

THE COMPLETE ATHLETE

COMPETITIVE PROGRAM

A 12-week advanced concurrent training program for building functional strength, muscle, and power, as well as your aerobic engine.

SAMPLE

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WELCOME TO THE COMPLETE ATHLETE: **COMPETITIVE PROGRAM**

Over the next 12 weeks, you will increase strength, muscle, power, and range of motion, as well as your aerobic capacity. To be a well-rounded athlete, and always ready for any physical endeavor, you must have both strength and power, AND the ability to move with endurance. This program seeks to thread that needle.

For many years, people believed that strength and hypertrophy should not be paired with cardiovascular activity. It was believed that any moderate cardiovascular activity would impede the ability for your body to build muscle and strength because your body would be confused about the signals you were sending it through these two different modalities of fitness. This was known as the “interference effect.”

However, in recent years, it has been shown that much of this data is outdated and based on faulty thinking and execution in the programming. Even so, some of these myths still get passed down and taken as gospel. This program seeks to change that.

This program was born out of my passion for fitness, and my ability to BUILD strength, muscle and size, all while training over 20 hours of cardio per week for multiple Ironman 70.3 and Ironman Triathlons.

The truth is, when properly programmed, strength and hypertrophy can exist alongside endurance training.

ABOUT THIS PROGRAM - PLEASE READ!

WHO IS THIS PROGRAM DESIGNED FOR?

This program is designed for someone who enjoys training and has been training consistently for several years at a reasonable to advanced intensity.

By its nature as a **competitive** program, it incorporates 4 two-a-days, one short active recovery session, and two cardio only + mobility days per week. Therefore, training load will be high. The double days are on purpose to limit the “interference effect” between strength/hypertrophy training and the cardio.

The strength training sessions should take between 50-60 minutes to complete and will build to about 75-80 minutes per session by the peak weeks. The cardio is programmed in minutes to give you a better estimation on time.

The training volume begins with 10 to 13 hours of training per week and builds to about 16-18 hours per week during the final peak weeks. This is why the program is titled the “competitive” program. I understand that not everyone has this kind of time to dedicate to training, but if you want to stay ready and competitive, this program will provide you that option.

If this is too much of a time commitment, I recommend you scale the cardio back as appropriate and not skip the resistance training. I have also written another program, the *Complete Athlete: Everyday Program*, which is much less time-intensive, but still incorporates a mix of strength, hypertrophy, power, and cardio. This might be a better option for you.

However, if you are ready to take your fitness to the next level, welcome aboard.

***THE FOLLOWING PAGES ARE
THE FIRST THREE DAYS OF THE
COMPLETE ATHLETE:
COMPETITIVE PROGRAM.***

Remember, all movements are [hyperlinked](#) to a demo video of the movement.

Terms like **z1/z2**, **RPE**, **Tempo**, or **RIR** will be defined and explained in the comprehensive introduction section that comes with the program.

The last page will give you an idea of what the rest of the program split will look like.

DAY 1 - UPPER BODY 1 - STRENGTH/ HYPERTROPHY

WARM UP - 2-3 SETS. REST AS NEEDED.

- [Band Pull Aparts](#) — 10-15 Reps.
- [Banded Chest Press](#) — 20 Reps.
- [Band Around the Worlds](#) — 10-15 Reps.
- [Push Up to Runner's Lunge with T-Spine Opener](#) — 10 Reps/Side.
- [Single Arm Banded Lat Pull Downs](#) — 10 Reps/Side.

SUPERSET A - 3 WORKING SETS. REST 60-90 SECONDS AFTER A2.

- A1: [Barbell Wide Grip Bench Press](#) — 4-6 Reps - Tempo 2.2.1.0 (RPE 7).
- A2: [Weighted Wide Grip Pull-Up](#) (Scale to bodyweight or banded as needed) — 4-6 Reps - Tempo 2.1.X.1 (RPE 7).

SUPERSET B - 3 WORKING SETS. REST 60-90 SECONDS AFTER B2.

- B1: [Incline Banded Dumbbell Press](#) — 10-12 Reps (RPE 7).
- B2: [Barbell Supinated Row](#) — 10-12 Reps (RPE 7).

SUPERSET C - 3 WORKING SETS. REST 60-90 SECONDS AFTER C2.

- C1: [Weighted Dips or Deep Parallette Push Ups](#) — 10-12 Reps (RPE 7).
- C2: [Banded Face Pulls](#) — Until 2 RIR.

FINISHER - 1 SET. AS LITTLE REST AS POSSIBLE DURING.

- [KB Horn Curl to KB Plank Push Up](#) — Pyramid Set from x10 down to x1. So, x10 horn curls, x10 KB Plank Push Ups, then x9 Horn Curls & x9 KB Plank Push Ups, then x8, then x7, etc... Down to x1 of each.

ABS - 1 TABATA SET.

- [Hollow Body Tabata](#) — 20 second hold, followed by a 10 second rest, for 8 rounds.
- **PRO TIP:** Download the free app "[SmartWOD Timer](#)" that allows your phone to be used as various workout timers that will be used throughout this program.

CARDIO

- [Z2 Cycle \(or comparable cardio\)](#) — 30-60 Minutes.

DAY 2 - LOWER BODY 1 - STRENGTH/ HYPERTROPHY

WARM UP

- **Assault Bike** — x3 Minutes (“Moderate” Pace — [See Key](#)).

2-3 SETS. REST AS NEEDED.

- **Sled Push** — 50 feet, **Reverse Sled Pull** — 50 feet back (Walking Lunges if NO sled).
- **Glute Bridge** — 15-20 Reps with 20 second isometric hold at top of last rep (squeeze those glutes hard).
- **Lateral Band Walk** — 15 Steps/Each direction.
- **Kang Squat Complex** — 10-15 Reps.
- **ATG Split Squat** — 5 Reps/Leg.
- **Copenhagen Plank** — 30 Seconds/Leg.

SET A - 3 WORKING SETS. REST 120 SECONDS.

- **Barbell Back Squats** — 4-6 Reps - Tempo 2.1.X.0 (RPE 7).

SUPERSET B - 3 SETS. REST 60-90 SECONDS AFTER B2.

- B1: **Barbell or Goblet Cyclist Squat** — 10-12 Reps - Tempo 3.1.X.0 (RPE 7).
- B2: **Cross Body Single Leg RDL** — 8-10 Reps **OR** **Nordic Negatives** — 4-6 Reps (scale as needed) - Tempo 3.1.1.1 (RPE 7).

SUPERSET C - 3 SETS. REST 60-90 SECONDS AFTER C3.

- C1: **Dual DB or KB Suitcase Rear Foot Elevated Split Squat** — 6-8 Reps - Tempo 3.0.X.1 (RPE 8).
- C2: **Tibialis Raise Against Wall** **OR** **with Tib Bar** — 25 Reps.
- C3: **KOT Calf Raise** **OR** **Calf Raise** — 25 Reps.

ABS - 3 SETS. REST 45-60 SECONDS.

- **Body Saw** — 20 Reps **OR** **Plank** — 60-75 Seconds.

CARDIO

- **Z2 Swim (or comparable cardio)** — 30-60 Minutes.

DAY 3 - ZONE 2 CARDIO & MOBILITY 1

CARDIO

- Z2 Swim, Cycle, Run, Ruck, etc. — 60-90 Minutes. Breathe as much as possible through your nose only.

ACTIVE RECOVERY/MOBILITY - 1 SET. REST AS NEEDED. BREATHE THROUGH NOSE.

- 1: [Foam Roll Quads & IT Bands](#) — 3-4 Min/Leg.
- 2: [Lunge Quad Stretch](#) — 60 Seconds/Leg.
- 3: [Runner's Lunge to T Spine Opener](#) — 10 Reps/Side.
- 4: [Corner Pec Stretch](#) — 30 Seconds.
- 5: [Wrist Roller](#) — 5 Reps **OR** [Dumbbell Reverse Wrist Curl](#) (light weight) — 10 Reps/Side.
- 6: [Hip Flexor to Hamstring](#) — 10 Reps/Side.
- 7: [Alternating Scorpion](#) — 5 Reps/Side (hold for 5 seconds on each side).
- 8: [Kneeling Seiza Band Pass Through](#) — 10 Reps (slowly).
- 9: [Passive Bar Hang](#) — Accumulate 3 Minutes (take breaks as needed).

***THE REMAINDER OF THE WEEK/SPLIT
LOOKS LIKE THIS:***

***DAY 4 - UPPER BODY 2 - EXPLOSIVE POWER/
STRENGTH/HYPERTROPHY***

***DAY 5 - LOWER BODY 2 - EXPLOSIVE POWER/
STRENGTH/HYPERTROPHY***

***DAY 6 - MIXED MODALITY (30 MINUTE ACTIVE
RECOVERY/PREHAB CIRCUIT)***

DAY 7 - ZONE 2 CARDIO & MOBILITY 2