

## CFGB – ENDURANCE PROGRAMMING (May 2016)

Built from [PowerStrengthEndurance.com](http://PowerStrengthEndurance.com) (05.03.2015 – 06.02.2015)

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### Week of May 2<sup>nd</sup>, 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 9<sup>th</sup>, 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 16<sup>th</sup>, 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

## Week of May 23<sup>rd</sup>, 2016

**MON/TUE/WED: LI** Choose ONE of the following Sports...

Swim (TUES): (400m – 200m – 100m), Rest 1:1 perform until form/pace deteriorates

Bike (TUES): (3K – 2K – 1K), Rest 1:1, perform until form/pace deteriorates

Run (TUES): (1000m – 800m – 600m), Rest 1:1, perform until form/pace deteriorates

Row (TUES): (1000m – 800m – 600m), Rest 1:1, perform until form/pace deteriorates

Ruck (TUES): (1000m – 800m – 600m), Rest 1:1, perform until form/pace deteriorates

\*Remain consistent and keep splits 3 – 5 seconds

\*Recommended repeat range 1 – 4, choose number of sets based off goals

**THUR/FRI: SI** Choose ONE of the following Sports...

Swim (THURS): 25m sprint, Rest 1:4, perform until form/pace deteriorates

Bike (THURS): :20 sprint, Rest :80, perform until form/pace deteriorates

Run (THURS): :20 sprint, Rest :80, perform until form/pace deteriorates

Row (THURS): :20 sprint, Rest :80, perform until form/pace deteriorates

Ruck (THURS): :20 sprint, Rest :80, perform until form/pace deteriorates

\*Keep distance consistent within 10m

\*Recommended range 6 – 20 repeats

**SAT/SUN: TIME TRIAL** Choose ONE of the following Sports...

Swim (SUN): 800m TT

Bike (SUN): 20K TT

Run (SUN): 4 Mile TT

Row (SUN): 5K TT

Ruck (SUN): 4 Mile TT

\*All-out effort

\*Set a benchmark

## Week of May 30<sup>th</sup>, 2016

**MON/TUE/WED: SI** Choose ONE of the following Sports...

Swim (TUES): 75m Repeats, Rest :60 perform until form/pace deteriorates  
Bike (TUES): 600m Repeats, Rest :60, perform until form/pace deteriorates  
Run (TUES): 300m Repeats, Rest :60, perform until form/pace deteriorates  
Row (TUES): 300m Repeats, Rest :60, perform until form/pace deteriorates  
Ruck (TUES): 300m Repeats, Rest :60, perform until form/pace deteriorates

\*Hold pace within 2-4 seconds

\*Recommended range 6 – 16

**THUR/FRI: LI** Choose ONE of the following Sports...

Swim (FRI): 250m Repeats, Rest 2:30, perform until form/pace deteriorates  
Bike (FRI): 1.5 Mile Repeats, Rest 2:30, perform until form/pace deteriorates  
Run (FRI): 1200m Repeats, Rest 2:30, perform until form/pace deteriorates  
Row (FRI): 1200m Repeats, Rest 2:30, perform until form/pace deteriorates  
Ruck (FRI): 1200m Repeats, Rest 2:30, perform until form/pace deteriorates

\*Hold pace within 3-5 seconds

\*Recommended range 3-13

**SAT/SUN: TEMPO** Choose ONE of the following Sports...

Swim (SAT): 500m TT, Rest 10min then 15minutes @ 5-10sec/100m slower than 1000m TT pace  
Bike (SAT): 5K TT, R 10min then 60minutes @ 1-2/mph (2-3kph) slower than 20mile TT pace  
Run (SAT): 1 Mile TT, R 10min then 60minutes @ 20-30sec/mile slower than 10K TT pace  
Row (SAT): 1 Mile TT, R 10min then 30minutes @ 5-10sec/500m slower than 5K TT pace  
Ruck (SAT): 1 Mile TT, R 10min then 60minutes @ 20-30sec/mile slower than 10K TT pace

\*Benchmark new 1 mile TT performed 2 months ago

\*80% tempo

## 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/>