

# Base Camp

The Base Camp Strength Cycle is built for steady, methodical progress. This lays the foundation for athletes to peak for new one-rep maxes in August.

Over the next eight weeks, we'll move through two focused blocks of training: one for building strength and muscle, and one for dialing in intensity and neuromuscular precision.

There are two blocks to this cycle. In between block A and block B there will be a week of 10 rep sets at lighter percentages in order to back-off before heading into block B, which has us moving heavy loads for multiple sets.

By starting with the classic powerlifts and transitioning into alternate compound movements, this cycle strengthens the full-body system and prepares athletes to lift heavy with confidence, consistency, and control.

FOCUS

- Absolute Strength
- Muscle Growth

COACHING EMPHASIS

Drop Sets Matter – These are continuous sets, meaning **when the athlete slows or rests, they're done.**

Athletes should target accurate percentages in order to prioritize volume and quality.



WHY THIS MATTERS?

By the end of Base Camp, athletes will feel stronger, more confident, and well-prepared to chase lifetime PRs. This is the work beneath the summit.

**Build the base, and the peak will follow.**





# COMPTRAIN

## Base Camp Strength Cycle

Dates: June 2, 2025 - July 26, 2025

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### Purpose:

The Base Camp Strength Cycle is built for steady, methodical progress, laying the foundation for athletes to peak for new one-rep maxes in August. Over the next eight weeks, we'll move through two focused blocks of training: one for building strength and muscle, and one for dialing in intensity and neuromuscular precision. By starting with the classic powerlifts and transitioning into alternate compound movements, this cycle strengthens the full-body system and prepares athletes to lift heavy with confidence, consistency, and control.

### How it Works:

- **June Block** – Focus Lifts: Back Squat, Bench Press, Deadlift
  - **Continuous Reps** Drop Set at 50% of 1RM after last working set - *\*Target 15-30 Reps for Drop Set*
- **Week 1** – 3x5 at 75% + Drop Set at 50% **(M)** Bench Press **(W)** Back Squat **(F)** Deadlift
- **Week 2** – 3x4 at 80% + Drop Set at 50% **(M)** Bench Press **(T)** Back Squat **(Th)** Deadlift
- **Week 3** – 3x3 at 85% + Drop Set at 50% **(T)** Bench Press **(W)** Back Squat **(Th)** Deadlift
- **Week 4** – Back-off. 3 Sets at 60% (No Drop Set) **(M)** Bench Press **(W)** Front Squat **(F)** Deadlift
  
- **July Block** – Focus Lifts: Front Squat, Strict Press, Sumo Deadlift
  - **Continuous Reps** Drop Set at 50% of 1RM after last working set - *\*Target 15-30 Reps for Drop Set*
- **Week 5** – 3x5 at 77%+ Drop Set at 50% **(M)** Strict Press **(Th)** Front Squat **(F)** Sumo Deadlift
- **Week 6** – 3x3 at 80%+ Drop Set at 50% **(M)** Front Squat **(W)** Sumo Deadlift **(F)** Strict Press
- **Week 7** – 3x2 at 85%+ + Drop Set at 50% **(M)** Strict Press **(Th)** Front Squat **(F)** Sumo Deadlift
- **Week 8** – 3x1 at 90%+ + Drop Set at 50% **(M)** Strict Press **(W)** Front Squat **(F)** Sumo Deadlift

### Why It Works

- **Builds Strength Systematically** | Layering two cycles back-to-back allows for a comprehensive strength progression, improving both output and movement quality.
- **Targets Full-Body** | Training both primary and alternate lifts improves muscle balance, coordination, and resilience.
- **Drop Sets for the Win** | Adding volume at lighter loads promotes muscle growth. **It's crucial to emphasize continuous movement** for these drop sets in order to hit the target stimulus while avoiding unnecessary levels of fatigue or soreness.

### How It Fits Into the Full-Year Plan

Where Base Camp fits into the bigger picture.

- Base Camp serves as the launchpad for our August testing phase. The progressive structure ensures athletes don't just survive high percentages—they're primed to thrive under the bar. It's also a key transition point from hypertrophy to high-output training, preparing the body to express all the strength it's been building.

### How It Supports Athlete Progression:

- By the end of Base Camp, athletes will feel stronger, more confident, and well-prepared to chase lifetime PRs.  
This is the work beneath the summit. **Build the base, and the peak will follow.**