

2024, July	Block B: Strength	Phase 1: Accumulation
------------	-------------------	-----------------------

Notes: Weekdays also included a breath practice on the drive home (~15 min of focused breathing). Starting with 5:5, until comfortable, then 5:5:5, onto 5:5:5:5, then 5:10:5, and sometimes 5:15:10 (*only if it felt good*).

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Sport (RPE)	BJJ (5-6)	BJJ (5-6)	BJJ (9-10)	BJJ (5-6)		BJJ (9-10)	
Fitness (RPE)	STR (7-8)	STR (7-8)		STR (7-8)	END (5-6)		MOB (5-6)
Warm:	10 min @ Z2 4 x 10 Step Up	10 min @ Z2 2 x 10 Ring Dip		10 min @ Z2 5-4-3-2-1 Pull Up Chest-To-Bar GHD Back Extension			
Work:	Back Squat: 5 x 10 Tempo Week 1: 2-1-0 Week 2: 3-0-0 Week 3: 3-1-0	Strict Press: 5 x 10 Tempo Week 1: 2-1-0 Week 2: 3-0-0 Week 3: 3-1-0		EMOM / 10 5" Deficit Deadlift x 1 *add 2 min / week	30 min @ Z2		
Support:	2 x 10 Front Squat *add one set / week	4 x 10 Piston Press *add one set / week		4 x 10 RDL *add one set / week			
Results: Week 1	80 cal 24" 5x10 (2-1-0) @ 185# 2x10 @ 95#	83 cal 2x10 @ BW 5x10 (2-1-0) @ 75# 4x10 @ 40#		80 cal BW EMOM / 10 @ 275# 4x10 @ 80#	Run 2.46 mi Avg. 150 bpm	11 x 5min 0.46 density	30 min
Results: Week 2	81 cal 24" 5x10 (3-0-0) @ 170# 3x10 @ 95#	Bagwork 110 bpm 2x10 @ BW 5x10 (3-0-0) @ 75# 5x10 @ 50#		85 cal BW EMOM / 12 @ 295# 5x10 @ 80#	Alt. 3 min Bike / Boxing Avg. 143 bpm	12 x 5 min 0.67 density	30 min
Results: Week 3	82 cal 24" 5x10 (3-1-0) @ 175# 4x10 @ 115#	86 cal 2x10 @ BW 5x10 (3-1-0) @ 85# 6x10 @ 65#		79 cal BW EMOM / 14 @ 315# 6 x 10 @ 80#	Alt. 5 min Bike / Boxing Avg. 150 bpm	13 x 5 min 0.59 density	45 min
Results: Week 4 De-Load	Echo Bike x 76 cal Back Squat 3x10 @ 210	Echo Bike x 83 cal Strict Press 3x10 @ 110#		Echo Bike x 88 cal Deadlift 3x10 @ 275#	30 min @ Z2	10 x 5 min 0.56 density	30 min

2024, July	Block B: Strength	Phase 1: Accumulation
------------	-------------------	-----------------------