

Peak Performance Programming V2 (Masters Conjugate)

4-Week Training Cycle for Jim Royce

Methodology Update: This cycle shifts to a **Conjugate Model** (Max Effort / Dynamic Effort) to manage CNS fatigue while maintaining high-intensity outputs. It incorporates **Hinshaw Pacing** for aerobic work and **Odd Object Training** to reduce spinal loading frequency.

Week 1: Base & Testing (Conjugate Intro)

Focus: Establish Max Effort baselines, introduce speed work, and test aerobic bias.

Day 1 (Monday)

Focus: Max Effort Lower (Absolute Strength)

A. Warm-up (PAP Focus)

- 3 Rounds: 10 Air Squats, 10 Banded Good Mornings, 3 Broad Jumps (Max distance).
- **PAP Primer:** Work up to a heavy single Kettlebell Swing or Box Jump before squatting.

B. Max Effort Strength

- **Low Box Squat (Below Parallel):**
 - Work up to a **Heavy 3-Rep Max** (RPE 9/10).
 - *Note: Do not go to failure. Leave 1 rep in the tank.*
 - Rest 3 minutes between top sets.

C. Metcon (Grip & Hinge - Short Duration)

- "**30 Clean & Jerk Sprint**"
- For Time (8 min cap):
 - 30 Clean & Jerks (135 lbs)

- *Pacing Strategy: Do singles. Fast setup, fast pull. Do not hold onto the bar.*

D. Accessory (Posterior Chain)

- 3 Sets:
 - 15 Banded Hamstring Curls
 - 50ft Sled Push (Heavy Walk)

Day 2 (Tuesday)

Focus: Dynamic Effort Upper (Speed & Gymnastics)

A. Warm-up

- 3 Rounds: 10 PVC Pass-throughs, 10 Scapular Pull-ups, 30s Handstand Hold.

B. Dynamic Effort Strength

- **Speed Bench Press:**
 - 9 sets of 3 reps @ 50% of 1RM + Light Bands (or chains).
 - *Focus:* Bar speed. Move the weight as fast as possible.
 - *Rest:* Exactly 45 seconds between sets.

C. Gymnastics Density (Volume Accumulation)

- **EMOM 12:**
 - Min 1: 3-5 Strict Handstand Push-ups (Quality)
 - Min 2: 15 Wall Balls (Unbroken)
 - Min 3: 10 Toes-to-Bar (Rhythm focus)

D. Cooldown

- Banded Pec Stretch: 2 mins per side.

Day 3 (Wednesday)

Focus: Aerobic Capacity (Hinshaw Protocol)

A. The Engine Test

- **Part 1:** 400m Run Time Trial (Max Effort).
- *Rest 10-15 minutes (Full Recovery).*
- **Part 2:** 1 Mile Run Time Trial (Max Effort).
- *Record both times. This determines if we train Speed or Endurance next cycle.*

B. Recovery Flush

- 10 minutes easy spin on BikeErg (Zone 1).

Day 4 (Thursday)

Focus: Dynamic Effort Lower (Speed)

A. Warm-up

- Agility Ladder / Line Hops (3 mins).

B. Dynamic Effort Strength

- **Speed Box Squats:**
 - 10 sets of 2 reps @ 55% of Monday's 3RM.
 - *Focus:* Explode off the box.
 - *Rest:* 60 seconds.

C. Accessory (Unilateral)

- 3 Sets:
 - 8/8 Bulgarian Split Squats (Moderate weight)
 - 15 GHD Hip Extensions (Spinal Decompression)

Day 5 (Friday)

Focus: Max Effort Upper + Lactate Threshold

A. Max Effort Strength

- **Strict Overhead Press:**
 - Work up to a **Heavy 3-Rep Max.**

B. Metcon (Lactate Threshold)

- **"1k Row + Thruster/Pull-up Chipper"**
- For Time:
 - 1000m Row
 - 50 Thrusters (45 lbs - Empty Bar)
 - 30 Pull-ups
- *Goal: Sub-8 minutes. It should burn.*

Day 6 (Saturday)

Focus: Odd Object / GPP (No Barbell)

A. Strongman Conditioning

- 5 Rounds for Quality (Not for Time):
 - 50ft Yoke Carry (Heavy but moving well)
 - 10 Sandbag Cleans (100/150 lbs)
 - 200m Run (carry a medicine ball)
- *Why?* Builds core stability without axial compression on the spine.

Day 7 (Sunday)

Rest & Mobility

- Full Rest.
- Optional: 30 min Walk + 15 min Foam Roll.

Week 2: Build & Density

Focus: Increase volume on DE days, rotate ME lifts.

Day 1 (Monday)

Focus: Max Effort Lower

- **Lift: Deadlift** - Work to Heavy 3RM.
- **Metcon:** 5 Rounds: 15 Wall Balls, 15 Cal Row. (Pacing: Negative Splits - get faster each round).

Day 2 (Tuesday)

Focus: Dynamic Effort Upper

- **Lift:** Speed Floor Press (Dumbbells) - 4 sets of 15 reps (Hypertrophy/Speed hybrid).
- **Gymnastics:** "Double Under Capacity Test" (5-10-15...50...15-10-5). Cap 20 mins.

Day 3 (Wednesday)

Focus: Aerobic Intervals

- **Hinshaw Drill:**
 - 3 sets of (4 x 400m Run).
 - Rest: 1 min between reps, 3 mins between sets.
 - Goal: Maintain pace across all 12 reps.

Day 4 (Thursday)

Focus: Dynamic Effort Lower

- **Lift:** Speed Deadlifts (Sumo) - 10 sets of 1 rep @ 60% (Reset every rep).
- **Metcon:** AMRAP 12: 10 Box Jumps, 10 Kettlebell Swings (American), 10 Push-ups.

Day 5 (Friday)

Focus: Max Effort Upper

- **Lift:** Weighted Pull-up - Work to Heavy 3RM.
- **Metcon:** "21-15-9 Thruster Sprint" (Thrusters/Pull-ups). Test week benchmark.

Day 6 (Saturday)

Focus: Strongman

- EMOM 20:
 - Odd: 40ft Sled Push.
 - Even: 10 D-Ball Over Shoulder.

Day 7 (Sunday)

Rest.

Week 3: Peak Volume (Overreaching)

Focus: Highest volume week. Push the boundaries of recovery.

Day 1 (Monday)

Focus: Max Effort Lower

- **Lift:** Front Squat - Work to Heavy 1RM (Testing absolute limit).
- **Metcon:** AMRAP 7: Burpees (Max reps). Mental toughness test.

Day 2 (Tuesday)

Focus: Dynamic Effort Upper

- **Lift:** Speed Bench - 9x3 @ 60%.
- **Gymnastics:** Handstand Walk Obstacle Course.

Day 3 (Wednesday)

Focus: Aerobic Threshold

- **Long Duration:** 60 minute Row/Bike mixed (Change every 10 mins). Zone 2 ONLY.

Day 4 (Thursday)

Focus: Dynamic Effort Lower

- **Lift:** Speed Squats (Bands) - 12x2 @ 50% + 25% Band tension.

Day 5 (Friday)

Focus: Max Effort Upper

- **Lift: Incline Bench Press** - Heavy 3RM.
- **Metcon:** "3 Rounds: Run, Swing, Pull" (400m Run, 21 KBS, 12 Pull-ups).

Day 6 (Saturday)

Focus: The "Suffer" Fest

- Team Workout (or Solo Grind):
 - 5k Run Buy-in.
 - Then 100 Sandbag Lunges.
 - Then 100 Burpees.

Day 7 (Sunday)

Rest.

Week 4: Deload & Reload

Focus: Volume cut by 50%. Intensity remains high on lifts (keep CNS primed) but low volume.

Day 1 (Monday)

Focus: Deload Strength

- **Lift:** Back Squat - 3 sets of 2 reps @ 80% (Crisp, fast, not maximal).
- **Mobility:** 20 mins Hips/Hamstrings.

Day 2 (Tuesday)

Focus: Skill Play

- 30 Minutes of "Play": Monkey bars, handstands, learning a new skill (e.g., pistol squat progression). No timer.

Day 3 (Wednesday)

Focus: Active Recovery

- 45 min Swim or Hike.

Day 4 (Thursday)

Focus: Deload Speed

- **Lift:** Box Jumps (Height) - 5 sets of 3 Max Height jumps.
- **Metcon:** 10 min Flow: Row 200m, 5 Push-ups, 10 Air Squats (Zone 1 pace).

Day 5 (Friday)

Focus: Primer

- **Lift:** Press - 3 sets of 3 @ 75%.
- **Metcon:** 3 Rounds: 10 Cal Bike, 10 Ring Rows. Sprint the bike, rest 3 mins. (PAP effect).

Day 6 (Saturday)

Focus: Fun

- Go play a sport (Tennis, Golf, Basketball) or do yard work. Get out of the gym.

Day 7 (Sunday)

Rest.