

COMPLETE TRAINING | 2026 FULL YEAR

COMPTRAIN

Programming Roadmap 2026



Our 2026 Focus : Creating *Forever Athletes*

What is a Forever Athlete?

As we step into 2026, our mission is to deliver a complete training program that prioritizes balance across **strength, conditioning, and mobility**.

We're creating *Forever Athletes*—balanced multi-sport doers built for life. Whether you're racing, climbing, lifting, or just focused on you, CompTrain builds the **base** that ensures you're strong, capable, and ready for whatever you're **chasing** next.

Build up without burning out with a balanced approach to training and get inspired to take on your next adventure.

Who is the Forever Athlete?

Forever Athletes are high-capacity, high-character humans who do good in the world. They don't fit a single mold. No two look the same, move the same, or chase the same goals. They express their fitness in whatever way their life calls for—some compete, some race, some explore, and some simply want to be the kind of person others can depend on.

What they share is this: **A commitment to staying well-rounded.** Forever Athletes build a base of strength, conditioning, and mobility that prepares them for anything, no matter what pursuit they're chasing now, or what life asks of them next.





A Complete Strength & Conditioning Program

We aim to improve and balance the three main tenets of fitness - strength, conditioning, and mobility. Not only does complete training do this effectively, but it's proven by longevity.



2026

Strength Cycles

We focus on building well-rounded strength by training maximal strength, explosive power, and muscular endurance. Our strength cycles are designed to align with the demands of the year, keeping you strong, powerful, durable, and always ready to perform at your best.

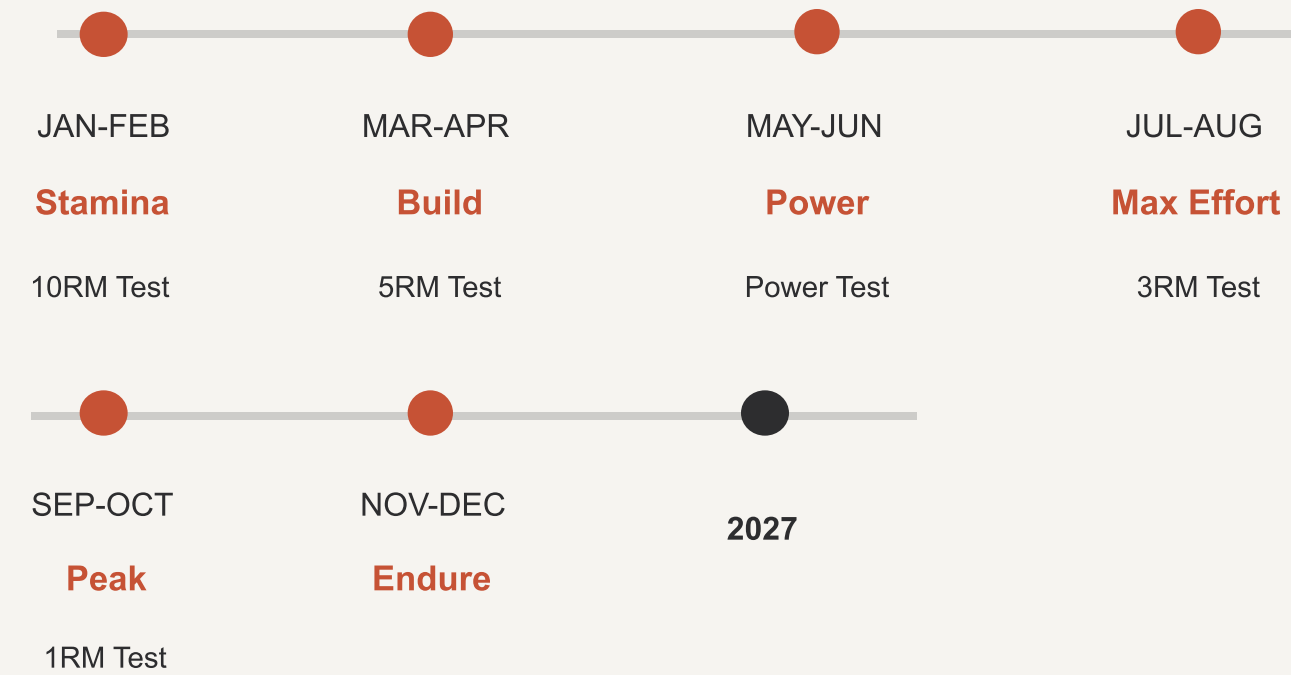
Whether you're chasing peak performance or simply looking to build strength that carries over to everyday life, each cycle is designed to maximize progress, build resilience, and keep you getting stronger without burnout.

2026 Strength Cycles

Building Complete Strength, Year Round.

The Structure

Throughout 2026, you'll progress through six strength cycles, each building on the last. The year is one continuous progression, culminating in max effort testing at the end.



The Lifts

Each month focuses on the three primary powerlifts:

- Back Squat
- Deadlift
- Bench Press

Back-off weeks feature alternate lifts to keep the body sharp while recovering.

The Six Cycles

Each cycle builds on the last—one continuous progression through the year.

CYCLE 1

Stamina

Strength Endurance

Each session pairs a lift variation with the main lift—close-grip into regular bench, front squat into back squat, and sumo into conventional deadlift—each performed back-to-back.

CYCLE 2

Build

Hypertrophy & Strength

Straight sets at challenging weights, followed by one lighter drop set where you push for max reps. Build muscle and strength.

CYCLE 3

Power

Contrast Training

Heavy lifts paired with explosive movements—bench with medball throws, squats with jumps, and deadlifts with broad jumps. Turn strength into power.

CYCLE 4

Max Effort

Intensity-Focused

One max-rep set at climbing percentages—75% to 84% across the cycle. Fewer sets, heavier loads, and max effort every rep.

CYCLE 5

Peak

Linear Progression

A spin off the classic 5-3-1 progression with weight climbing each week. Volume drops, intensity rises. Find out what you're capable of.

CYCLE 6

Endure

Capacity Reset

High-rep descending sets—15-12-9, then 12-9-6. A mental and physical reset, closing out the year while building for the next.

Why It Works

Each cycle has a purpose. STAMINA builds your capacity to lift heavy when fatigued. BUILD adds muscle and raw strength. POWER teaches your nervous system to access that strength quickly. MAX EFFORT prepares you for heavy singles. PEAK is where you test your limits. ENDURE resets the system—closing the year strong and ready for the next.

2026 Calendar

January – April · Stamina & Build Cycles

January

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

STRENGTH CYCLE
Stamina Part 1

BENCHMARK
"Fast Break 2.0"

February

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

STRENGTH CYCLE
Stamina Part 2

BENCHMARK
"Fortitude"

March

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

30, 31

STRENGTH CYCLE
Build Part 1

BENCHMARK
"The Abyss"

April

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

STRENGTH CYCLE
Build Part 2

BENCHMARK
"Infinity War"

CALENDAR KEY

Benchmark Week

Back-off Week

STAMINA CYCLE

Alternate power lifts paired with the main power lifts, completed back-to-back in one set. This cycle builds capacity to lift heavy when fatigued.


BUILD CYCLE

Challenging weights in a progressive overload fashion with a final drop set at 50% to stimulate both muscle growth and strength.

2026 Calendar

May – August · Power & Max Effort Cycles

May

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	26	27	28	29	30	31

STRENGTH CYCLE
Power Part 1

BENCHMARK
"Endure"

July

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

STRENGTH CYCLE
Max Effort Part 1

BENCHMARK
"1 Mile Time Trial"

June

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

STRENGTH CYCLE
Power Part 2

BENCHMARK
"Mind Eraser"

August

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30


31

STRENGTH CYCLE
Max Effort Part 2

BENCHMARK
"Well Rounded"

CALENDAR KEY

 Benchmark Week  Back-off Week

 Memorial Day "Murph"

POWER CYCLE

Heavy lifts contrasted with explosive movements. We are training the nervous system to access strength quickly.

MAX EFFORT CYCLE

One max-rep set at climbing percentages from 75% to 84%. The lower volume and hard efforts prepare us to lift heavier loads in the following cycle.

2026 Calendar

September – December · Peak & Endure Cycles

September

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

STRENGTH CYCLE
Peak Part 1

BENCHMARK
"CompTrain Beep Test"


October

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

STRENGTH CYCLE
Peak Part 2

BENCHMARK
"2k Row"

November

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10		12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

30

STRENGTH CYCLE
Endure Part 1

BENCHMARK
"The Admiral"

December


MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

STRENGTH CYCLE
Endure Part 2

BENCHMARK
"100 Percent"

CALENDAR KEY

 Benchmark Week  Back-off Week

 Veteran's Day "Chad"

PEAK CYCLE

A spin off the classic 5-3-1 progression with climbing weights. Volume drops, intensity rises, leading to new PRs.

ENDURE CYCLE

High-rep descending sets. A mental and physical reset to close out the year.



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

Weekly Training Structure

The themes & focus of daily training

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MONDAY

Muscular Monday

Hypertrophy through muscular endurance conditioning. High-rep, high time-under-tension work designed to build muscle and stamina simultaneously.

TUESDAY

Target Tuesday

Targeted intervals to sharpen your engine. VO2 max work, anaerobic capacity pieces, or lactate threshold intervals—structured efforts with specific conditioning goals.

WEDNESDAY

Well-Rounded Wednesday

Weightlifting, bodyweight, and cardio in one workout. The day ties together strength, conditioning, and mobility so everything builds together.

THURSDAY

Threshold Thursday

Longer mixed modal efforts focused on improving your cardiovascular output. Sustain uncomfortable paces, build your aerobic ceiling, and push your conditioning threshold.

FRIDAY

Forever Athlete Friday

Move like an athlete. Plyometrics, strength work, and high power output—training that keeps you explosive, strong, and capable.

SATURDAY

Sweat Session Saturday

Get in, get after it, get out. A big effort workout delivered as both an individual option and a partner/team workout.

SUNDAY

Sunday Runday

Long, slow distance. Your weekly zone 2 session to build your aerobic base and recover from the week. **Optional additional training provided for CT gyms & recovery protocols for CT app users.*

Equipment Lists

We want to make it as easy as possible for you to access complete training and achieve complete fitness. We do not program outside of these equipment lists.

The primary conditioning pieces & strength pieces will mostly include equipment from the Essential equipment list. Accessory work may also include equipment from the Optional list.

Key Note:

There will always be a substitution for any movement requiring equipment outside of the Essential list. So if you only have the Essential list of equipment, you can complete every workout.

You can find suggested movement substitutions in each workout's "Coaches' Notes" section of the app.

Equipment Lists | *Individual*

We want to make it as easy as possible for you to access complete training and achieve complete fitness. The equipment below is a good guide for what's used for CompTrain individual programming - the training in our [mobile app](#).

Key Note: There will always be extensive modifications provided within the CT app that should allow you to work around any equipment you don't have.

Essentials

- ✓ Barbell
- ✓ Bumper Plates
- ✓ Dumbbells (50/35 lb pairs)
- ✓ Pull-up Bar
- ✓ Rack
- ✓ Jump Rope
- ✓ Bench
- ✓ Bands
- ✓ 200m Running Route
- ✓ Overhead Lifting Clearance

Optional (Helpful but not required)

- ✓ Rower (Concept 2)
- ✓ Bike (Echo or Concept 2)
- ✓ Box (30"/24"/20")
- ✓ Dumbbells (70/50, 35/25, 25/15 lb pairs)
- ✓ Kettlebells (70/53, 53/35 lb singles)
- ✓ Climbing Rope
- ✓ Medball (20/14, 14/10 lbs)
- ✓ Sandbag (150/100, 100/70 lbs)
- ✓ Rings
- ✓ Dip Station
- ✓ Sled
- ✓ Ruck Bag

*Note: Sandbags, rings, dip stations, sleds, and ruck bags are reserved for accessory work only and will not be programmed in main workouts.



Equipment Lists | Gym

We want to make it as easy as possible for you to access complete training and achieve complete fitness. The equipment below will be used for [CompTrain Gym programming](#).

Key Note: There will always be extensive modifications provided within the lesson plan that should allow you to work around any equipment you don't have.

Essentials

- ✓ Barbell
- ✓ Bumper Plates
- ✓ Dumbbells (50/35, 35/25 lb pairs)
- ✓ Kettlebells (70/53, 53/35 lb singles)
- ✓ Pull-up Bar
- ✓ Rack
- ✓ Jump Rope
- ✓ Bench
- ✓ Bands
- ✓ 200m Running Route
- ✓ Rower (Concept 2)
- ✓ Bike (Echo or Concept 2)
- ✓ Box (30"/24"/20")

Optional (Helpful but not required)

- ✓ Climbing Rope
- ✓ Medball (20/14, 14/10 lbs)
- ✓ Dumbbells (70/50, 25/15 lb pairs)
- ✓ Sandbag (150/100, 100/70 lbs)
- ✓ Rings
- ✓ Dip Station
- ✓ Sled
- ✓ Ruck Bag

*Note: Sandbags, rings, dip stations, sleds, and ruck bags are reserved for accessory work only and will not be programmed in main class workouts.



Frequently Asked Questions from the community of Forever Athletes

What will CompTrain prepare me for?

CompTrain builds complete fitness – strength, conditioning, and mobility – at all experience levels so you're ready for sport, adventure, and life. Whether training for a race, a CrossFit event, Hyrox, or an adventure, **you'll get well-rounded fitness to do what matters to you.**

Is there required equipment?

Yes. We provide detailed equipment lists based on whether you're training as an individual or programming for your gym. All workouts can be modified and the coaching notes provide substitutions for the less common pieces of equipment.

Can I modify the workouts?

Absolutely. Every workout and training piece has built-in modification options for strength, conditioning, and skill-level. No matter your experience, equipment, or limitations, there's always a way to train at the right level for you.

What kind of movements show up?

Primarily functional movements, paired with supplemental accessory work that build strength, conditioning, and mobility for real-world performance—barbell lifts, kettlebells, dumbbells, bodyweight exercises, and conditioning work like running and rowing. All movements that show up are designed to develop long-term athleticism.

Preparing for the CrossFit Open

We provide options based on your training priorities. If you're focused on the Open, we offer structured programming with recovery, warm-ups, and Open workout strategies. If you prefer regularly programmed training, our ongoing strength and conditioning cycles continue uninterrupted. Either way, you'll stay engaged and progressing throughout the season.

Do I need to train in a Gym?

No! CompTrain is designed for any training environment, whether in a fully-equipped gym or at home with minimal gear. The goal is to build strength, conditioning, and capability wherever you train.

Do you program high-skill gymnastics?

Yes, but only where it makes sense. Our legacy Competitor Track includes skill work for advanced gymnastics, as the sport of CrossFit demands, while our main tracks focus on training that translates to real-world performance.

What is CompTrain Gym?

CompTrain for Gyms is a fully programmed strength and conditioning solution for coaches and gym owners. It includes daily workouts, lesson plans, and coaching resources to help gyms deliver structured, effective training. Both the Complete track and Competitors track programming are provided to gyms.

Hang Out With Us | 2026 Events

Below you'll see our major events planned for 2026. If you're viewing this digitally, [CLICK HERE](#) to head straight to our events page and learn more. We love connecting in-person with like-minded members of the crew. We'd love to spend some time with you. Plan ahead to join us at one, or all, of the events listed below!

Stay tuned to our emails & social content for information about other pop-up events.

June

Dalmatian Coast Fitness Retreat & Vacation

Croatia

Train, play, and recharge in one of the most beautiful places in the world.

September

Dirt Circuit 24 Hour Ultra Run *East Tennessee, USA*

Fly solo or join a team of six in a 24 hour run, covering as many 3-mile loops as possible.



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*.

-JOHN C. MAXWELL

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