



COMPTRAIN

# *Complete* Training

A Foundational Methodology

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# The 3 Simple Tenets of *Complete Fitness*

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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: [\*Koźlenia & Domaradzki \(2021\)\*](#)

# Visualizing *Complete* Fitness

## Strength

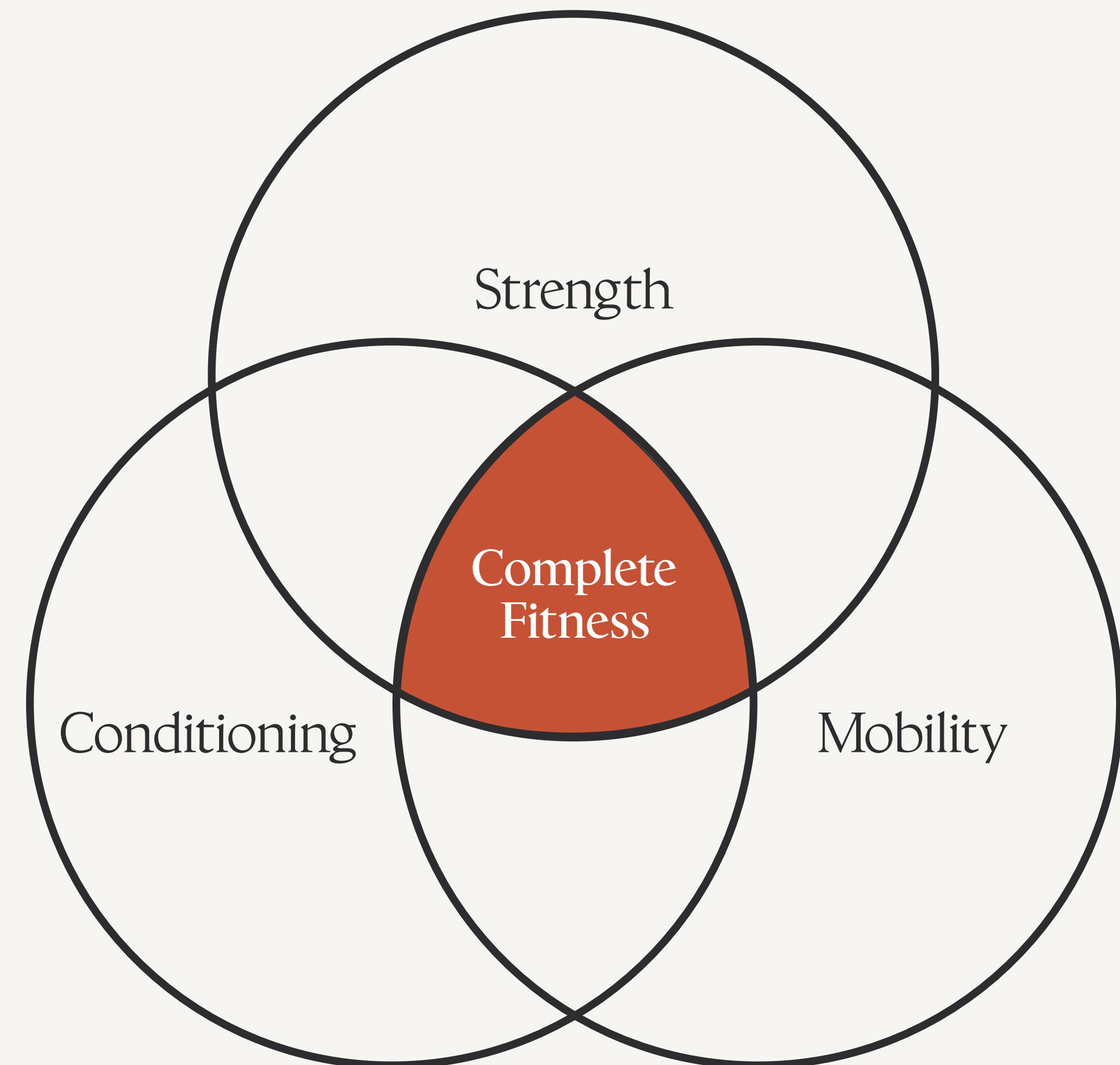
Strength makes you capable. It is a door to health and longevity, and a symbol of discipline. It empowers you to overcome life's challenges, defends against injury, and improves athletic performance.

## Conditioning

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

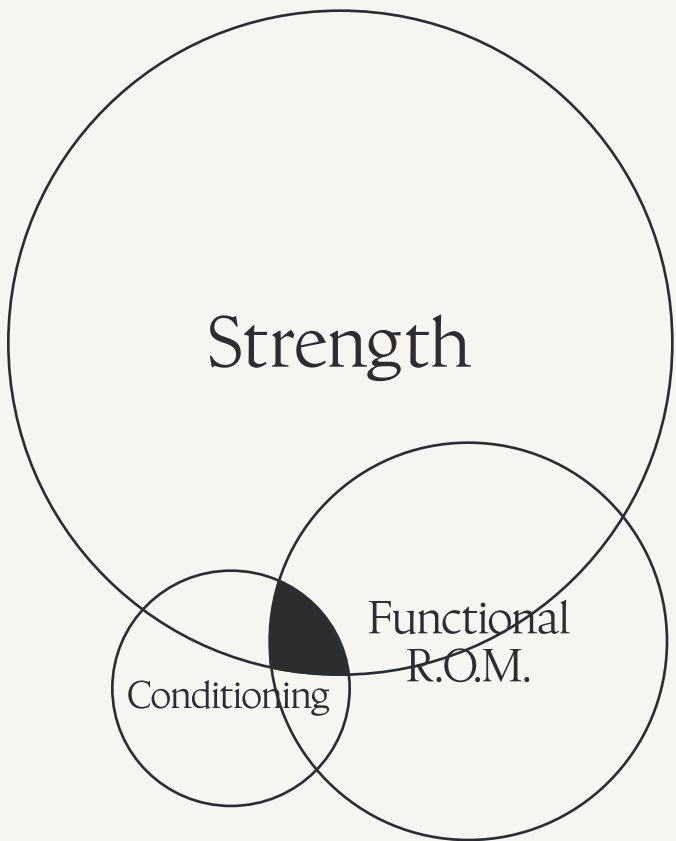
## Mobility

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.

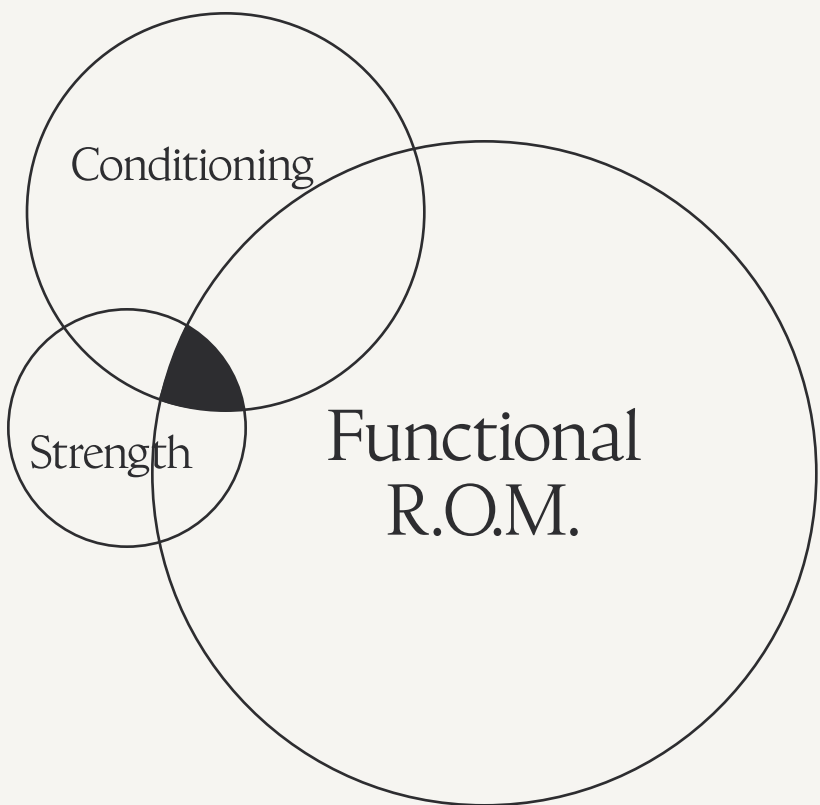
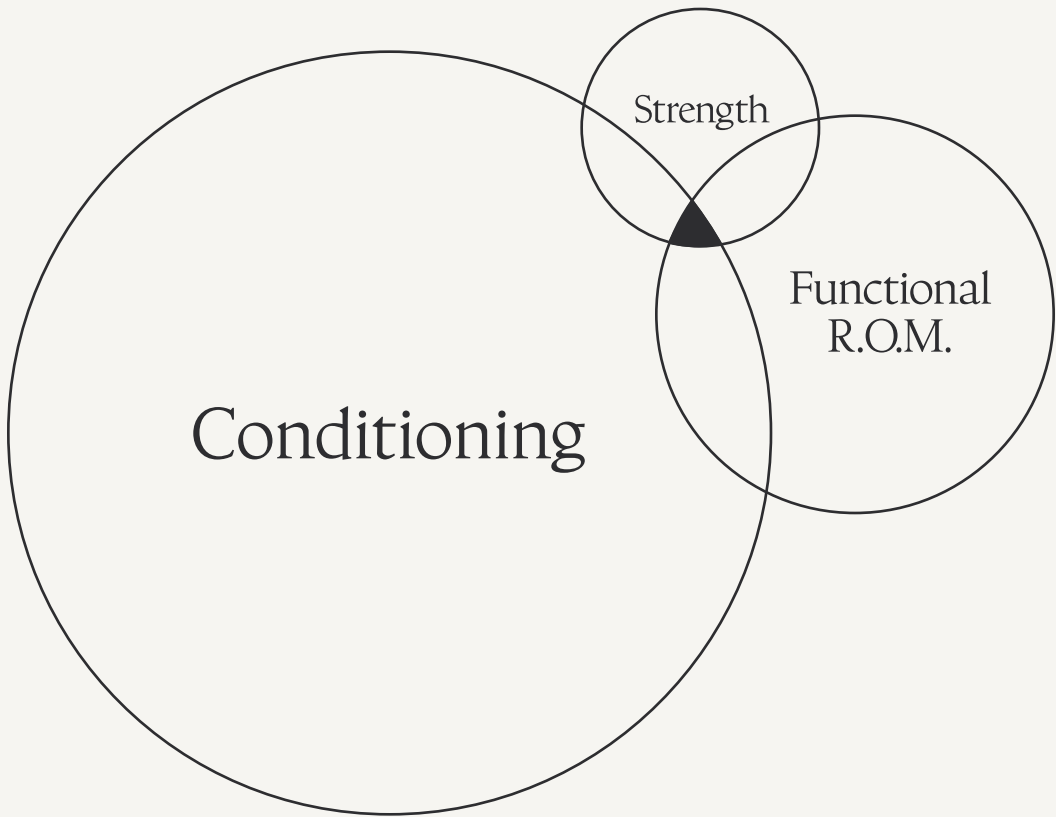
Incomplete



**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



**Example: Yogi**

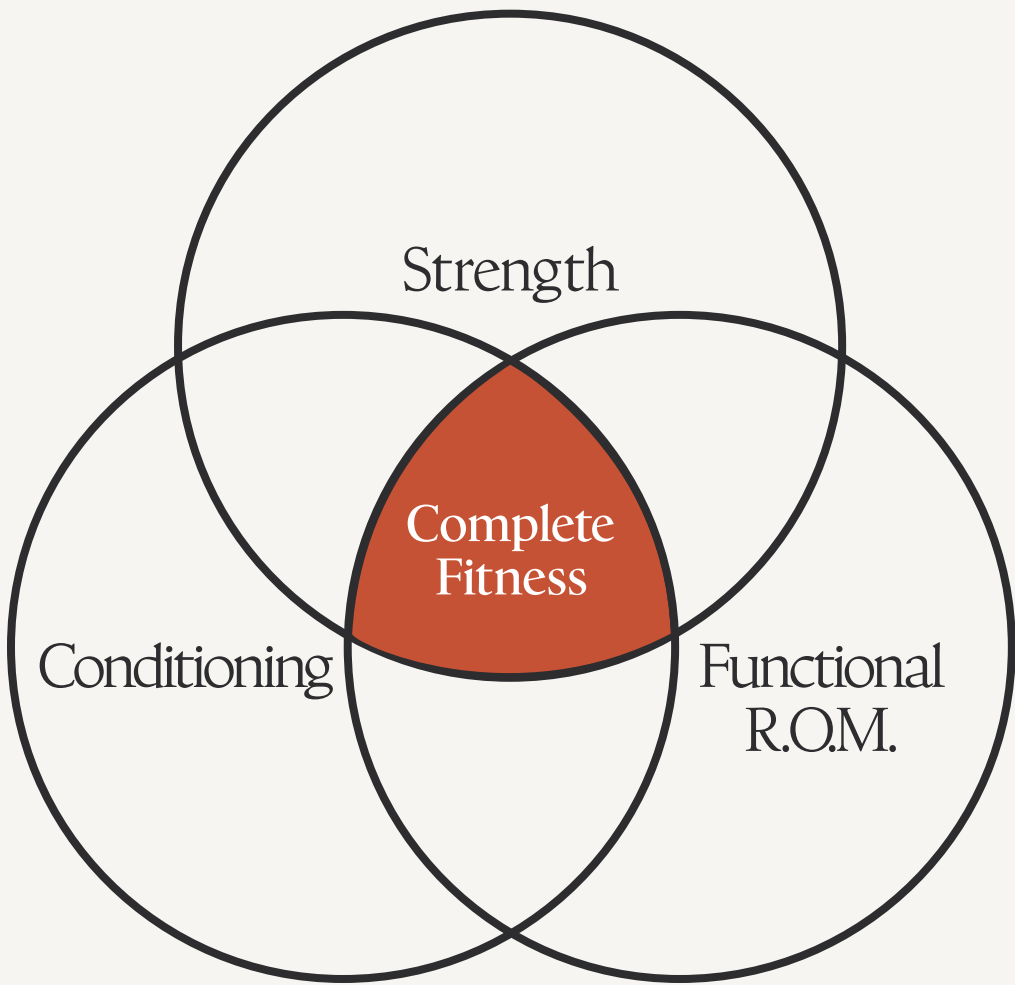
If you have good range of motion but lack the other two tenets, you are limber, but don't possess the strength needed to engage in sport or overcome sustained physical activity.

Incomplete



**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

## CrossFit Pushed Fitness Forward.

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

In theory, the foundations of CrossFit are sound teaching and provide a program that could develop complete fitness If applied correctly.

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.

CrossFit is where we, like many, began. It's not, however, where we end.

## CrossFit



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



**Functional 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

## Complete Training



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

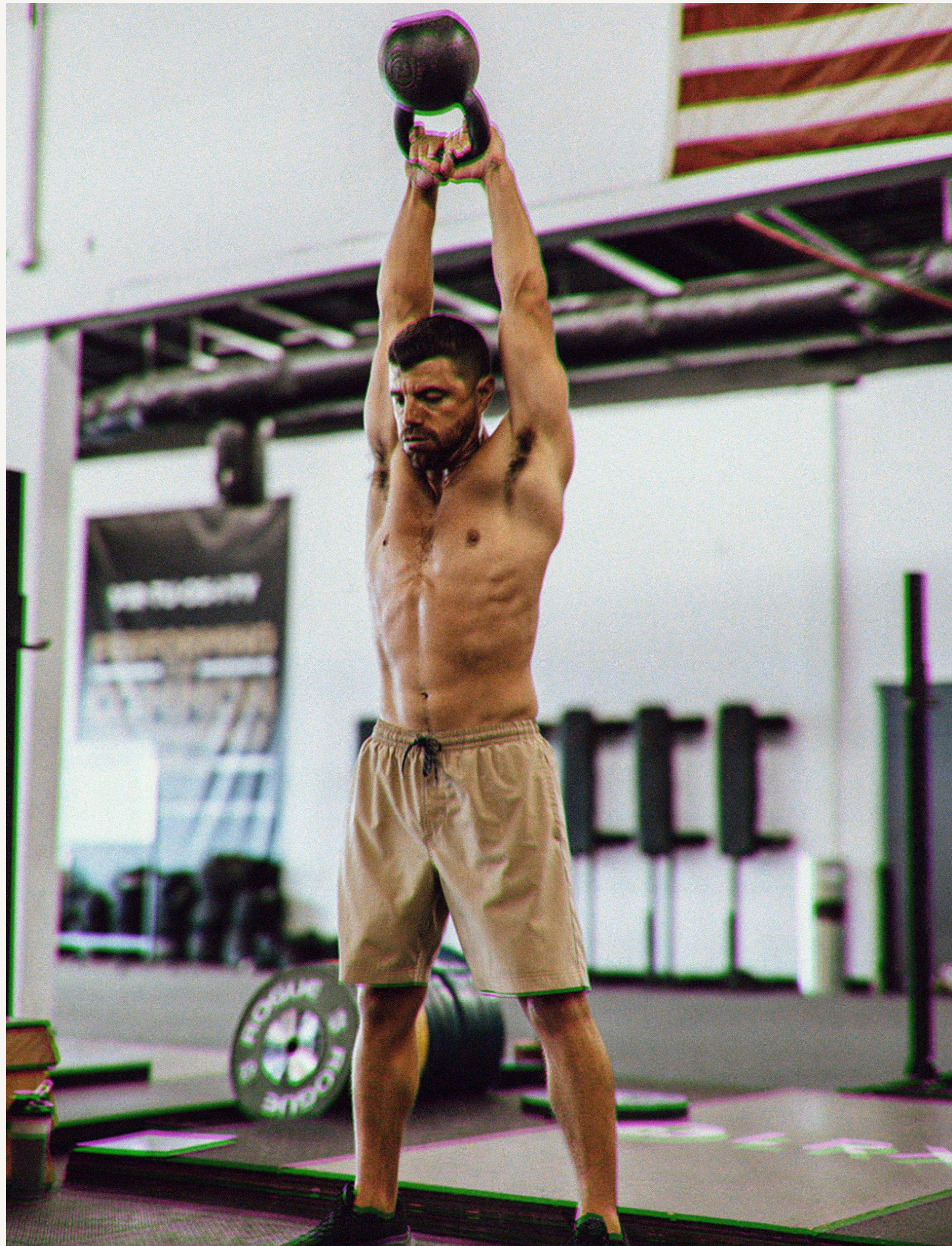


**Functional Movements:** No kipping pull-ups, handstands, or gymnastic rings, and power lifts performed with prescribed recovery.



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





# 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

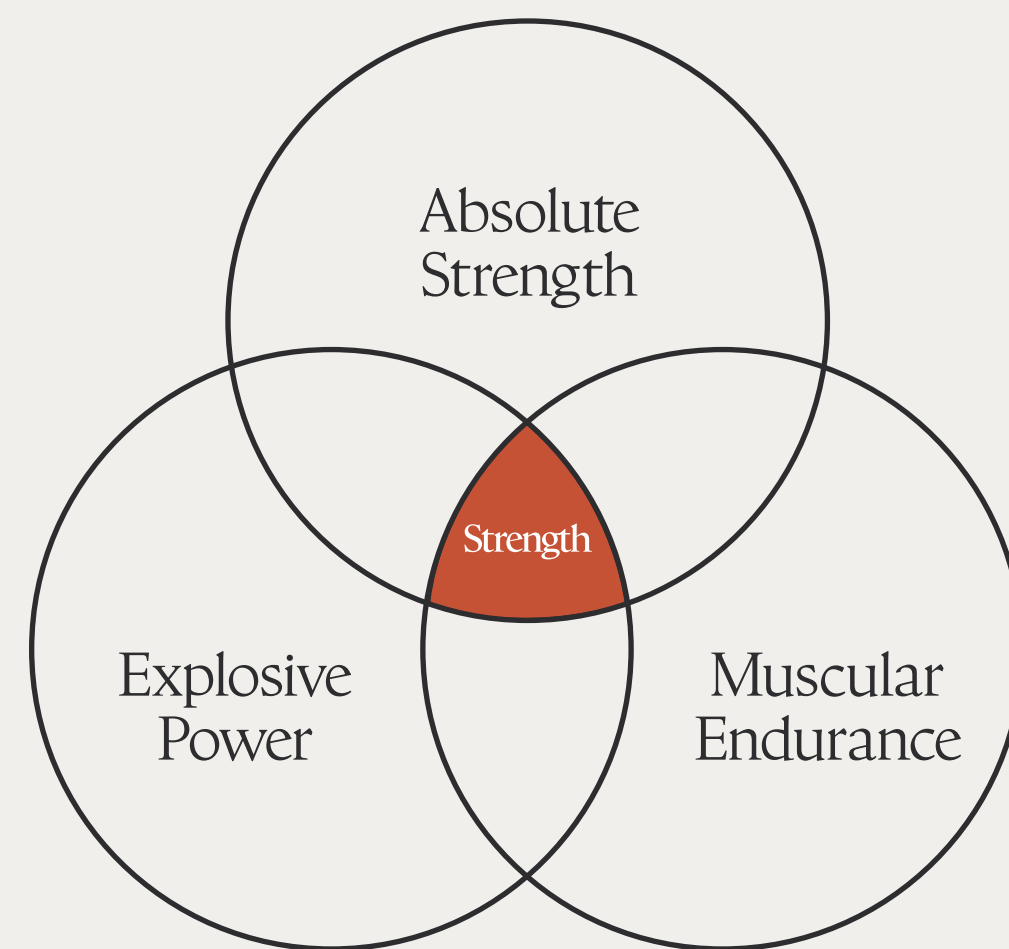


# The 3 Tenets + *The Big 9* Attributes

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

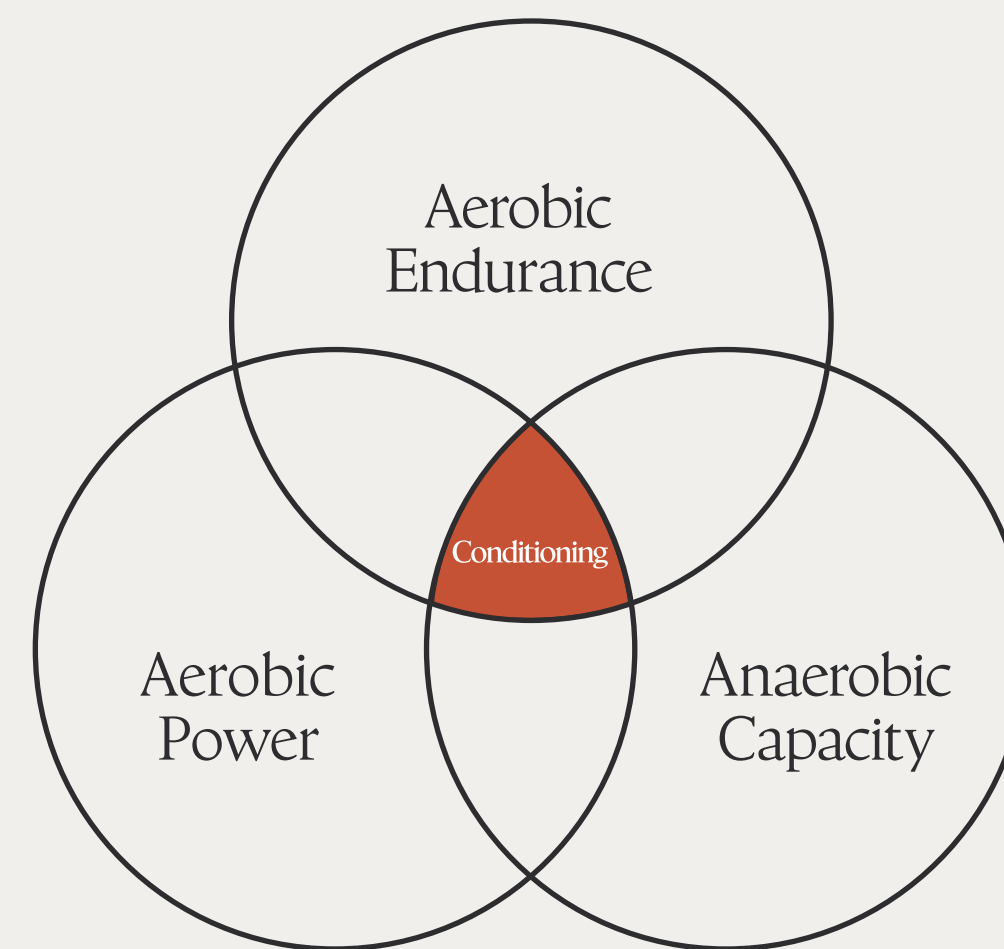
**1-3x** /week

**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

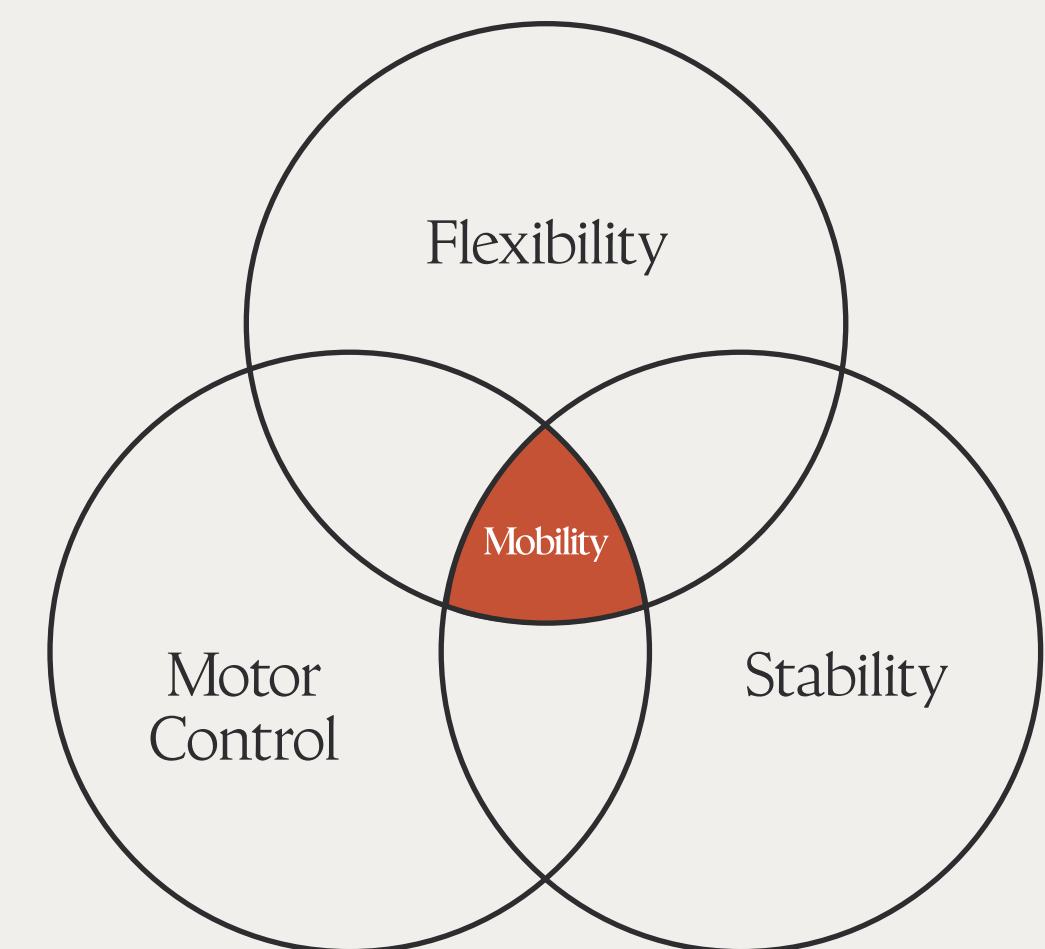
**2-4x** /week

**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

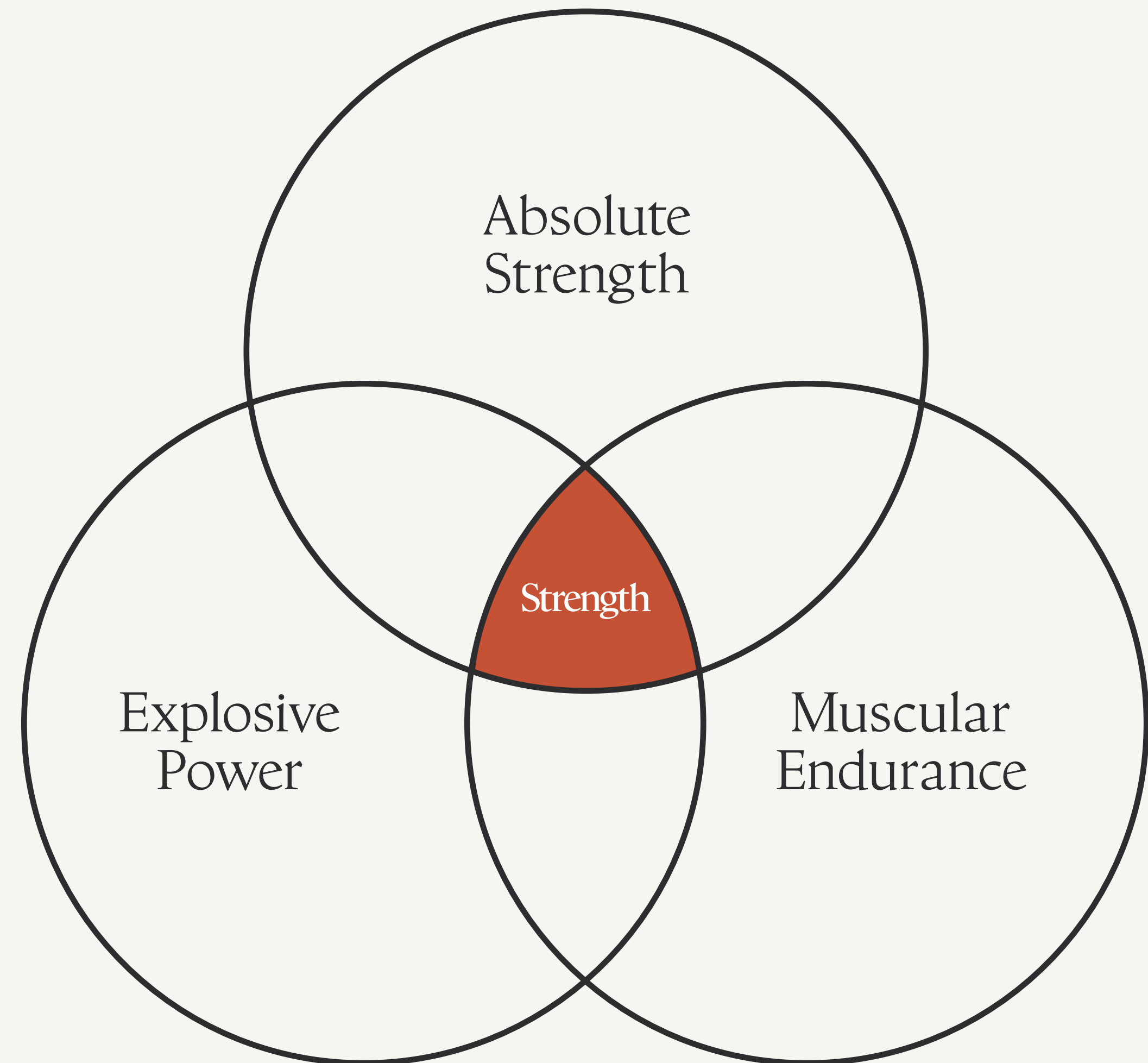
**4-6x** /week



# 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

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



## Absolute Strength

### WHY IT MATTERS

Absolute strength underpins athletic performance, functional tasks, and injury prevention. It enables lifting heavier weights, moving objects, and resisting forces, benefiting various strength qualities.



## Explosive Power

### WHY IT MATTERS

Explosive power enables rapid force generation, enhancing athleticism through heightened jumping, running, reaction, and throwing abilities. This essential physical trait combines strength and speed, crucial for performance, fitness, and injury prevention.



## Muscular Endurance

### WHY IT MATTERS

Muscular endurance is your muscle's ability to sustain extended activity or repeated efforts without tiring. Greater muscular endurance means you can 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%*

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**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*

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**1-3x** /Week

## Muscular Endurance

Perform continuous tension training

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

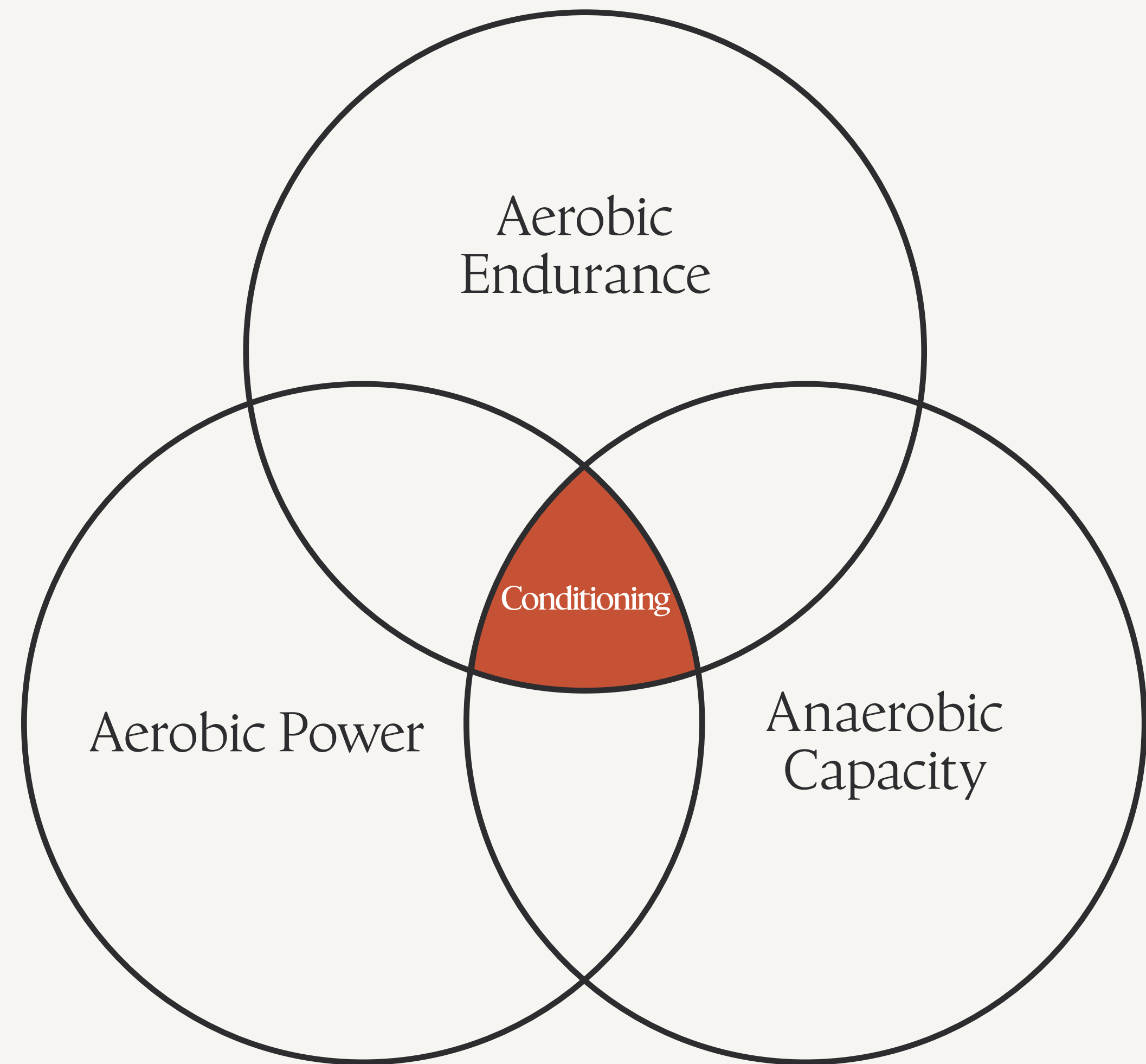
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**4-6x** /Week



# Tenet Overview | *Conditioning*

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



# Attributes | Conditioning

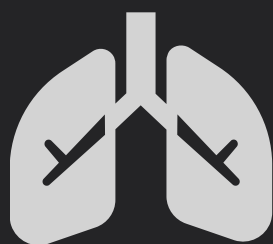
In order to have balanced conditioning you must possess aerobic endurance, aerobic power, & anaerobic capacity.



## Aerobic Endurance

### WHY IT MATTERS

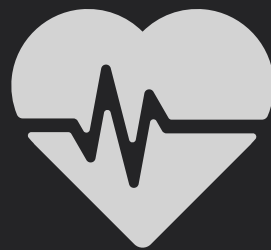
Aerobic endurance enables sustained physical activity through efficient oxygen utilization, enhancing performance, recovery, and energy expenditure. It is the foundation for building greater aerobic power, which is vital for sports, daily life, and overall health.



## Aerobic Power

### WHY IT MATTERS

Having greater levels of aerobic power allows you to sustain higher intensities for longer periods by maximizing oxygen delivery and delaying fatigue, making it essential for endurance and performance in both long-duration and high-intensity efforts.



## Anaerobic Capacity

### WHY IT MATTERS

Improved anaerobic capacity enables sustained high-intensity efforts, allowing for longer sprints, more jumps, faster recovery, and greater output in a short time, enhancing 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 long, continuous, steady-state monostructural movements at submaximal intensities.

*Ex: 30:00-60:00 continuous run at an RPE 2-4*

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**1-3x** /Week

## Aerobic Power

Perform mixed modal intervals for 10-30 minutes.

*Ex: 4 x 4:00 On / 2:00 Off  
15 Toes To Bar  
30 Dumbbell Step Back Lunges, 50/35  
Max Calorie Row Remaining Time*

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**2-4x** /Week

## Anaerobic Capacity

Perform unloaded mixed modal movements at maximal effort.

*Ex: 8 Rounds:  
10 Cal Echo Bike  
10 Burpees  
2 minute rest between rounds*

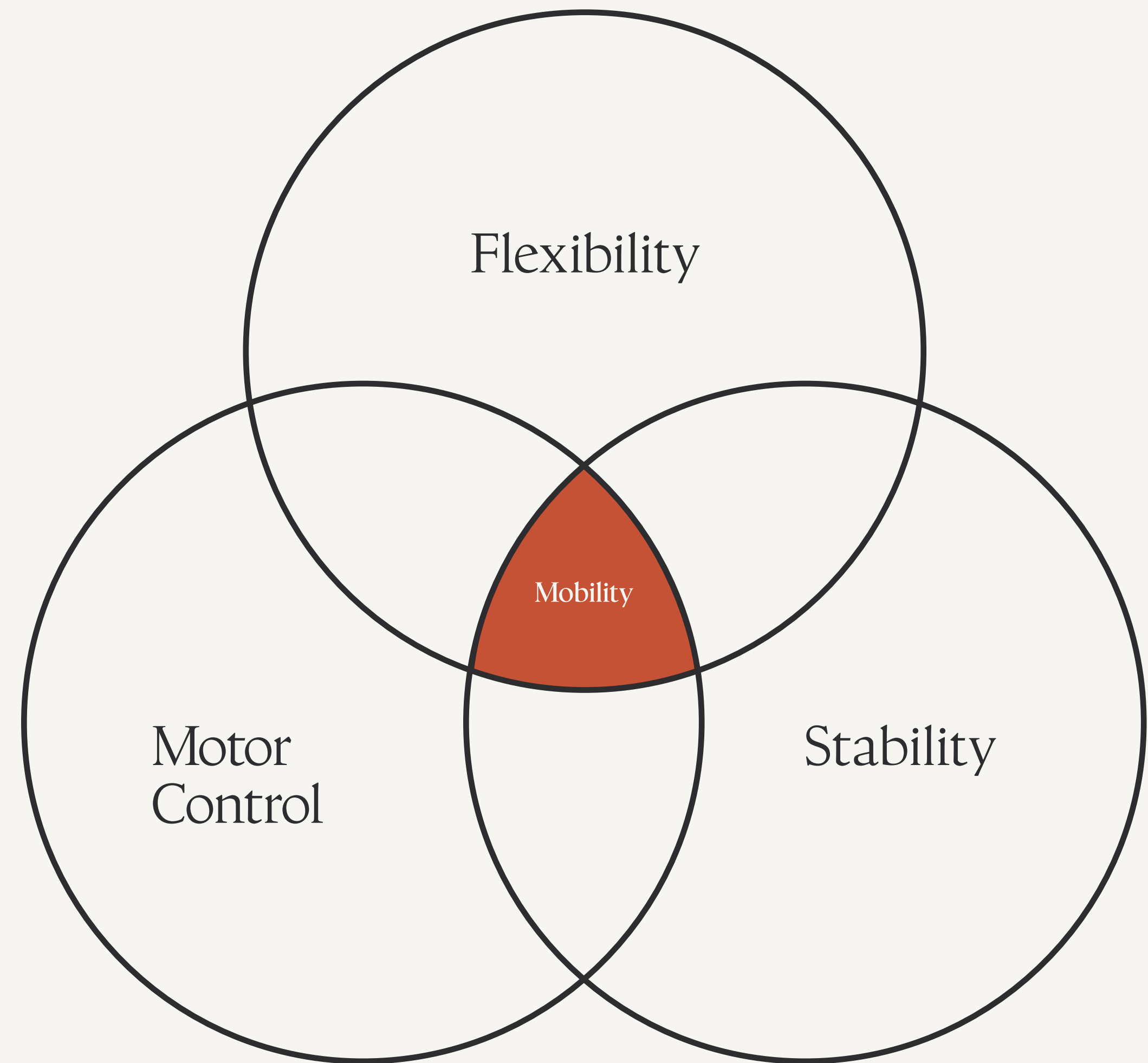
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**1x** /Every Week



# Tenet Overview | *Mobility.*

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





# Attributes | *Mobility.*

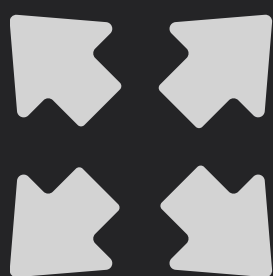
In order to have a balanced and functional range of motion you must have flexibility, mobility, and stability within all muscle groups and joints.



## Flexibility

### WHY IT MATTERS

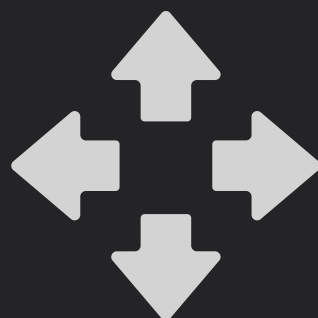
Flexibility enables muscles to stretch, allowing joints their full range of motion without discomfort. Greater flexibility improves posture, reduces injury risk, and enhances sports performance through better movement mechanics.



## Mobility

### WHY IT MATTERS

Active joint mobility with strength and control is crucial for athletic performance, injury prevention, and physical longevity. Greater mobility means better body control and range of motion.



## Stability

### WHY IT MATTERS

Maintaining joint and body control, especially during dynamic actions, enhances balance and strength. Improved stability reduces injury risk, strengthens foundations for activities, and provides control over complex, unpredictable movements. The coordination of muscles, connective tissue, and the nervous system ensures safe and effective joint range of motion.



# 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

Hold static positions, work myofascial release techniques, and perform dynamic full ranges of motion.

*Ex: 1-3 minutes static stretching*

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**4-6x** /Week

## Mobility

Perform joint-specific range conditioning pre- or post-workout.

*Ex: 3 x active, weighted hold for 0:30-0:60 with 0:30 between*

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**4-6x** /Week

## Stability

Perform functional movements at varying intensities through full ranges of motion.

*Ex: 3 x 10 Thruster 10 Burpees 10 pullups*

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**4-6x** /Week

# Example Week (Basic - 30 min)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Focus: Lower Body Power + Conditioning	Focus: Back Strength + Conditioning	Focus: Press Strength + Conditioning	Focus: Aerobic Endurance	Focus: Leg Strength + Conditioning	Focus: Conditioning	Focus: Aerobic Endurance + Mobility
<b>Back Squat</b> 4 sets of 3 reps at 80-85% -Rest 20 Seconds- 3 Dumbbell Squat Jumps  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength + Explosive Power</i>	<b>On The Minute x 5</b> 3 Strict Weighted Pull-ups  Score: Heaviest Load Used  <i>Absolute Strength</i>	<b>Bench Press</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Conditioning</b> 10 Rounds: 400m Run [RPE 6-7] 250/200m Row [RPE 5]  <i>Aerobic Power [Lactate Threshold]</i>	<b>Deadlift</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Conditioning</b> 8 Rounds: 10/8 Calorie Bike [RPE 9] 10 Burpees Over Bar  • Rest 2 Minutes Between Rounds  <i>Anaerobic Capacity</i>	<b>Steady State (Zone 2 Cardio)</b> 20-30 Minutes Bike/Row/Run  <i>Aerobic Endurance</i>
<b>Conditioning</b> 5 Rounds: 40/30 Calorie Bike [RPE 6-7] 30 Jumping Lunges  <i>Aerobic Power [Lactate Threshold]</i>	<b>Conditioning</b> 5 Rounds x AMRAP 3: 60 Double Unders 20 Dumbbell Snatches, 50/35 lbs 10 Strict Pull-ups Max Calorie Row  • Rest 2 Minutes Between Rounds  <i>Aerobic Power [VO2 Max]</i>	<b>Conditioning:</b> For Time: 100 Dumbbell Bench Press, 50/35 lbs 100 Shoulder To Overhead, 75/55 lbs 100 Hand-Release Push-ups  <i>Muscular Endurance</i>		<b>Conditioning</b> 5 Rounds: 10 Calorie Row [RPE 7] 10 Front Squats 10 Deadlifts  • Rest 1 Minute Between Rounds  Barbell: 115/85 lbs  <i>Aerobic Power [VO2 Max]</i>		<b>Mobility + Flexibility Work</b> 15 Minutes Stretching + Holds  2 Rounds: 1:00 Knee Over-Toe Lunge Hold Per Side 1:00 Seated Straddle Per Side 1:00 Standing Pec Stretch On Wall Per Side 1:00 Couch Stretch Per Side 1:00 Crossover-Legged Good Morning Hold Per Side  • Take long, deep inhales & exhales throughout  <i>Mobility &amp; Flexibility</i>



# Example Week (Pro - 60 min)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Focus: Lower Body Power + Conditioning	Focus: Back Strength + Conditioning	Focus: Press Strength + Conditioning	Focus: Aerobic Endurance	Focus: Leg Strength + Conditioning	Focus: Conditioning + Power	Focus: Aerobic Endurance + Mobility
<b>Back Squat</b> 4 sets of 3 reps at 80-85% -Rest 20 Seconds- 3 Dumbbell Squat Jumps  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength + Explosive Power</i>	<b>On The Minute x 5</b> 3 Strict Weighted Pull-ups  Score: Heaviest Load Used  <i>Absolute Strength</i>	<b>Bench Press</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Conditioning</b> 10 Rounds: 400m Run [RPE 6-7] 250/200m Row [RPE 5]  <i>Aerobic Power [Lactate Threshold]</i>	<b>Deadlift</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Power Cleans</b> On The 90 Seconds x 5 Rounds: 2 Power Cleans at 75%  <i>Explosive Power</i>	<b>Steady State (Zone 2 Cardio)</b> 30-60 Minute Bike/Row/Run  <i>Aerobic Endurance</i>
<b>Conditioning</b> 5 Rounds: 40/30 Calorie Bike [RPE 6-7] 30 Jumping Lunges  <i>Aerobic Power [Lactate Threshold]</i>	<b>Conditioning</b> 5 Rounds x AMRAP 3: 60 Double Unders 20 Dumbbell Snatches, 50/35 lbs 10 Strict Pull-ups Max Calorie Row  • Rest 2 Minutes Between Rounds  <i>Aerobic Power [VO2 Max]</i>	<b>Conditioning</b> For Time: 100 Dumbbell Bench Press, 50/35 lbs 100 Shoulder To Overhead, 75/55 lbs 100 Hand-Release Push-ups  <i>Muscular Endurance</i>	<b>Mobility + Flexibility Work</b> 15 Minutes Stretching + Positional Holds  2 Rounds: 1:00 Knee Over-Toe Lunge Hold Per Side 1:00 Seated Straddle Per Side 1:00 Standing Pec Stretch On Wall Per Side 1:00 Couch Stretch Per Side 1:00 Crossover-Legged Good Morning Hold Per Side  • Take long, deep inhales & exhales throughout	<b>Conditioning</b> 5 Rounds: 10 Calorie Row [RPE 7] 10 Front Squats 10 Deadlifts  • Rest 1 Minute Between Rounds  Barbell: 115/85 lbs  <i>Aerobic Power [VO2 Max]</i>	<b>Conditioning</b> 8 Rounds: 10/8 Calorie Bike [RPE 9] 10 Burpees Over Bar  • Rest 2 Minutes Between Rounds  <i>Anaerobic Capacity</i>	<b>Mobility + Flexibility Work</b> 15 Minutes Stretching + Positional Holds  2 Rounds: 1:00 Knee Over-Toe Lunge Hold Per Side 1:00 Seated Straddle Per Side 1:00 Standing Pec Stretch On Wall Per Side 1:00 Couch Stretch Per Side 1:00 Crossover-Legged Good Morning Hold Per Side  • Take long, deep inhales & exhales throughout
<b>Accessory</b> [Part A] 3 × 20 Bulgarian Split Squats  [Part B] 3 × 20 Hip Extensions + Hold To Technical Failure  <i>Muscular Endurance</i>	<b>Accessory</b> [Part A] 3 × 20 Dumbbell Bent Over Rows  [Part B] 3 × 20 Dumbbell Bent Over Flys  <i>Muscular Endurance</i>	<b>Midline</b> 3 Rounds For Quality: 5 Dragon Flags 20 Hollow Rocks 20 Medball Russian Twists  • Rest 1-2 Minutes Between Rounds  <i>Muscular Endurance &amp; Stability</i>		<b>Accessory</b> 3 Supersets For Quality: 20 Sumo Deadlifts, 95/65 lbs 20 Heel Elevated Goblet Squats, 35/25 lbs  • Rest 1 Minute Between Supersets  <i>Muscular Endurance</i>	<b>Accessory</b> 3 Supersets For Quality: 20 Band Resisted Push-ups 20 Band Assisted Pull-ups  • Rest 1 Minute Between Supersets  <i>Muscular Endurance</i>	

# Example Week (Pro - 2 hour)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Focus: Lower Body Power + Conditioning	Focus: Back Strength + Conditioning	Focus: Press Strength + Conditioning	Focus: Aerobic Endurance	Focus: Leg Strength + Conditioning	Focus: Conditioning + Power	Focus: Aerobic Endurance + Mobility
<b>Back Squat</b> 4 sets of 3 reps at 80-85% -Rest 20 Seconds- 3 Dumbbell Squat Jumps  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength + Explosive Power</i>	<b>On The Minute x 5</b> 3 Strict Weighted Pull-ups  Score: Heaviest Load Used  <i>Absolute Strength</i>	<b>Bench Press</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Conditioning</b> 10 Rounds: 400m Run [RPE 6-7] 250/200m Row [RPE 5]  <i>Aerobic Power [Lactate Threshold]</i>	<b>Deadlift</b> 4 sets of 3 reps at 80-85%  • Rest 2-3 Minutes Between Sets  <i>Absolute Strength</i>	<b>Power Cleans</b> On The 90 Seconds x 5 Rounds: 2 Power Cleans at 75%  <i>Explosive Power</i>	<b>Steady State (Zone 2 Cardio):</b> 30-60 Minute Bike/Row/Run  <i>Aerobic Endurance</i>
<b>Conditioning</b> 5 Rounds: 40/30 Calorie Bike [RPE 6-7] 30 Jumping Lunges  <i>Aerobic Power [Lactate Threshold]</i>	<b>Conditioning</b> 5 Rounds x AMRAP 3: 60 Double Unders 20 Dumbbell Snatches, 50/35 lbs 10 Strict Pull-ups Max Calorie Row  • Rest 2 Minutes Between Rounds  <i>Aerobic Power [VO2 Max]</i>	<b>Conditioning</b> For Time: 100 Dumbbell Bench Press, 50/35 lbs 100 Shoulder To Overhead, 75/55 bs 100 Hand-Release Push-ups  <i>Muscular Endurance</i>	<b>Mobility + Flexibility Work</b> 15 Minutes Stretching + Holds  2 Rounds: 1:00 Knee Over-Toe Lunge Hold Per Side 1:00 Seated Straddle Per Side 1:00 Standing Pec Stretch On Wall Per Side 1:00 Couch Stretch Per Side 1:00 Crossover-Legged Good Morning Hold Per Side • Deep inhales & exhales throughout  <i>Mobility &amp; Flexibility</i>	<b>Conditioning</b> 5 Rounds: 10 Calorie Row [RPE 7] 10 Front Squats 10 Deadlifts  • Rest 1 Minute Between Rounds  Barbell: 115/85 lbs  <i>Aerobic Power [VO2 Max]</i>	<b>Conditioning</b> 8 Rounds: 10/8 Calorie Bike [RPE 9] 10 Burpees Over Bar  • Rest 2 Minutes Between Rounds  <i>Anaerobic Capacity</i>	<b>Mobility + Flexibility Work</b> 15 Minutes Stretching + Holds  2 Rounds: 1:00 Knee Over-Toe Lunge Hold Per Side 1:00 Seated Straddle Per Side 1:00 Standing Wall Pec Stretch Per Side 1:00 Couch Stretch Per Side 1:00 Crossover-Legged Good Morning Hold Per Side  • Deep inhales & exhales throughout  <i>Mobility &amp; Flexibility</i>
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<b>Midline</b> For Time: 30 Strict Toes To Bar  <i>Musuclar Endurance &amp; Stability</i>	<b>Aerobic Work</b> 2-3 Rounds: 15 Minute Tempo Run [RPE 5]  • Rest 3 Minutes Between Rounds  <i>Aerobic Endurance</i>	<b>Durability</b> 4 Sets For Quality 300ft Farmer's Carry, 70/50 lbs 100ft Backward Sled Drag  • No Rest Between Sets  <i>Muscular Endurance &amp; Stability</i>		<b>Durability</b> On the 2:00 × 5 Rounds: Accumulate 1:00 Sandbag Hold  *Max Shuttle Runs In Remaining Time  <i>Muscular Endurance</i>	<b>Midline Conditioning</b> 5 Rounds For Quality: 500m Row [RPE 6-7] 1:00 Plank Hold  <i>Aerobic Power &amp; Muscular Endurance</i>	



# The CompTrain Way

How does this training methodology differ from what’s available today?

The Old Way	The Better Way	The Difference
Embrace the suck	Enjoy the process	The process rewards consistency. If you show up and enjoy the process you will inevitably work hard.
High skills & heavy loads	Difficult but doable	Complicated movements create barriers to progress. Remove the barriers to intensity, which drives results. Gain strength and competency of skill outside of conditioning.
Routine is the enemy	Structure creates progress	Variety has its place, but random workouts create inconsistent results. A structured program leads to measurable growth.
More volume = more progress	Less is more when you do less better	Constantly pushing at maximal intensity leads to burnout, not growth. Intentional intensity leads to long-term progress and performance.
Forge Elite Fitness	Become a Forever Athlete	Elite fitness is about peak capability. We should train for lasting capability, being able to handle life's challenges throughout our lifetime.
Every workout should be hard	Every workout should be effective	Smart training doesn’t go all-out every day— working hard is relative and it’s also table stakes. We balance effort and recovery so you can train hard when it matters and adapt over time.
Train to improve at training	Train to improve at life - sport, adventure & adversity	Fitness isn’t about winning workouts; it’s about building the strength, resilience, and vitality to excel in life. Training for life keeps you progressing, healthy, and fulfilled.

# The CompTrain Principles

## Principle 1 | Maximize Training Returns

Don't confuse more with better.

We focus on the minimum effective dose to drive maximum results, prioritizing intensity and strength over excessive volume. Our programming is built to create the biggest impact on the most important areas of health and performance in the least amount of time -- no fluff, no wasted effort.

## Principle 2 | Complete Fitness, All the Time

Don't periodize your training.

We believe all-around fitness is most effectively developed by concurrently improving strength, conditioning, and functional range of motion, as these three tenets serve and support each other. We train to remove imbalances and raise all-sport ability across the board so you're simply able to DO more, today, tomorrow, and forever.

## Principle 3 | Create Simplicity with Structure

Don't add variance without structure.

We structure our training program to ensure the body is stressed in the right ways and at the correct frequency. Variety in training is effective when correctly applied, and you must have structure before introducing variety. We keep training structured, minimize "junk" volume, utilize proven progressions, and maximize your time -- all while keeping your training exciting!

## Principle 4 | Understand Intentional Intensity

Don't max out every day.

Progress doesn't come as a result of overtraining. We program workouts with varying levels of intensity (zone 2, lactate threshold, VO2 max, anaerobic capacity) and prescribe percentages for strength training. This allows for progress and sustainability, building you up without breaking you down or burning you out.

## Principle 5 | Train For More

Don't train for the gym. Train for life.

Fitness should prepare you for life, not just the gym. We train functional, transferable movements that build foundational athleticism, resilience, and capability -- so you're stronger, faster, and more capable in real-world settings. We don't specialize in niche sport-specific training that builds skills with little carryover. We train for broad, usable fitness that makes you formidable anywhere.

## Principle 6 | Measure, Track, and Test

Don't forget to track.

We program bi-weekly benchmarks to track measurable progress in strength, conditioning, and functional range of motion. These tests are simple, repeatable, and aligned with our Complete Training philosophy, helping you monitor improvements and performance over time across multiple aspects of fitness.



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*.

COMPTRAIN

# Start Training Complete

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

-JOHN C. MAXWELL