

Peak Performance Programming

4-Week Training Cycle for Jim Royce

Week 1: Foundational & Volume Accumulation (Revised)

Focus: Build aerobic base, reinforce strict gymnastics mechanics, and accumulate strength volume. This week incorporates AM/PM splits to manage volume effectively.

Day 1

AM Session: Engine

- 30-40 minutes of steady-state "Zone 2" cyclical work.
- *Example: 10 mins Row -> 10 mins BikeErg -> 10 mins SkiErg. Goal is a consistent, conversational pace.*

PM Session: Strength & Conditioning A. Warm-up

- 3 Rounds: 10 PVC Pass-throughs, 10 Banded Pull-aparts, 10 Air Squats

B. Strength (Spinal Load 1/2)

- Back Squat: 5 sets of 5 reps @ 75-80% of 1RM
- Rest 2-3 minutes between sets.

C. Metcon

- AMRAP 20 minutes:
 - 15 Calorie Row
 - 12 GHD Sit-ups
 - 9 Burpees over the Rower

D. Cooldown & Accessory

- 3 Sets for Quality:
 - 8-10 Glute Ham Raises (3s eccentric)
 - 30s Copenhagen Plank per side

Day 2

AM Session: Active Recovery

- 20-minute easy swim or 30-minute easy jog. Focus on form and breathing.

PM Session: Gymnastics & Metcon A. Warm-up

- 2 Rounds: 1 min Jump Rope, 10 Scapular Pull-ups, 5 Inchworms + Push-up

B. Gymnastics Skill

- EMOM 12 minutes:
 - Minute 1: 8-10 Strict Handstand Push-ups (Scale to deficit that is challenging)
 - Minute 2: 30-second L-Sit Hold on parallettes
 - Minute 3: 8-10 Strict Chest-to-Bar Pull-ups

C. Metcon

- 3 Rounds for Time:
 - 20 Dumbbell Snatches (70/50 lbs)
 - 20 Toes-to-Bar

D. Cooldown

- Banded Lat Stretch: 2 minutes per side

Day 3

Single Session: Engine & Accessory A. Warm-up

- 800m Jog, then 2 rounds: 10 Kettlebell Swings, 10 Goblet Squats

B. Engine Builder (Flux Style)

- 6 Sets (4:00 On, 1:00 Off):
 - Odd Sets (1, 3, 5): Run at a steady recovery pace.
 - Even Sets (2, 4, 6): AMRAP of 8 Toes-to-Bar, 13 Wall Balls (20lbs), 34 Double-unders.
- *Goal is to practice running on fatigued legs and manage breathing.*

C. Accessory

- 3 sets:
 - 15 Bulgarian Split Squats per leg
 - 15 Bent-over Dumbbell Rows per arm
 - Rest as needed.

D. Cooldown

- Couch Stretch & Pigeon Pose: 2 minutes per side

Day 4

AM Session: Mobility

- 20 minutes of self-directed mobility. Focus on ankles, hips, and shoulders.

PM Session: Strength & Conditioning A. Warm-up

- 3 rounds: 15 Calorie Air Bike, 10 Wall Squats, 5/5 Single-Arm Kettlebell Press

B. Strength

- Bench Press: 5 sets of 8 reps @ 70-75% of 1RM
- Rest 90 seconds between sets.

C. Metcon

- AMRAP 15 minutes:
 - 7 Power Cleans (155 lbs)
 - 7 Bar-Facing Burpees

D. Cooldown & Accessory

- 3 Sets:
 - 10-12 Z-Press with light KBs
 - 15 Banded Face Pulls

Day 5

Single Session: Gymnastics & Metcon A. Warm-up

- 2 rounds: 1 minute Assault Bike, 10 Ring Rows, 3 Wall Walks

B. Gymnastics Volume

- For Quality:
 - 5 sets of 5-8 Strict Ring Dips
 - Rest 1 minute
 - 5 sets of 10-15 Kipping Pull-ups (unbroken sets if possible)
 - Rest 1 minute

C. Metcon

- For Time:
 - 1000m Row
 - 50 Wall Balls (20 lbs to 10ft)
 - 30 Calorie Assault Bike

D. Cooldown

- 10 minutes of light stretching.

Day 6 & 7: Active Recovery

- Choose one activity per day:
 - 60 minute hike or walk.
 - 30-40 minute easy swim.
 - Full mobility session (e.g., ROMWOD, Pliability).
- *Focus on nutrition and sleep to prepare for Week 2.*

Week 2: Intensity & Skill Integration (Revised)

Focus: Introduce lactate threshold work, combine gymnastics skills in metcons, and build positional strength with pauses.

Day 1

AM Session: Engine

- **Threshold Run:**
 - 10 min Easy Run Warm-up
 - Then, 30-minute block:
 - 800m Run @ 10k Pace +20s/mi
 - 200m Recovery Jog
 - 400m Run @ 10k Pace -15s/mi
 - 200m Recovery Jog
 - Repeat until 30 minutes is up.
 - 5 min Walk Cooldown

PM Session: Strength & Conditioning A. Warm-up

- 2 rounds: 200m Run, 10 Scapular Push-ups, 10 Pausing Air Squats

B. Strength (Spinal Load 1/2)

- Pause Back Squat: 5 sets of 3 reps @ 75-80% of 1RM
- (3-second pause at the bottom of each squat)
- Rest 2-3 minutes between sets.

C. Metcon

- "Running Diane"
- 21-15-9 reps for time:

- Deadlifts (225 lbs)
- Strict Handstand Push-ups (Scale to deficit that is challenging)
- After each set of HSPU, run 200m.

D. Cooldown

- Seated Straddle: 3 minutes
- Foam roll posterior chain.

Day 2

Single Session: Gymnastics & Accessory A. Warm-up

- 2 Rounds: 1 min Double-under Practice, 8 Kipping Swings, 5 Burpees

B. Gymnastics Integration

- AMRAP 15 minutes @ ~85% Effort:
 - 3-5 Bar Muscle-ups
 - 10 Alternating Pistol Squats
 - 40 Double-unders

C. Accessory Strength

- 3 sets:
 - 12/12 Single-arm Dumbbell Bench Press (heavy)
 - 12/12 Single-leg Romanian Deadlifts (moderate weight)
- Rest as needed.

D. Cooldown

- Bar Hang: 3 sets of 30-45 seconds.
- Pigeon Pose: 2 minutes per side.

Day 3

AM Session: Active Recovery / Skill

- Open-ended swim session.
- Focus on form: 4 x 50m (2 kick-focused, 2 upper-body focused).
- Then, 5 x 100m @ cruise pace, resting 1:1.

PM Session: Engine & Metcon A. Warm-up

- 500m Row, then 2 rounds: 10 Bootstrappers, 10 Push-ups to Downward Dog

B. Engine - Lactate Threshold

- 5 Rounds for Time:
 - 500m Row @ ~1:45/500m pace
 - Rest 2:30
- Record each 500m time. Goal is to stay within 3-5 seconds across all rounds.

C. Metcon Finisher

- 10-minute EMOM:
 - Minute 1: 15-20 Calorie Assault Bike
 - Minute 2: 12-15 GHD Sit-ups

D. Cooldown

- 10 minutes of easy biking.

Day 4

Single Session: Strength & Conditioning A. Warm-up

- 3 rounds: 200m Jog, 10 Medball Cleans, 10 Thoracic Rotations

B. Strength

- Push Press: Work up to a heavy set of 3 reps.
- Then, 3 sets of 3 reps @ 90% of today's heavy set.

C. Metcon

- For Time:
 - 50 Wall Balls (20 lbs)
 - 25 Power Cleans (165 lbs)

D. Cooldown & Accessory

- 3 Sets:
 - 10-12 Russian Kettlebell Swings (heavy)
 - 15 GHD Hip Extensions

Day 5

AM Session: Engine

- Every 2:00 for 10 sets (20 minutes total):
 - 15s AirBike Sprint @ Max Effort
- *Focus on explosive power.*

PM Session: Gymnastics & Metcon A. Warm-up

- 2 rounds: 250m row, 10 Kipping Swings, 10 Goblet Squats

B. Gymnastics Under Fatigue

- Every 3 minutes for 5 sets (15 minutes total):
 - 15 Toes-to-Bar
 - 12 Burpees over the rower
 - Max Calorie Row in remaining time
- *Score is total calories rowed. Aim for consistency.*

C. Cooldown

- 10 minutes of light stretching, focusing on lats and hips.

Day 6 & 7: Active Recovery

- Choose one activity per day:

- 45-minute Swim or light Bike.
- Deep mobility session focusing on hips and shoulders.
- Go for a hike.

Week 3: Peak Week & Pacing Practice (Revised)

Focus: Simulate competition with longer, more complex metcons. Test gymnastics skills under higher fatigue and practice pacing strategies.

Day 1

AM Session: Engine

- 4-6 Rounds:
 - 4:00 Run @ 10k Pace
 - 2:00 Run @ Recovery Pace
- *Goal is to accumulate time at threshold.*

PM Session: Strength & Metcon A. Warm-up

- 400m Run, then 2 rounds: 10 Deadlifts (barbell), 10 Push-ups, 10 Sit-ups

B. Strength (Spinal Load 1/2)

- Deadlift: Work up to a heavy single for the day (~90-95% of 1RM).
- Then, 3 sets of 8 reps @ 65% of today's single.

C. Metcon

- For Time (12 minute cap):
 - 10-8-6-4-2 reps of:
 - Power Snatches (135 lbs)
 - Overhead Squats (135 lbs)

D. Cooldown

- Decompression Bar Hang: 3 sets of 45 seconds.
- Pigeon Pose: 2 minutes per side.

Day 2

Single Session: Pacing & Gymnastics A. Warm-up

- 2 Rounds: 1 min Assault Bike, 15 Banded Good Mornings, 10 Kipping Swings

B. Pacing Test

- "The Chief"
- Max rounds in 3 minutes of:
 - 3 Power Cleans (155 lbs)
 - 6 Push-ups
 - 9 Air Squats
- Rest 1 minute. Repeat for a total of 5 cycles.
- *Score is total rounds. Goal is consistent scores across all 5 cycles.*

C. Gymnastics Skill

- Handstand Walk Practice:
 - EMOM 10 minutes: 2 x 25ft HSW for quality and ease.

D. Accessory

- 4 sets:
 - 10 Heavy Russian Kettlebell Swings
 - 10 Weighted Glute Bridges
 - Rest 60-90 seconds.

Day 3

AM Session: Active Recovery

- 30-minute swim, focusing on technique.

PM Session: Engine & Conditioning A. Warm-up

- 500m SkiErg, then 2 rounds: 10 Ring Rows, 10 PVC Pass-throughs

B. Engine - Interval Gauntlet

- For Time:
 - 800m Run
 - *Rest 3 minutes*
 - 1000m Row
 - *Rest 3 minutes*
 - 50 Calorie Assault Bike
- *Pacing should be hard but smart. The run and row should not redline you before the bike.*

C. Cooldown

- 10 minutes of very easy biking.
- Quad and hip flexor stretching.

Day 4

Single Session: Strength & Metcon A. Warm-up

- 3 rounds: 10 Calorie Row, 10 Dumbbell Push Press (light), 30s Handstand Hold

B. Strength

- Strict Press: Work up to a 1-Rep Max.
- Then, 3 sets of max reps @ 80% of today's 1RM.

C. Metcon

- AMRAP 14 minutes:
 - 7 Chest-to-Bar Pull-ups
 - 7 Thrusters (115 lbs)
 - 7 Bar-facing Burpees

D. Cooldown

- Child's Pose with Lat Stretch: 3 minutes.
- Banded Face Pulls: 3 sets of 15.

Day 5

Single Session: Competition Simulation A. Warm-up

- 2 rounds: 400m jog, 15 GHD Sit-ups, 15 Back Extensions

B. Metcon

- For Time:
 - 50 Toes-to-Bar
 - 40 Wall Balls (20 lbs to 10ft)
 - 30 Calorie Row
 - 20 Burpee Box Jump-overs (24 inch)
 - 10 Bar Muscle-ups

C. Accessory

- 4 Sets for Quality:
 - 8/8 Single-Arm Dumbbell Overhead Squats (light)
 - 40ft Sandbag Bearhug Carry (heavy)
- Rest as needed.

D. Cooldown

- 10 minutes of light stretching and foam rolling.

Day 6 & 7: Active Recovery

- Mandatory rest or very light activity.
- **Option 1:** 60-minute walk.
- **Option 2:** 20-minute easy swim.
- **Focus:** Hydration, nutrition, and sleep. This is critical for adapting to the peak week's volume.

Week 4: Deload & Skill Refinement

Focus: Actively recover from the 3-week loading period. Volume and intensity are reduced by ~50%. Sessions are shorter and focus on flawless movement quality and light skill practice. No heavy spinal loading.

Day 1

A. Warm-up

- 3 Rounds:
 - 250m Row (easy)
 - 10 PVC Pass-throughs
 - 10 Cat-Cow

B. Light Strength

- Back Squat: 3 sets of 5 reps @ 50% of 1RM
- *Focus on perfect, fast reps.*
- Bench Press: 3 sets of 8 reps @ 50% of 1RM

C. Skill Work

- 15 minutes to practice:
 - Freestanding Handstand Holds
 - Handstand Walking
 - Double-under variations (e.g., backwards, criss-cross)

D. Cooldown

- 10 minutes of easy cyclical work (bike or row).
- Deep hip and shoulder mobility.

Day 2

Single Session: Aerobic & Mobility A. Engine

- 30-40 minutes of "Zone 2" monostructural work.
- *Can be a single modality or split between Bike, Row, Ski, or Run.*
- *Effort should be easy and conversational.*

B. Mobility

- Full-body foam roll session (10 minutes).
- Followed by targeted stretching for tight areas (10 minutes).
 - Couch Stretch
 - Pigeon Pose
 - Banded Lat Stretch

Day 3

Single Session: Light Metcon & Accessory A. Warm-up

- 800m Jog, then 2 rounds: 10 Kettlebell Swings, 10 Goblet Squats

B. Metcon

- AMRAP 15 minutes @ 70% Effort:
 - 10 Calorie Assault Bike
 - 10 Toes-to-Bar
 - 10 Dumbbell Thrusters (35s lbs)
 - 10 Calorie Row

C. Accessory

- 3 sets for quality:
 - 15 GHD Sit-ups
 - 15 GHD Hip Extensions
 - 15 Russian Kettlebell Swings (light)

D. Cooldown

- 10 minutes easy bike.

Day 4

Active Recovery

- Full rest day or 30-60 minute walk.

Day 5

Single Session: Full Body Flush A. Warm-up

- 500m row, very easy.

B. Full Body Circuit

- 3 Rounds, moving with intent but no intensity:
 - 15 Calorie SkiErg
 - 12 Ring Rows
 - 9 Push-ups
 - 6 Air Squats
 - 3 Inchworms

C. Barbell Technique

- With an empty barbell, practice for 15 minutes:
 - Snatch Complex: 3 Snatch High Pulls + 2 Hang Power Snatches + 1 Overhead Squat
 - Clean Complex: 3 Clean Pulls + 2 Hang Muscle Cleans + 1 Front Squat
- *Focus is on perfect positions, not load.*

D. Cooldown

- 5 minutes of box breathing (4s in, 4s hold, 4s out, 4s hold).

Day 6 & 7: Rest

- Full rest. Prepare for the start of the next training cycle.
- Focus on nutrition, hydration, and sleep.