

T H E   C L A R I T Y   P R O T O C O L

# Muscle Up and 10K Plan

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Built in Cape Town. Engineered for the world.

# THE CLARITY PROTOCOL: PROGRESSION PLANS

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**Two Goals. One System. 12 Weeks Each.**

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## I. THE MUSCLE-UP PROGRESSION (12 Weeks)

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### Prerequisites (Before You Start)

- [ ] 5 strict pull-ups (dead hang, no kip)
- [ ] 10 dips (full ROM, parallel bars)
- [ ] 30s dead hang (no re-grip)

*If you can't hit these, spend Weeks 1-4 on Big Six (#71-72) until you can.*

### Phase 1: Build the Engine (Weeks 1-4)

WEEK	FOCUS	SESSION A (MON)	SESSION B (WED)	SESSION C (FRI)
1-2	Volume	5x5 Pull-ups + 5x10 Dips	4x12 Aus. Rows + 4x15 Push-ups	3x Max Dead Hang + 3x10 Ring Rows
3-4	Strength	4x6 Pull-ups + 4x8 Dips	4x10 Aus. Rows (Feet Elevated) + 4x12 Diamond PU	4x15 Scapular Pull-ups + 3x Max Hang

**Gate:** 10 strict pull-ups. 15 dips. 45s dead hang.

### Phase 2: The High Pull (Weeks 5-8)

WEEK	FOCUS	SESSION A	SESSION B	SESSION C
5-6	Explosiveness	5x3 Chest-to-Bar PU + 4x10 Dips	4x5 High Pulls (belly button) + 4x8 Ring Rows	3x Max Towel PU + Dead Hangs
7-8	Transition	5x3 Explosive C2B + 3x5 Jumping MU (control down)	4x3 MU Negatives (5s) + 4x8 Ring Dips	4x20s False Grip Hang + Scapular PU

**Gate:** 5 chest-to-bar pull-ups. 3 controlled MU negatives (5s). 30s false grip hang.

### Phase 3: The Muscle-Up (Weeks 9-12)

WEEK	FOCUS	SESSION A	SESSION B	SESSION C
9-10	Transition Drills	5x1 Band-Assisted MU + 4x3 MU Neg	5x3 Hip-to-Bar Kip + 4x6 Ring Dips	3x5 Jumping MU + False Grip Hangs
11	Singles	5x1 Strict MU Attempts (rest 3 min)	Volume: 4x8 Pull-ups + 4x10 Dips	Skill: 5 min False Grip + 3x3 Transition
12	The Test	<b>MAX STRICT MUSCLE-UPS</b>	Deload: 3x5 Pull-ups, 3x8 Dips	Film final attempt for form review

**Success Criteria:** 1 strict bar or ring Muscle-Up with control.

### The Greasing-the-Groove Protocol (Daily, During All Phases)

Every 2 hours during waking hours, do **50% of your max pull-ups** (e.g., max = 10, do sets of 5). This trains the nervous system through frequency, not fatigue. By Week 12, you will have accumulated thousands of quality reps.

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## II. THE 10K PROGRESSION (12 Weeks)

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### Prerequisites

- Can walk 30 minutes without discomfort
- Can jog 5 minutes continuously
- Own shoes with minimal heel drop (or barefoot-style)

### The Rules

1. **Nasal breathing only.** If you must open your mouth, you're going too fast.
2. **Zone 2 heart rate.** You should be able to hold a conversation.
3. **No headphones for the first 4 weeks.** Listen to your breath and your feet.

## Phase 1: Walk-Run Foundation (Weeks 1-4)

WEEK	MONDAY	WEDNESDAY	FRIDAY	TOTAL VOLUME
1	20 min: Walk 4, Jog 1 (repeat)	20 min walk (brisk)	20 min: Walk 4, Jog 1	60 min
2	25 min: Walk 3, Jog 2	25 min walk	25 min: Walk 3, Jog 2	75 min
3	25 min: Walk 2, Jog 3	30 min walk	25 min: Walk 2, Jog 3	80 min
4	30 min: Walk 1, Jog 4	30 min walk	30 min: Walk 1, Jog 4	90 min

**Gate:** Can jog 15 minutes continuously, nasal breathing only.

## Phase 2: Build the Base (Weeks 5-8)

WEEK	MONDAY (EASY)	WEDNESDAY (TEMPO)	FRIDAY (LONG)	TOTAL
5	20 min easy jog	15 min jog + 5 min brisk finish	25 min easy jog	60 min
6	20 min easy jog	20 min jog (steady)	30 min easy jog	70 min
7	25 min easy jog	25 min jog + 3x 1 min surges	35 min easy jog	85 min
8	25 min easy jog	25 min (even pace)	40 min easy jog (5K+)	90 min

**Gate:** Can jog 30 minutes continuously. 5K completed (any pace).

## Phase 3: The 10K Build (Weeks 9-12)

WEEK	MONDAY (EASY)	WEDNESDAY (SPEED)	FRIDAY (LONG RUN)	TOTAL
9	25 min easy	30 min: 5 min easy / 2 min fast (repeat)	45 min easy	100 min
10	30 min easy	30 min: 4 min easy / 3 min fast	50 min easy (8K)	110 min
11	25 min easy	35 min tempo (steady push)	55 min easy (9K)	115 min
12	20 min easy (deload)	15 min easy shakeout	<b>10K RUN</b>	The Test

**Success Criteria:** 10K completed. Any pace. Nasal breathing for at least 80%.

### Zone 2 Test

You are in Zone 2 if you can pass "The Talk Test" — hold a full sentence while jogging without gasping. If you can't talk, slow down. Zone 2 is where **mitochondrial biogenesis** happens — you are literally building new energy factories inside your cells.

## Combined Weekly Schedule (Both Programs)

DAY	AM	PM
Monday	Muscle-Up Session A	—
Tuesday	Zone 2 Run (Easy)	Grease the Groove (PU sets)
Wednesday	Muscle-Up Session B	—
Thursday	Zone 2 Run (Tempo/Speed)	Grease the Groove
Friday	Muscle-Up Session C	—
Saturday	Zone 2 Long Run	—
Sunday	Active Recovery (Walk + Mobility)	—