



COMPTRAIN

Complete Training

A Build Up, Don't Burn Out Approach

The 3 Simple Tenets of *Complete Fitness*

Complete Fitness is the balance across these three tenets: Strength, Conditioning, and Functional Range of Motion. Having one is good. Having two is better. But what is best is having a balance across all three.



Strength

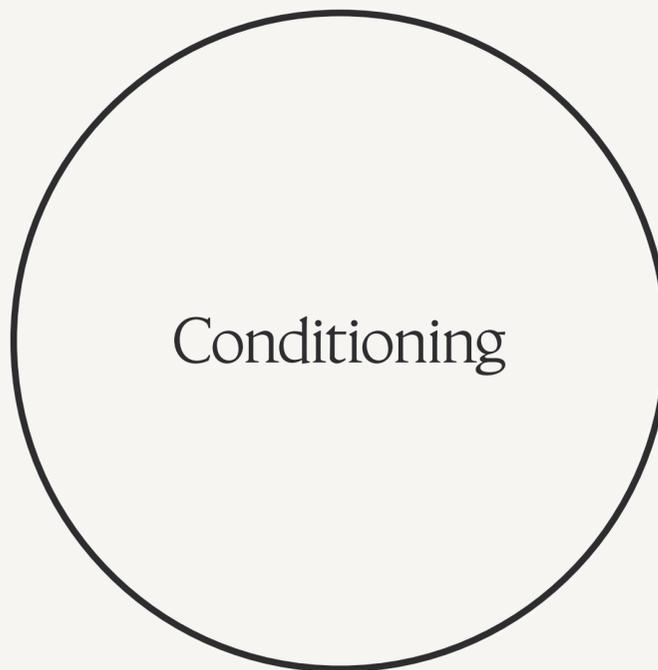
Application to Sport:

Speed & Power

Impact on Longevity:

Higher lean body mass lowers risk of metabolic disease 82%

Source: [Khazem et al. \(2018\)](#)



Conditioning

Application to Sport:

Work Output & Recoverability

Impact on Longevity:

Higher cardiorespiratory fitness lowers all-cause mortality by 80%

Source: [Kodama et al. \(2009\)](#)



Mobility

Application to Sport:

Injury Prevention

Impact on Longevity:

Improved range of motion lowers injury risk and frequency by 85%

Source: [Kožlenia & Domaradzki \(2021\)](#)

Visualizing *Complete* Fitness

Strength

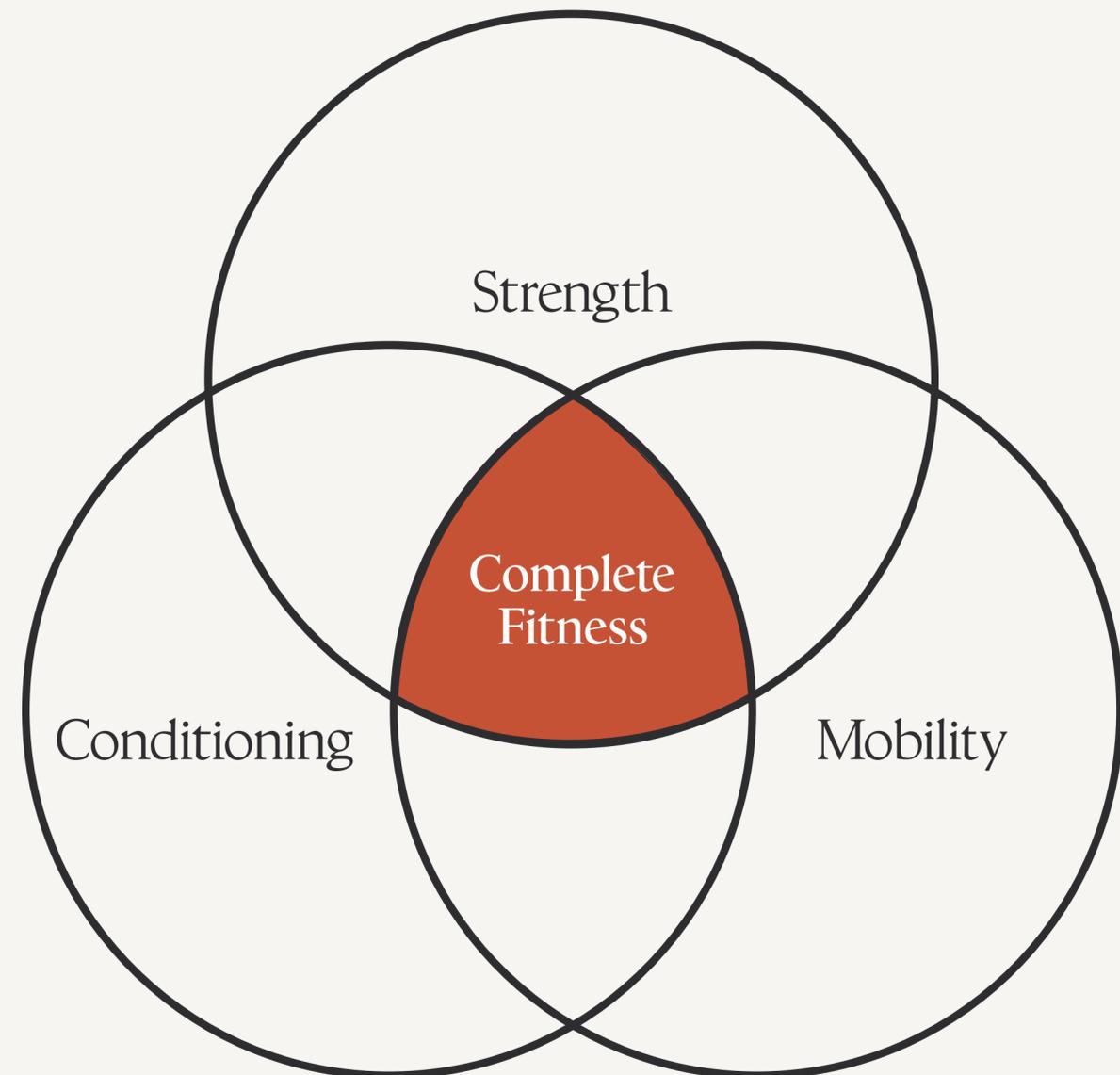
Strength makes you capable. It is a door to health and longevity, and a symbol of discipline. It empowers you to overcome life's challenges, defends against injury, and improves athletic performance.

Conditioning

Better conditioning means better cardiovascular & metabolic health, the freedom to move fast and far, higher levels of resilience, and improved athletic performance.

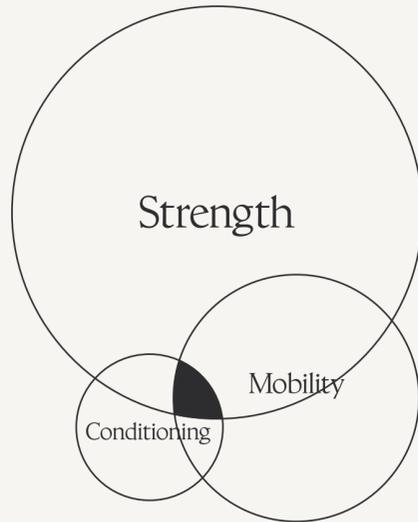
Mobility

If you have control of your body in various positions and in various ranges, you have unlocked a better quality of life. You move more efficiently, aren't limited, and your body can more easily manage physical stress.



Most Training is Incomplete

Focusing on only one athletic domain creates imbalance and limitations. The powerlifter struggles to run, the cyclist lacks strength, the yogi lacks strength and power. Complete Training is designed to build all-sport ability, preparing you for whatever comes next.



Example: Powerlifter

If you are strong but not conditioned and are limited in your range of motion, all you are able to do is lift heavy objects under controlled conditions.

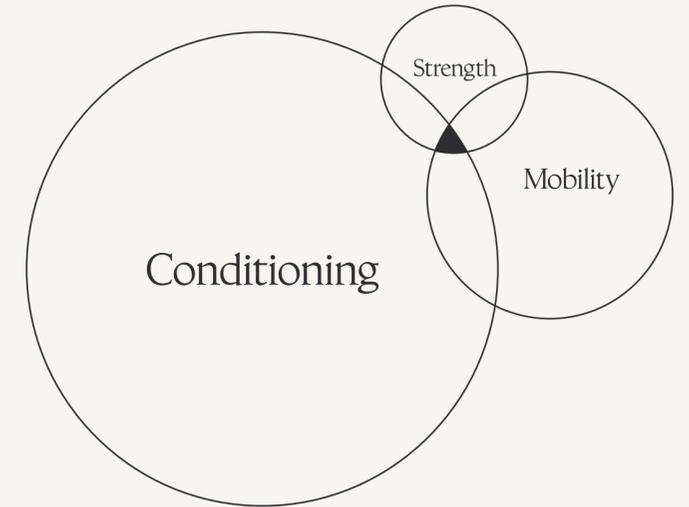
Incomplete



Example: Runner/Cyclist

If you are well-conditioned but aren't strong and are limited in your range of motion, all you are able to do is participate in aerobic activities that don't require much from either of your lacking tenets.

Incomplete

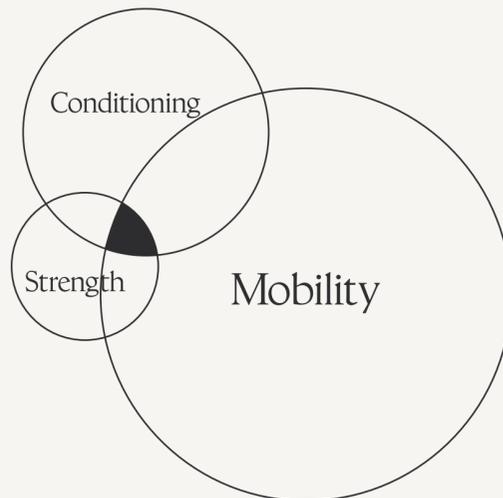


Incomplete



Example: Yogi

If you have good range of motion but lack the other two tenets, you are limber, but don't possess the strength needed to engage in sport or overcome sustained physical activity.

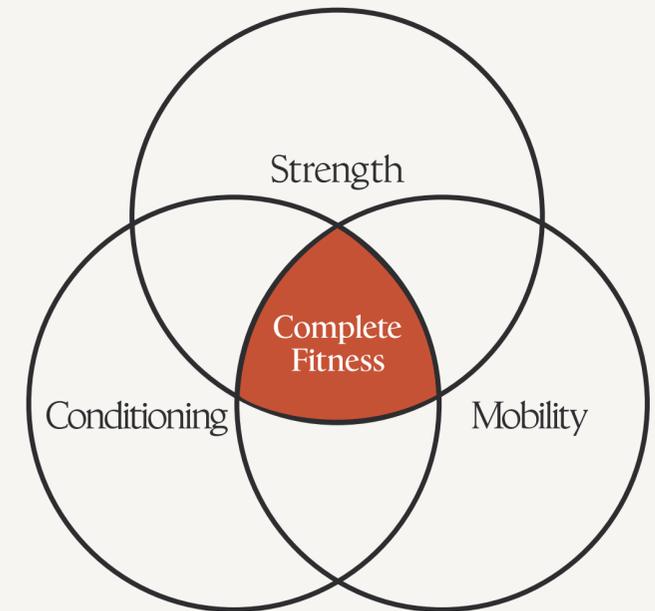


Complete



Example: Multi-Sport Generalist

With a balance across the 3 tenets, you are better prepared for any adventure, adversity, challenge, or competition. Grow the size of your spheres through complete training and increase your all-sport ability.



The Evolution of Complete Training

*Competition Revolutionized How We Trained,
But The Evolution of Well-Rounded Training Requires More*

Our Focus On Competitive Fitness Pushed Us Forward.

It challenged traditional methods, defined measurable fitness, built an incredible community, and laid a foundation for fitness to further evolve.

It's clear that functional movements done at high-intensity is an integral part of any well-rounded fitness program.

Our contention is that it is a *part*, not the totality of a complete training program.

Complete Training is the natural next step of our journey. It is an intentional evolution shaped by the needs of the people we serve.

Competitor Training



Constantly Varied: Create as many combinations as possible. Routine is the enemy



Sport-Specific Movements: Kipping pull-ups, handstand push ups, rings, and Olympic Lifts under extreme fatigue



At High Intensity: Keep workouts short and intense, this often is max effort every session



Performative Fitness: Success measured in leaderboard metrics: speed, load, and sport-specific capacity.



Fitness is Life: Fitness becomes a second job. Multiple sessions, endless training pieces, and hours upon hours in the gym.

Complete Training



Structured Progressions: Use system and repetition to maximize gains. Routine is the ally.



Transferrable Movements: No kipping pull-ups, handstands, or gymnastic rings, and power lifts performed with prescribed recovery.



At Intentional Intensity: Keep intensity intentional to reduce injury and maximize sustainable growth



Functional Fitness: Success measured in how you live—energy, durability, freedom, confidence—not your leaderboard score.



Fitness that Fits Life: Maximum results in minimal time. Done with purpose. Sustainable forever.



The Complete Training Prescription

Training Minimums:

5x /week

Train functional movements, through full range of motion, at intentional levels of intensity

3x /week

Lift heavy

1x /week

Go long and slow

The 3 Tenets + *The Big 9* Attributes

Within the 3 tenets, there are 9 attributes, each tenet carrying 3 attributes. Our aim is to continually increase and develop balance across all 9 attributes, making you more well-rounded and increasing your capacity to perform in both life and sport.

Tenet | *Strength*

1

- 1. Absolute Strength**
Squat, Deadlift, Pulling, Pressing
3-4x /week
- 2. Explosive Power**
Plyometrics or Weightlifting
1-3x /week
- 3. Muscular Endurance**
Continuous Tension Training
4-6x /week

Tenet | *Conditioning*

2

- 1. Aerobic Endurance**
Zone 2 Cardio
1-3x /week
- 2. Aerobic Power**
Lactate Threshold or VO2 Max
2-4x /week
- 3. Anaerobic Capacity**
Near Maximal Effort Intervals
1x /week

Tenet | *Mobility*

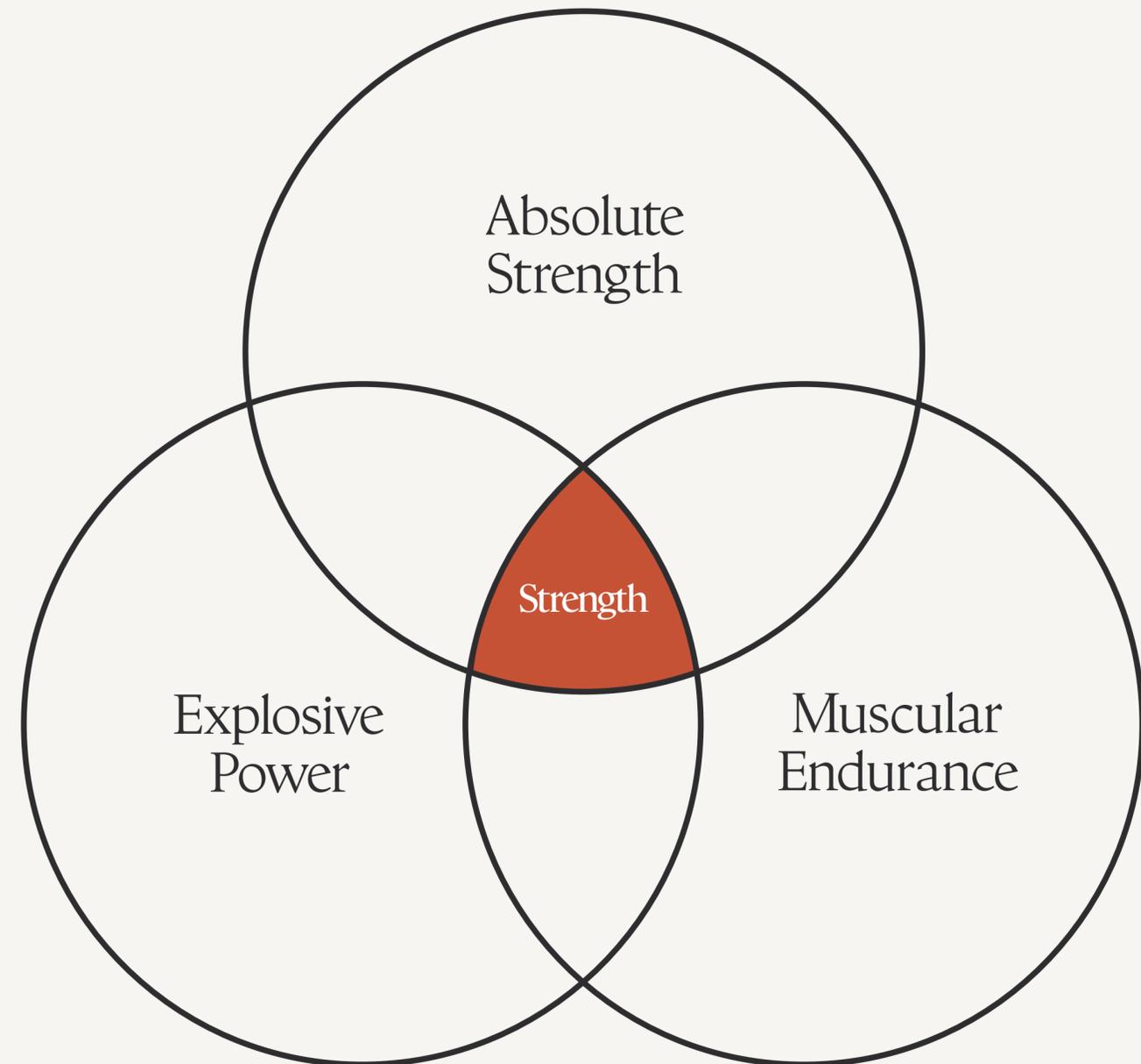
3

- 1. Flexibility**
Passive Static Stretching & Soft Tissue Manipulation
4-6x /week
- 2. Motor Control**
Active Coordinated Movement Through Full Ranges
4-6x /week
- 3. Stability**
Control Under Load or Dynamic Movement
4-6x /week

Tenet Overview | *Strength*

In order to have balanced strength you must possess **absolute strength, explosive power, & muscular endurance.**

Each attribute affords you a new arena of possibilities.



Attributes | Strength

In order to have balanced strength you must possess absolute strength, explosive power, & muscular endurance.



Absolute Strength

WHY IT MATTERS

The top end of your strength will improve sport and life. It will increase your performance in any arena while also improving quality of life now and forever.



Explosive Power

WHY IT MATTERS

The ability to jump higher, sprint faster, and improve reaction time is essential for performance, fitness, and injury prevention.



Muscular Endurance

WHY IT MATTERS

The ability for muscles to go longer before fatiguing, for example, rock climbing, kayaking, and carrying luggage. Better muscular endurance allows you to endure more work, play, and physical demands.

Protocol | *Strength*

Here's what you can expect to find within a training week.

➔ Developing the 3 attributes of *strength* within a week of training.

Absolute Strength

Train the four primary movement patterns: *Squat, Deadlift, Upper Body Pull, Upper Body Press.*

Ex: 3 sets of 5 back squats at 80%

3-4x /Week

Explosive Power

Perform plyometrics, power cleans, agility & speed work.

Ex: 3 sets of 3 power cleans at 75% or 3 sets of 3 broad jumps, resting 1:00 between

1-3x /Week

Muscular Endurance

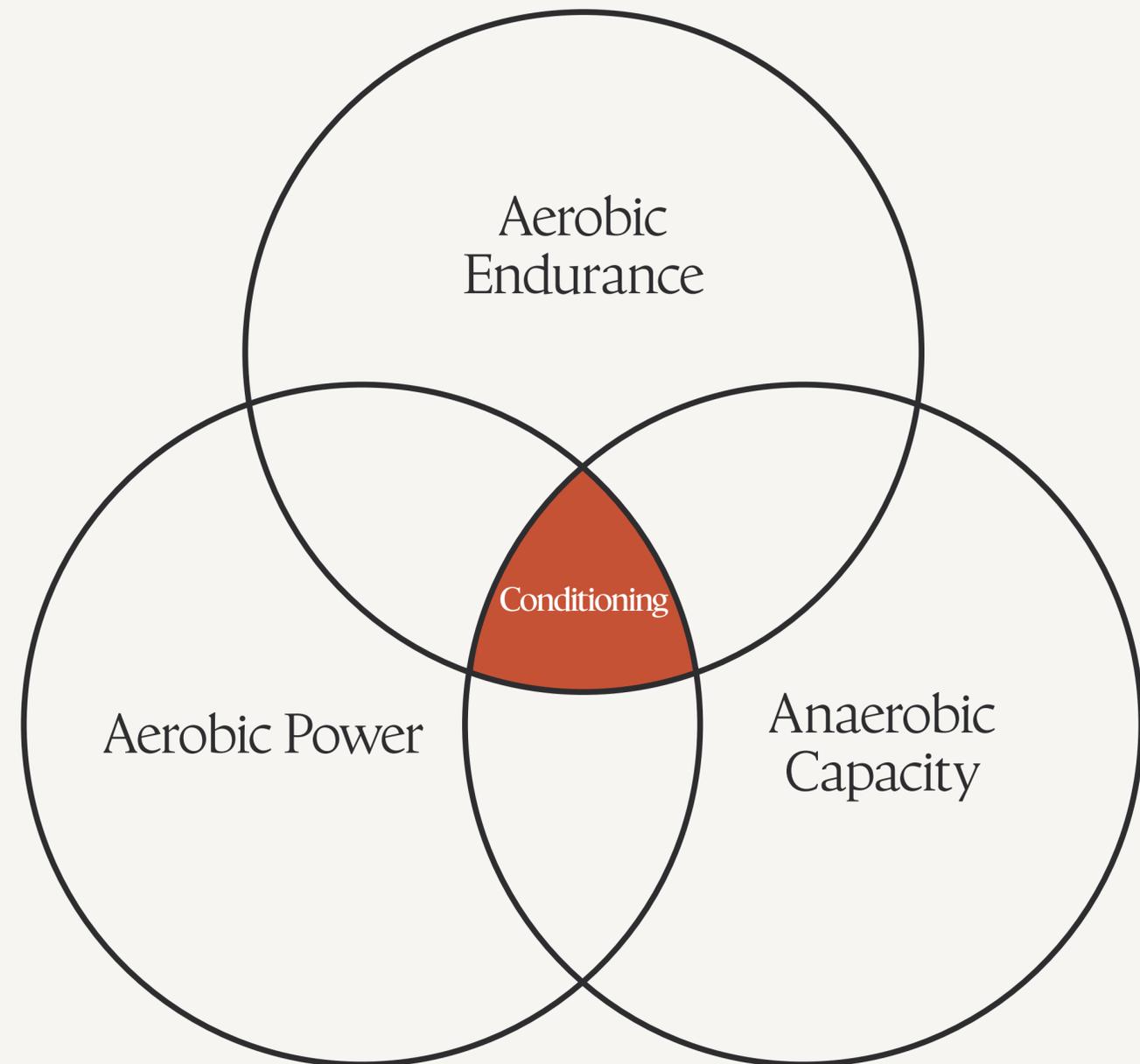
Perform big sets with low loads.

Ex: 3 sets of 20 reps, resting 0:30 between or a 400m bodyweight sled push

4-6x /Week

Tenet Overview | *Conditioning*

In order to have a balance in conditioning you must possess **aerobic endurance, aerobic power, and anaerobic capacity.**



Attributes | Conditioning

In order to have balanced conditioning you must possess aerobic endurance, aerobic power, & anaerobic capacity.



Aerobic Endurance

WHY IT MATTERS

Aerobic endurance builds the base for higher intensity training. It improves your ability to recover. And it builds the strength of your heart. Often performed at Zone 2 efforts, it helps you go longer without burning out.



Aerobic Power

WHY IT MATTERS

Having greater levels of aerobic power allows you to sustain higher intensities for longer periods. Training this attribute improves your lactate threshold and VO2 Max, helping you with moderate-length, high-intensity efforts.



Anaerobic Capacity

WHY IT MATTERS

Improved anaerobic capacity enables sustained high-intensity efforts, allowing for longer sprints, more jumps, and greater output in a short time. This improves performance in sports and tasks demanding bursts of power and speed.

Protocol | *Conditioning*

Here's what you can expect to find within a training week.

➔ Developing the 3 attributes of *conditioning* within a week of training.

Aerobic Endurance

Perform a long, slow, and low effort run, row, bike, hike, ruck, or swim.

Ex: 60:00-90:00 bike at Zone 2

1-3x /Week

Aerobic Power

Train VO2 Max

9:00-12:00 steady effort

1:00-5:00 interval efforts (4x4:00 / 3:00 Rest)

Train Lactate Threshold

20:00-60:00 steady effort

4:00-20:00 Intervals (3x8:00 / 2:00 Rest)

2-4x /Week

Anaerobic Capacity

Repeat near maximum efforts for 20-60 seconds with 2-3x rest between.

Ex: 8 Rounds:

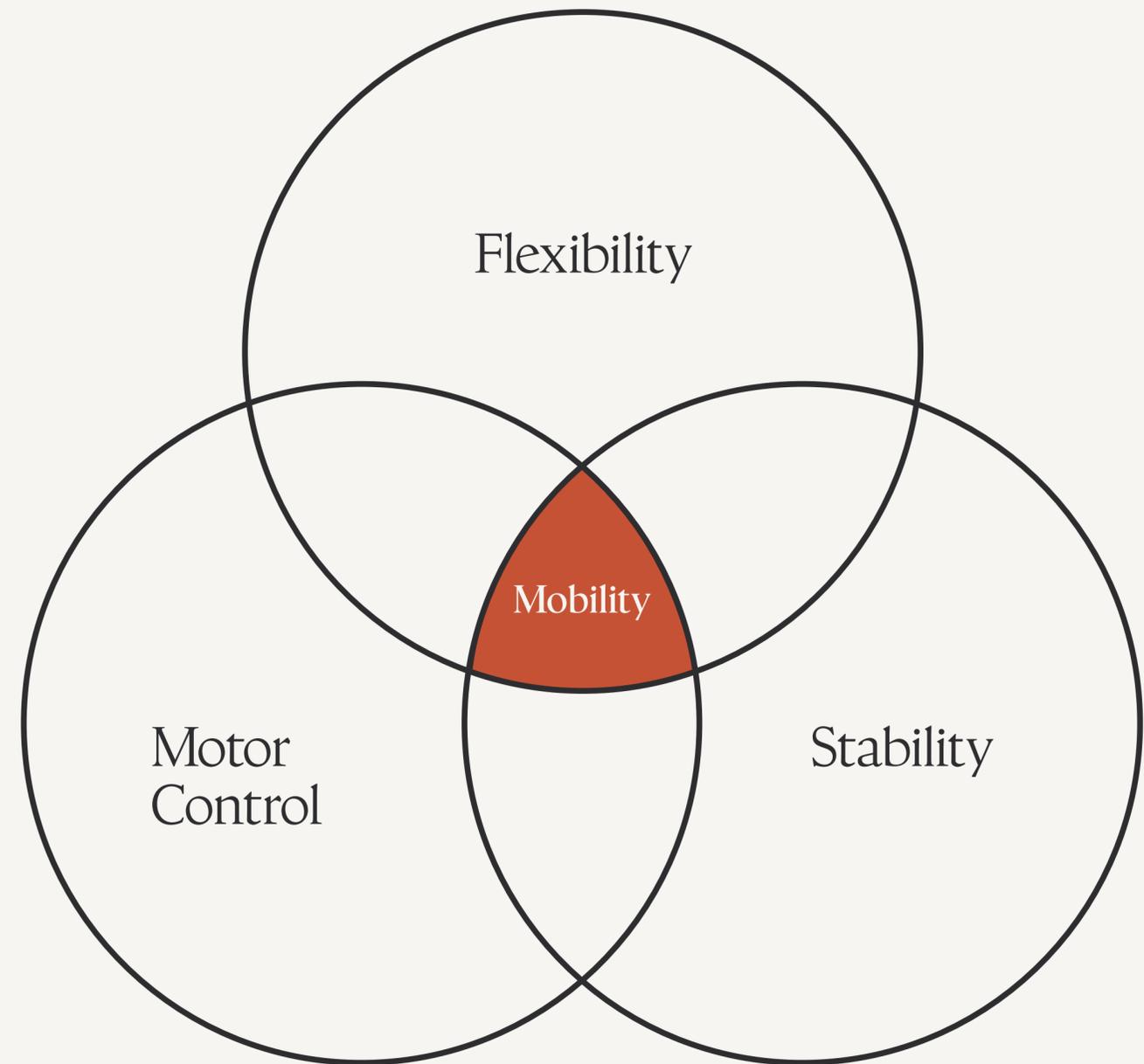
10 Cal Echo Bike

2 minute rest between rounds

1x /Every Week

Tenet Overview | *Mobility.*

In order to have complete mobility you need **flexibility, motor control, and stability within all muscle groups and joints.**



Attributes | *Mobility*

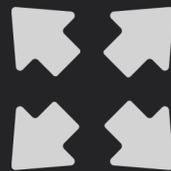
In order to have complete mobility you must have flexibility, motor control, and stability within all muscle groups and joints.



Flexibility

WHY IT MATTERS

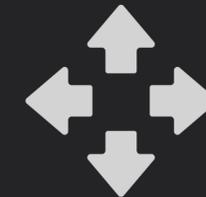
Flexibility allows muscles to stretch, allowing joints to go through full range of motion without discomfort. Greater flexibility improves posture, reduces injury risk, and enhances sports performance through better movement mechanics.



Motor Control

WHY IT MATTERS

Motor control allows you to move through full ranges of motion with balance and coordination. Greater motor control means better athletic performance and a higher quality of life.



Stability

WHY IT MATTERS

Stability tests your full range of motion against dynamic or static resistance and external load. Improved stability makes you more structurally sound.

Protocol | *Mobility*

Here's what you can expect to find within a training week.

➔ Developing the 3 attributes of *mobility* within a week of training.

Flexibility

Stretching and soft-tissue work that increases range of motion.

Ex: 1:00 of couch stretch on each leg.

4-6x /Week

Motor Control

Balance and coordination through full ranges of motion.

Ex: 3 Sets 8 Unweighted Single Leg RDLs

4-6x /Week

Stability

Resisting unwanted movement and the ability to move loads through full ranges of motion.

Ex: Overhead Dumbbell Walking Lunge

4-6x /Week

Weekly Training Structure

The themes & focus of daily training

Day	Theme	Focus
Monday	Muscle Mass Monday	Bodybuilding & Hypertrophy
Tuesday	Target Tuesday	??? Mobility?
Wednesday	Well-Rounded Wednesday	Mixed Movements, Cyclical Threshold Focus
Thursday	Threshold Thursday	Lactate Threshold Training
Friday	Forever Athlete Friday	Plyometrics, Lift Heavy, Breathe Hard
Saturday	Sweat Session Saturday	High-Intensity Effort
Sunday	Sunday Run Day	Zone 2 Training & Recovery

Example Week

Here's what you can expect within a typical training week. Tracks layer based on available training time.

30 MIN **60 MIN** **2 HOUR** = Additional work added at each track level

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Muscular Monday</i>	<i>Target Tuesday</i>	<i>Well-Rounded Wednesday</i>	<i>Threshold Thursday</i>	<i>Forever Athlete Friday</i>	<i>Big Sweaty Saturday</i>	<i>Sunday Runday</i>
FOCUS Press Strength + Muscular Endurance	FOCUS Targeted Conditioning [VO2/Anaerobic]	FOCUS Pull Strength + Multi-Modal Conditioning	FOCUS Aerobic Power [Lactate Threshold]	FOCUS Leg Strength + Power Output	FOCUS High-Volume Conditioning	FOCUS Aerobic Endurance + Recovery
<p>STRENGTH Push Press 3-5 sets of 3-5 reps</p> <p>CONDITIONING For Time: 50 Dumbbell Rows 50 Z-Press 1,000m Row 50 Z-Press 50 Dumbbell Rows</p> <p>ATTRIBUTE Muscular Endurance</p> <p>+ 60 MIN TRACK ADDS:</p>	<p>CONDITIONING On the 3:00 x 10 Sets: [Set A] 25/20 Calorie Bike 12 Toes to Bar [Set B] 25/20 Calorie Bike 12 Dumbbell Overhead Lunges *Alternate A & B</p> <p>ATTRIBUTE Aerobic Power [Lactate Threshold]</p>	<p>STRENGTH Power Clean 3-5 sets of 3-5 reps</p> <p>CONDITIONING 3 Rounds For Time: 30/24 Calorie Row 20 Lateral Burpees Over Bar 10 Hang Power Cleans</p> <p>ATTRIBUTE Aerobic Power [VO2 Max]</p>	<p>CONDITIONING 5 Rounds: 1:00 Dumbbell Bench 1:00 Shuttle Runs 1:00 Strict Pull-ups 1:00 Farmer's Carry 1:00 Rest</p> <p>ATTRIBUTE Aerobic Power [Lactate Threshold] Muscular Endurance</p>	<p>PLYOS On the Minute x 6 (3 Rounds): Min 1: Dumbbell Deadlift Jumps Min 2: Broad Jumps</p> <p>STRENGTH Front Squat 3-5 sets of 3-5 reps</p> <p>CONDITIONING 8:00 AMRAP: 2-4-6-8... Dumbbell Snatches Dumbbell Goblet Squats</p> <p>ATTRIBUTE Explosive Power Aerobic Power [VO2 Max]</p>	<p>CONDITIONING On the Minute x 20 (5 Rounds): Min 1: 20 Sit-ups Min 2: 15 Box Jumps Min 3: 15 Push Press Min 4: Max Calorie Bike</p> <p>ATTRIBUTE Aerobic Power [Lactate Threshold]</p>	<p>LONG RUN Beginner: 2.5 Miles Intermediate: 3 Miles</p> <p>RPE: 2-4 (Zone 2)</p> <p>ATTRIBUTE Aerobic Endurance</p>
<p>KILLER CORE 3-4 Sets: 15 Rower Pike-ups 10 Dumbbell Side Bends (L) 10 Dumbbell Side Bends (R)</p> <p>+ 2 HOUR TRACK ADDS:</p>	<p>STRENGTH ACCESSORY Back Rack Reverse Lunge 4 sets to heavy 8-rep</p>	<p>DURABILITY 3 Sets: 1:00 Sled Push 1:00 Wall Sit</p>	<p>STRENGTH Bench Press On the Minute x 10: 2 reps</p>	<p>OLYMPIC LIFTING Power Snatch On the Minute x 12: Odd: 2 reps at moderate load Even: 1 rep at heavy load</p>	<p>STRENGTH ACCESSORY Strict Press 5 Cluster Sets: 3-3-3 reps with 0:20 rest between</p> <p>DURABILITY 3 Sets: Sled Push + Wall Sit</p>	<p>INCREASED DISTANCE Beginner: 3.5 Miles Intermediate: 4.5 Miles Advanced: 5.5 Miles</p>
<p>BULLETPROOF SHOULDERS 3 Supersets: 20 Banded Pull-Aparts 20 Lat Pulldowns</p> <p>3 Supersets: 10 External Rotations 10 Wood Chops</p>	<p>AEROBIC CONDITIONING "Threshold Waves" Wave 1: Descending intervals RPE 5→8 Wave 2: Descending intervals RPE 6→9</p> <p>Run, Bike, Row, or Ski</p>	<p>POSTERIOR PUMP On the Minute x 8-12: Min 1: 8 Barbell Hip Thrusts (Heavy) Min 2: 40s Sandbag Hold March</p>	<p>ZONE 2 CARDIO 40-80 Minutes Bike, Row, or Run</p> <p>RPE: 2-3</p>	<p>LETHAL LEGS 3 Rounds: 0:20 Air Squat Hold + 10 Air Squats 0:20 Glute Bridge Hold + 10 Glute Bridges 0:20 Lunge Hold + 10 Split Lunges (R) 0:20 Lunge Hold + 10 Split Lunges (L)</p>	<p>GUN SHOW For Quality: 50 Push-ups 50 Banded Bicep Curls 50 Tricep Extensions 50 Banded Bicep Curls 50 Push-ups</p>	<p>INCREASED DISTANCE Beginner: 3.5 Miles Intermediate: 5 Miles Advanced: 6 Miles</p>

*All track times are workout time only, excluding warm-up. Strength work follows the current Strength Cycle prescription.

COMPLETE TRAINING

You will never change
your life until you
change something
you do *daily*.

The secret of your
success is found in
your *daily routine*.

COMPTRAIN

Start Training Complete



-JOHN C. MAXWELL