

# DO OR DIE - PROGRAMMING BRIEF

November 1st, 2022

Welcome to the online programming brief where we explain how we structure our workouts and some of the key terminology you may come across in your sessions.

## Where can you train?

Our programming team comes from a range of backgrounds from Military to High Performance Sports and as a whole our preferred choice of training environment is a local CrossFit gym. The equipment you usually find in these gyms are ideal for our programming although all of our sessions can be performed in commercial gyms with the standard equipment that the large majority of these gyms provide.

We also programme some outdoor sessions (usually runs). Ideally find a local spot where the ground is relatively flat but near a hill as some sessions include hill sprints.

If you're using this programme from home please ensure you have the following pieces of equipment;

- C2 ROWER
- C2 Bike ERG, Wattbike, ECHO or Assault Bike
- Light, Medium and Heavy Dumbbells or Kettlebells
- Barbell and plates with a squat rack
- Capacity for circuits with runs involved
- Some form of pullup bar (can use tree or door frame at your own risk)

## Key terms:

**AMRAP - As Many Rounds As Possible**, this will be a set time given where you must complete as many rounds of the workout within that time frame.

**EMOM - Every Minute On the Minute**, this will be a circuit type workout with a different exercise performed on different minutes of the workout, usually you will see a minute dedicated to REST only.

**AHAFA - As Heavy As Form Allows**, you'll likely see this on a workout where you are performing for QUALITY rather than FOR TIME/ SPEED. This simply means choose a weight that you can perform the prescribed reps without a breakdown in technique.

**HR ZONES - Heart Rate Zone Training**, this simply means you are required to keep your heart rate at a set percentage depending on the session. Below is an attached image of our HR Zone Guide -

## HEART RATE ZONES

210-YOUR AGE = MAX HEART RATE

ZONE

5

90-100% OF YOUR MAXHEART RATE

NOT HAVING A FUN DAY TO SAY THE LEAST! YOU'VE JUST GONE FULL SEND INTO YOUR INTERVALS AND ARE REGRETTING YOUR LIFE CHOICES.

ZONE

4

80-90% OF YOUR MAXHEART RATE

FELT LIKE YOU'VE BEEN PRETTY MUCH IN CONTROL OF THE WORKOUT SO FAR AND NOW THAT CONTROL IS SLOWLY SLIPPING AWAY.

ZONE

3

70-80% OF YOUR MAXHEART RATE

THE PACE IS NOW PICKING UP BUT YOU'RE REASONABLY COMFORTABLE WITH THIS SPEED AND FEEL LIKE HALF AN HOUR AT THIS PACE IS NOT IMPOSSIBLE.

ZONE

2

60-70% OF YOUR MAXHEART RATE

WARM UP OR DOWN JOGGING PACE. WOULD BE ABLE TO HOLD A CONVERSATION WITH SOMEONE WHILE MOVING.

ZONE

1

50-60% OF YOUR MAXHEART RATE

YOU'RE OUT FOR A MORNING STROLL TO THE BAKERY. HAPPY TO BE GETTING FOOD BUT IN NO RUSH. RECOVERY SPEED

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### What do we expect from you?

Our programming is carefully structured for you to improve health and fitness as best as possible but it goes without saying that we need you to put in 100% effort on this programme to see full results. We don't care if your 100%



effort is different to any other individual's 100%, so long as you finish every session knowing you couldn't have gone any harder then we are happy :)

We want to see you improve for the better and gain as much as possible from this training so we recommend using the built in feature on the app where you can upload your workout scores and weight lifted to help you and us keep track of your progress. You might see a little well done email or message through the True Coach app while on your programme.

Sincerely,

Coach Adam

