

## CFGB – ENDURANCE PROGRAMMING (June 2016)

Built from [PowerStrengthEndurance.com](http://PowerStrengthEndurance.com) (06.03.2015 – 07.02.2015)

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### 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

## Week of June 6<sup>th</sup>, 2016

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

Swim (TUES): 50m sprint, 2:00 rest, perform until form/pace deteriorates

Bike (TUES): :40 hill sprint @ 7% grade, 2:00 rest/descend, perform until form/pace deteriorates

Run (TUES): :40 hill sprint @ 7% grade, 2:00 rest/descend, perform until form/pace deteriorates

Row (TUES): :40 sprint, 2:00 rest, perform until form/pace deteriorates

Ruck (TUES): :40 hill sprint @ 7% grade, 2:00 rest/descend, perform until form/pace deteriorates

\*Hold distance within 25m

\*Hold swim intervals 1-3sec

\*Recommended range 6 – 16

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

Swim (THURS): 6:00 Repeat, 3:00 Rest then 3:00 Repeat, 1:30 Rest, perform each until form/pace deteriorates.

Bike (THURS): 10:00 Repeat, 4:00 Rest then 5:00 Repeat, 2:00 Rest, perform each until form/pace deteriorates.

Run (THURS): 8:00 Repeat, 4:00 Rest then 4:00 Repeat, 2:00 Rest, perform each until form/pace deteriorates.

Row (THURS): 8:00 Repeat, 4:00 Rest then 4:00 Repeat, 2:00 Rest, perform each until form/pace deteriorates.

Ruck (THURS): 8:00 Repeat, 4:00 Rest then 4:00 Repeat, 2:00 Rest, perform each until form/pace deteriorates.

\*Hold distance within 50-100m

\*Recommended range 1 – 5 on each interval set

\*Completed desired number of 8min repeats before switching to 4min repeats

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

Swim (SAT): 1200m TT

Bike (SAT): 24 Mile TT

Run (SAT): 8 Mile TT

Row (SAT): 8K TT

Ruck (SAT): 8 Mile TT

\*All out effort

## Week of June 13<sup>th</sup>, 2016

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

Swim (TUES): (1 – 5) x 400m, rest 3 minutes between repeats, then (1 – 5) x 250m, rest 3 minutes

Bike (TUES): (1 – 5) x 2 mile, rest/spin 3 minutes between repeats, then (1 – 5) x 1mile, rest/spin 3 minutes

Run (TUES): (1 – 5) x 1 mile, rest 3 minutes between repeats, then (1 – 5) x 1000m, rest 3 minutes

Row (TUES): (1 – 5) x 1 mile, rest 3 minutes between repeats, then (1 – 5) x 1000m, rest 3 minutes

Ruck (TUES): (1 – 5) x 1 mile, rest 3 minutes between repeats, then (1 – 5) x 1000m, rest 3 minutes

\*Stop if pace or form deteriorates

\*Hold splits 5 – 7 seconds on the first interval set and 4 – 6 seconds on second interval set

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

Swim (THURS): 100m repeats, rest :60, perform until pace or form deteriorates

Bike (THURS): 800m repeats, rest :60, perform until pace or form deteriorates

Run (THURS): 400m repeats, rest :60, perform until pace or form deteriorates

Row (THURS): 500m repeats, rest :60, perform until pace or form deteriorates

Ruck (THURS): 400m repeats, rest :60, perform until pace or form deteriorates

\*Hold splits 2 – 3

\*Recommended range 6 – 15

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

Swim (SAT): 30min Tempo @ 80% (10 – 15sec/100m back) of 1000m TT

Bike (SAT): 2 hour Tempo @ 80% (10 – 20sec/mile back) of 10mile TT

Run (SAT): 90 min Tempo @ 80% (20 – 30sec/mile back) of 10K TT

Row (SAT): 60 min Tempo @ 80% (10 – 20sec/mile back) of 5K TT

Ruck (SAT): 90 min Tempo @ 80% (20 – 30sec/mile back) of 10K TT

\*Even splits throughout the tempo effort

\*Sweat rate test if desired

## Week of June 20<sup>th</sup>, 2016

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

Swim (TUES): "The 30's" :30 ON / :30 OFF / :30 ON / :25 OFF / :30 ON / :20 OFF / :30 ON / :15 OFF / :30 ON / :10 OFF / :30 ON / :05 OFF / :30 ON / DONE

Bike (TUES): "The 30's" :30 ON / :30 OFF / :30 ON / :25 OFF / :30 ON / :20 OFF / :30 ON / :15 OFF / :30 ON / :10 OFF / :30 ON / :05 OFF / :30 ON / DONE

Run (TUES): "The 30's" :30 ON / :30 OFF / :30 ON / :25 OFF / :30 ON / :20 OFF / :30 ON / :15 OFF / :30 ON / :10 OFF / :30 ON / :05 OFF / :30 ON / DONE

Row (TUES): "The 30's" :30 ON / :30 OFF / :30 ON / :25 OFF / :30 ON / :20 OFF / :30 ON / :15 OFF / :30 ON / :10 OFF / :30 ON / :05 OFF / :30 ON / DONE

Ruck (TUES): "The 30's" :30 ON / :30 OFF / :30 ON / :25 OFF / :30 ON / :20 OFF / :30 ON / :15 OFF / :30 ON / :10 OFF / :30 ON / :05 OFF / :30 ON / DONE

\*Recommended range 1 – 2 sets

\*Rest 5minutes between sets if completing second set

\*Hold distance and form

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

Swim (THURS): 4:00, 2:00 Rest, 5:00, 3:00 Rest, 6:00, Done

Bike (THURS): 6:00, 3:00 Rest, 7:00, 3:30 Rest, 8:00, Done

Run (THURS): 5:00, 2:30 Rest, 6:00, 3:00 Rest, 7:00, Done

Row (THURS): 5:00, 2:30 Rest, 6:00, 3:00 Rest, 7:00, Done

Ruck (THURS): 5:00, 2:30 Rest, 6:00, 3:00 Rest, 7:00, Done

\*Complete until pace or form deteriorates

\*Recommended range 1 – 3 interval sets

\*Rest 3:30 after 7:00 interval if completing 2nd or 3rd set

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

Swim (SAT): 500m TT, Rest 5min then 500m Tabata alternating :20/:10 until distance covered

Bike (SAT): 10K TT, Rest 5min then 10K Tabata alternating :20/:10 until distance covered

Run (SAT): 2 mile TT, Rest 5min then 2 mile Tabata alternating :20/:10 until distance covered

Row (SAT): 2 mile TT, Rest 5min then 2 mile Tabata alternating :20/:10 until distance covered

Ruck (SAT): 2 mile TT, Rest 5min then 2 mile Tabata alternating :20/:10 until distance covered

\*Ensure proper warm up prior to TT

\*Stop if pace or form deteriorates remaining consistent on the Tabata

## Week of June 27<sup>th</sup>, 2016

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

Swim (TUES): 150m repeats, rest 2:00, complete until pace or form deteriorates

Bike (TUES): 1200m repeats, rest 2:00, complete until pace or form deteriorates

Run (TUES): 600m repeats, rest 2:00, complete until pace or form deteriorates

Row (TUES): 600m repeats, rest 2:00, complete until pace or form deteriorates

Ruck (TUES): 600m repeats, rest 2:00, complete until pace or form deteriorates

\*Recommended range 4 – 12 interval sets

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

Swim (THURS): 50m ON / 90sec OFF, repeat until pace or form deteriorates

Bike (THURS): 45sec ON / 90sec OFF, repeat until pace or form deteriorates

Run (THURS): 45sec ON / 90sec OFF, repeat until pace or form deteriorates

Row (THURS): 45sec ON / 90sec OFF, repeat until pace or form deteriorates

Ruck (THURS): 45sec ON / 90sec OFF, repeat until pace or form deteriorates

\*Recommended range 6 – 15 interval sets

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

Swim (SUN): 1500m Tempo @ 90% of 1000m TT

Bike (SUN): 30K Tempo @ 90% of 20K TT

Run (SUN): 7 mile Tempo @ 90% of 10K TT

Row (SUN): 4 mile Tempo @ 90% of 5K TT

Ruck (SUN): 7 mile Tempo @ 90% of 10K TT

\*Even splits throughout the tempo effort

## 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/>