<https://www.youtube.com/shorts/5rKsQo6JVSg>

D. DB Pullover (30x1): 2-3 x 6-8, rest 30s.

<https://www.youtube.com/shorts/AeGIWI4bEuU>

E. Shoulder Flexion Overcoming Isometric Hold: 3-4 x 15-20s hold, rest 30s.

<https://www.youtube.com/watch?v=glwhlk8sVE8>

F. PVC Pipe or Weighted Bar Shoulder Extension Lift Off: 3 x 6-8 reps + 2s hold, rest 30s.

<https://www.youtube.com/watch?v=KlvC0Ck9Vg>