

CFGB – ENDURANCE PROGRAMMING (11 April 2016 – 14 May 2016)

Built from PowerStrengthEndurance.com (04.12.2015 – 05.16.2015)

Week of April 11th, 2016

MON/TUE/WED: LI “Lactate Shuttle” Run/Bike/Swim/Row/Ruck: 5:00 ON, 2:30 OFF, 6:00 ON, 3:00 OFF, 7:00 ON, DONE
Complete 1 – 3 rounds based off goals. Perform until form/pace deteriorates.

*Aim for max distance on each interval

*Rest 3:30 after 7:00 if completing multiple rounds

THUR/FRI: SI Run/Bike/Swim/Row/Ruck: 30sec hill repeats, rest 2 minutes, perform until form/pace deteriorates

* Add a sled with 45#-115# to run; add hills to sprint work on bike; swim with a torn tee shirt.

*Efforts should be all out with full recovery

SAT/SUN: STAMINA Run/Bike/Swim/Row/Ruck: 2 – 4 x 20:00 for distance, Rest 10min between efforts

*Hold intervals within 100 meters

*Choose number of intervals paced off goals

*Stop if pace or form deteriorates

Week of April 18th, 2016

MON/TUE/WED: SI Run/Bike/Swim/Row/Ruck: 1 minute Repeats, 3:00 rest, perform until form/pace deteriorates

*Efforts should be all out. Long recovery has a purpose.

THUR/FRI: LI Run/Bike/Swim/Row/Ruck: 6 minute Repeats, Rest 3 minutes, Perform until form/pace deteriorates

* Add a sled with 45#-115# to run; add hills to sprint work on bike; swim with a torn tee shirt.

SAT/SUN: TEMPO Run/Bike/Swim/Row/Ruck: 2 x 20min @ 15-20sec slower/mile (10-15sec slower/km) than 5K TT pace, rest 5 minutes between intervals. For swim and ruck, adjust pace accordingly.

Week of April 25th, 2016

MON/TUE/WED: LI Run/Bike/Swim/Row/Ruck: 2-5 intervals x (3 minute work, 3 minute rest, 2:30 minute work, 2:30 minute rest), perform until form/pace deteriorates

*Hold efforts within 3 – 5 seconds

*Number of repeats is simply a range, perform more or less based off your skill & goals

THUR/FRI: SI Run/Bike/Swim/Row/Ruck: 15 second sprint repeats, rest 1:30, perform until form/pace deteriorates

*Hold efforts within 1 – 2 seconds;

*All out efforts

SAT/SUN: TT Run (10 Mile)/Bike (30 Mile)/Swim (1500m)/Row(10K)/Ruck (10 Mile):

*Benchmark – ensure a proper warm up

Week of May 2nd, 2016

MON/TUE/WED: SI Run/Bike/Swim/Row/Ruck: 90 second ladder; perform until form/pace deteriorates

*Work for max distance/speed

*Remain consistent and try to best previous distance/speed traveled

*Choose number of sets paced of goals

Ladder – 90 sec on, 60sec r, 90sec on, 45sec r, 90sec on, 30sec r, 90sec on, 15sec r, 90sec on, 30sec r, 90sec on, 45sec r, 90sec on, set complete! *r = recovery

THUR/FRI: LI Run/Bike/Swim/Row/Ruck: 4min repeats, rest 3min, perform until form/pace deteriorates

*Work for max distance/speed

*Remain consistent and keep splits within 50m

*Choose number of sets based of goals

SAT/SUN: TEMPO Run/Bike/Swim/Row/Ruck: 2-6 x 15min @ 90% of 5K TT, rest 5minutes between sets, perform until form/pace deteriorates

Week of May 9th, 2016

MON/TUE/WED: LI Run/Bike/Swim/Row/Ruck: 3 minute repeats, Rest 2:30 perform until form/pace deteriorates

- *Remain consistent and try to finish in the same place each interval.
- *Choose number of sets based off goals

THUR/FRI: SI Run/Bike/Swim/Row/Ruck: 8 rounds of 30sec ON, 20sec OFF, set treadmill to 12% grade

- *All out efforts
- *Start with a pace and maintain it

SAT/SUN: TIME TRIAL Run (10K)/Bike (30K) /Swim(1000m)/Row(5K)/Ruck(10K): TT

- *All out efforts
- *Start with a pace and maintain it

Week of May 16th, 2016

MON/TUE/WED: SI Run(400M)/Bike(800 M)/Swim(100 M)/Row (400 M)/Ruck (400 M): TT repeats, R 3:00 perform until form/pace deteriorates

- *Remain consistent and keep splits within 2-3 seconds
- *Choose number of sets based off goals
- *Recommended range 3 – 8

THUR/FRI: LI Run/Bike/Swim/Row/Ruck: 5min repeats, R 2:30 perform until form/pace deteriorates

- *Remain consistent and keep splits within 50-100m accumulated distance
- *Recommended repeat range 2 – 8, Choose number of sets based off goals

SAT/SUN: TEMPO Run/Bike/Swim/Row/Ruck: 2-6 x 16min @ 90% of 5K TT, rest 4 minutes between sets, perform until form/pace deteriorates

- *Start with a pace and maintain it on each interval
- *Compare to tempo intervals two weeks ago
- *Choose number of sets based off goals

Frequently Asked Questions

Which should I do for today's workout, Run, Bike, Row, Ruck, or Swim?

If you are a multisport athlete, consider rotating through your sports. If one of the sports is a weakness for you, consider including it more often in your rotation.

What is "SI", "LI", "TT", "TEMPO", "REPEATS"?

SI is a short interval workout; LI is a long interval workout; TT is a time trial; TEMPO is a stamina workout where the desired pace is specified; And, REPEATS are intervals where the aim is to complete each interval with a consistent time or distance across all intervals.

I am doing CrossFit WODs this week, when should I do the ENDURANCE WODs?

If desired, the Endurance workouts will supplement your CrossFit sessions. So, in addition to your regular three to five CrossFit sessions, you will be adding up to three additional Endurance sessions each week.

Ideally, the SI and LI workouts would be performed 3+ hours before or after your CrossFit WOD. For many, this would be a morning session and an afternoon session. Occasionally this is not possible, and on those occasions – although not ideal – the Endurance WOD can be performed before or after the CrossFit WOD.

For the TT and TEMPO workouts, it would be best to perform these on a day by themselves – no CrossFit WOD that day. So, consider using the active recovery days, a weekend day, or another day that is available to you during the week.

What should I do for a Warm-Up and Prep?

For a warm-up and prep, please include mobility (10 minutes), warm-up drills (10 minutes), and skills (10 minutes) prior to each session. Check out this set of turf drill with Chris Hinshaw (<https://youtu.be/VW42KKmjEZY>).

Please also consider the drills available on PowerSpeedEndurance:

- Run: <https://powerspeedendurance.com/run-2/>
- Row: <https://powerspeedendurance.com/run/>
- Bike: <https://powerspeedendurance.com/bike/>
- Swim: <https://powerspeedendurance.com/swim/>
- Ruck/Tactical: <https://powerspeedendurance.com/tactical/>

The CFGB Endurance (Facebook Group):

<https://www.facebook.com/groups/1715408525401458/>