

COMPLETE TRAINING | 2025 FULL YEAR

COMPTRAIN



Programmming Roadmap



Our 2025 Focus : Creating *Forever Athletes*



We're excited to announce a significant evolution in our training philosophy!

As we step into 2025, our mission is to deliver a complete fitness program that prioritizes balance across **strength, conditioning, and mobility** (functional range of motion).

This year, we're moving beyond CrossFit-specific programming to develop *Forever Athletes*—balanced multi-sport doers built for life. Whether you're racing, climbing, lifting, or just focused on you, CompTrain builds the foundation that ensures you're strong, capable, and ready for whatever comes next.

Feel better than ever with a more balanced approach to training and get inspired to take on your next adventure.

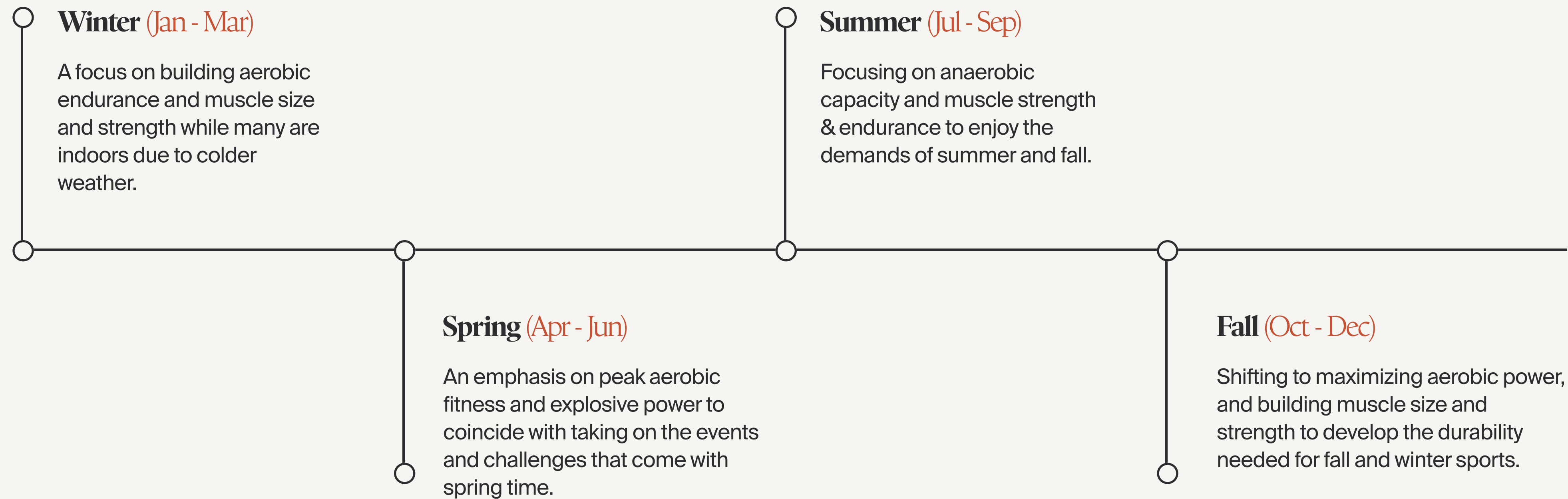


Seasonal Training Blocks

As a concurrent training program, we still recognize the benefits of training blocks to prepare us for each season throughout the year.

Our 2025 training structure aligns with the seasons, ensuring your fitness evolves naturally with the year's rhythm. Each training block is tailored to build the right adaptations at the right time—subtly emphasizing certain adaptations each season of the year while focusing on developing complete fitness at all times. Whether you're gearing up for competitions, outdoor adventures, or personal goals, our seasonal approach keeps your training purposeful and performance-driven all year long.

Seasonal Training Blocks | *Overview*



Seasonal Training Blocks | *Benefits*

Why These Training Blocks Matter—For Every Athlete. Whether you're training for seasonal events or simply looking to build yearround strength and endurance, each block is designed to maximize progress, enhance performance, and keep you improving without burning out.

Winter *(Jan - Mar)*

Winter Base: Building Strength and Endurance

Winter is the ideal time to build unbreakable endurance and strength. This block focuses on aerobic efficiency and sustained effort, developing the endurance and resilience needed to tackle bigger challenges while staying strong and durable.

Summer *(Jul-Sep)*

Summer Strength: Power and Endurance Unleashed

Summer is about transforming endurance into explosive power by building anaerobic capacity, aerobic output, muscular endurance, and strength. This phase prepares you to sustain speed, recover faster, and finish strong, ensuring you dominate every challenge.

Spring *(Apr-Jun)*

Spring Power: Peak Fitness and Explosiveness

As the weather warms, this phase focuses on building peak aerobic fitness and explosive power. You'll enhance your ability to sustain effort under fatigue while gaining the strength and speed to perform with confidence in demanding workouts and events.

Fall *(Oct-Dec)*

Maximize Output & Prepare for Strength

Fall emphasizes aerobic power, VO2 max, muscle size, and strength to enhance efficiency and work capacity. This phase ensures you're stronger, faster, and fully prepared for the demands of winter training. This isn't an off-season—it's a continual process of growing your capability in all 3 key areas of strength, conditioning, and functional range of motion.



2025

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 life, each cycle is designed to maximize progress, build resilience, and keep you getting stronger without burnout.



2025 Benchmark Workouts

January

- Marston's Heart
- The After Life

February

- Infinity War
- Fortitude
- Strength Test

March

- Full Send
- FTP Test (20 min. Bike)

April

- Caitlin
- The Admiral
- Explosive Power Score

May

- Murph
- The Abyss
- Strength Test

June

- Mind Eraser
- Boat Race

July

- Fast Break
- 100 Percent
- Explosive Power Test

August

- Well Rounded
- Endure
- Strength Test

September

- 1 Mile Run
- Upper Limits

October

- CompTrain Beep Test
- 10k Run or Row
(*5k for Gym)

November

- Strength Test
- Chad
- Achoo!

December

- Judgement Day
- 2k Row

Equipment Lists

We want to make it as easy as possible for you to access complete training and achieve complete fitness. Nothing will be programmed outside of these equipment lists.

The primary conditioning pieces will mostly include equipment from the Essential equipment list. Accessory, Durability, and Aerobic Work may also include equipment on the Optional list.

Key Note:

There will always be a substitution for any movement outside of the Essential list, so if all you had was the Essential list of equipment you could complete every workout.

Every workout has suggested equipment substitutions in the “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 lesson plan that should allow you to work around any equipment you don't have.

Essentials

- ✓ Barbell
- ✓ Bumper Plates
- ✓ Dumbbells (50/35 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 (Tri box - 30/24/20)
- ✓ Dumbbells (70/50, 35/25, 25/15 pairs)
- ✓ Kettlebells (70/53, 53/35 singles)
- ✓ Rope Climbs
- ✓ Med Ball (20/14 for Men, 14/10 for Women)
- ✓ Sandbags [Single] (100/70)
- ✓ Rings
- ✓ Dip Station
- ✓ Prowler Sled
- ✓ Ruck (30/20)

*Note: Ruck, rings, sandbags, dip stations, and prowler sleds are reserved for accessory work only and will not be programmed in class 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, 70/50, 35/25, 25/15 pairs)
- ✓ Kettlebells (70/53, 53/35 singles)
- ✓ Pull-up Bar
- ✓ Rack
- ✓ Jump Ropes
- ✓ Benches
- ✓ Bands
- ✓ 200m Running Route

Essentials - Continued

- ✓ Rower (Concept 2)
- ✓ Bike (Echo or Concept 2)
- ✓ Box (Tri box - 30/24/20)
- ✓ Rope Climbs
- ✓ Med Ball (20/14 for Men, 14/10 for Women)
- ✓ Sandbags [Single] (100/70)

*Note: Ruck, rings, sandbags, dip stations, and prowler sleds are reserved for accessory work only and will not be programmed in class workouts.



Commonly 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 CrossFit event, Hyrox, an endurance race, you'll get a balanced fitness to do more.

Is there required equipment?

Yes. We provide a detailed equipment list based on whether you're training as an individual or programming for your gym. All workouts can be modified and the coaches' notes will provide substitutions for the more uncommon pieces of equipment.

Can I modify the workouts?

Absolutely. Every workout and training piece has built-in scaling 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, rowing etc. 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 Competitor Track includes skill work for advanced gymnastics, as the competitive CrossFit season 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



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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