IRON TRIANGLE

4 WEEK COMBAT CONDITIONING

POWER OR CAPACITY

TEST WEEK	PICK PROGRAM	RUN PROGRAM	RE-TEST

SAMPLE PROGRAM FOR EDUCATION. ADJUST TO THE ATHLETE WITH A QUALIFIED COACH.

IRON TRIANGLE

HOW THIS PROGRAM WORKS

ABOUT THE PROGRAM

This is a 4 week program for **any combat athlete** who is new to structured training, returning to structured training, or coming back after some time off.

In this program you'll find an assessment and two separate 4 week training blocks. Depending on your test results, you will select either the power program or the capacity program. At the end of the 4 week block, you'll re-test your fitness to see how much progress you've made.

The program features 3 conditioning workouts and 2 plyometric workouts per week, each one geared towards developing the physiological qualities required to excel at combat sports.

POWER PROGRAM

For athletes who lack overall power. Geared towards improving your raw outputs.

CAPACITY PROGRAM

For athletes who might be very powerful but lack the fitness to repeatedly express that power.

HOW TO USE IT

Test. Start the testing week at the beginning of your next training week, and work through each of the testing sessions over the course of that week.

Pick your program. Based on your test results, choose either the power program or the capacity program.

Train for 4 weeks. Follow your chosen program, Weeks 1 to 4.

Re-test. At the end, perform a second testing week to track how you've improved. If you've improved significantly, you can do the other program. If not, repeat the same one and re-test again 4 weeks later.

Exercise names in the weekly pages link to demo videos. Tap one to watch it.

KEEP IMPROVING

If you're looking to continue improving your strength, conditioning and nutrition, sign up for The Iron Triangle coaching app for consistent guidance on how to train, make weight and perform at your best.

IRONTRIANGLE.CO

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HOW TO RUN THE TESTS

MONDAY

SPRINT TEST

Track your peak wattage for every set until you hit 10 sets, or drop below 90% of your first set's peak power.

Stop the test once you can no longer stay above 90% of that peak.

RECORD

Peak watts per set, and how many sets you held above 90%

WEDNESDAY

12 MIN TEST

Track your distance, average watts and average RPM for the 12 minutes.

If you have a heart rate monitor, also track your average HR, max HR, and how many beats your heart rate drops in the 1 minute immediately after the test ends.

RECORD

Distance, avg watts, avg RPM, plus avg HR, max HR, 1 min HR drop

SATURDAY

3 MIN TEST

Track your distance, average watts and average RPM for the 3 minutes.

If you have a heart rate monitor, also track your average HR, max HR, and how many beats your heart rate drops in the 1 minute immediately after the test ends.

RECORD

Distance, avg watts, avg RPM, plus avg HR, max HR, 1 min HR drop

INTERPRETING YOUR RESULTS

YOUR TEST RESULTS DETERMINE WHICH PROGRAM YOU PICK

6 OR FEWER

sets before dropping below 90%

CAPACITY LIMITED PROGRAM

7 OR MORE

sets before dropping below 90%

POWER LIMITED PROGRAM

Re-test week: at the end of the block, track all the same information and compare your performance.

IRON TRIANGLE

RESULTS LOG

SPRINT TEST	TEST	RE-TEST
Set 1 peak watts		
Set 2 peak watts		
Set 3 peak watts		
Set 4 peak watts		
Set 5 peak watts		
Set 6 peak watts		
Set 7 peak watts		
Set 8 peak watts		
Set 9 peak watts		
Set 10 peak watts		
Sets above 90%		

12 MIN TEST	TEST	RE-TEST
Distance		
Average watts		
Average RPM		
Average HR		
Max HR		
HR drop in 1 min		

3 MIN TEST	TEST	RE-TEST
Distance		
Average watts		
Average RPM		
Average HR		
Max HR		
HR drop in 1 min		

PROGRAM CHOSEN

6 sets or fewer above 90%: Capacity Limited. 7 or more: Power Limited.

IRON TRIANGLE

TEST WEEK

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Sprint Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
10s max watts, 2 min rest between sets

SETS
Up to 10. Stop once you can no longer stay above 90% of set 1 peak watts

RECORD
Peak watts for every set

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

12 Min Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
1 x 12 min max effort

RECORD
Distance, average watts, average RPM

WITH HR MONITOR
Average HR, max HR, beats dropped in the 1 min after

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

3 Min Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
1 x 3 min max effort

RECORD
Distance, average watts, average RPM

WITH HR MONITOR
Average HR, max HR, beats dropped in the 1 min after

WEEK 1

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

2 BLOCKS
4 x 10s sprint per block, 2:00 straight rest after each

BETWEEN BLOCKS
5 min easy biking

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

SPRINTS
6 x 10s sprint, 2:00 straight rest after each

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

Frog jumps
Jumping lunges
Skaters

3 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 30s sprint at RPE 8, 120s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Rotation pull
Farmers carries

WEEK 2

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 12
Lateral leaps	1 x 12
Slalom leaps	1 x 12
Bounds	1 x 12
Hops in place	1 x 12

60 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

2 BLOCKS
5 x 10s sprint per block, 2:00 straight rest after each

BETWEEN BLOCKS
5 min easy biking

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 12
Lateral leaps	1 x 12
Slalom leaps	1 x 12
Bounds	1 x 12
Hops in place	1 x 12

60 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

SPRINTS
8 x 10s sprint, 2:00 straight rest after each

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

- Frog jumps
- Jumping lunges
- Skaters

4 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 30s sprint at RPE 8, 90s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

- Rotation pull
- Farmers carries

WEEK 3

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 16
Lateral leaps	1 x 16
Slalom leaps	1 x 16
Bounds	1 x 16
Hops in place	1 x 16

80 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

3 BLOCKS
4 x 10s sprint per block, 2:00 straight rest after each

BETWEEN BLOCKS
5 min easy biking

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 16
Lateral leaps	1 x 16
Slalom leaps	1 x 16
Bounds	1 x 16
Hops in place	1 x 16

80 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

SPRINTS
10 x 10s sprint, 2:00 straight rest after each

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

- Frog jumps
- Jumping lunges
- Skaters

4 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 45s sprint at RPE 8, 90s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

- Rotation pull
- Farmers carries

WEEK 4

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 18
Lateral leaps	1 x 18
Slalom leaps	1 x 18
Bounds	1 x 18
Hops in place	1 x 18

90 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

2 BLOCKS
6 x 10s sprint per block, 2:00 straight rest after each

BETWEEN BLOCKS
5 min easy biking

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 18
Lateral leaps	1 x 18
Slalom leaps	1 x 18
Bounds	1 x 18
Hops in place	1 x 18

90 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

SPRINTS
12 x 10s sprint, 2:00 straight rest after each

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

- Frog jumps
- Jumping lunges
- Skaters

5 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
6 x 60s sprint at RPE 8, 90s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

- Rotation pull
- Farmers carries

WEEK 1

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

3 BLOCKS
3 x (10s at 80-85% max watts, 50s easy) per block

BETWEEN BLOCKS
3 min easy biking as rest

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Assault Bike

WARM-UP
10 min

INTERVALS
8 x 2 min at RPE 8, 2 min easy biking as rest

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

Frog jumps

Jumping lunges

Skaters

3 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 30s sprint at RPE 8, 120s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Rotation pull

Farmers carries

WEEK 2

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 12
Lateral leaps	1 x 12
Slalom leaps	1 x 12
Bounds	1 x 12
Hops in place	1 x 12

60 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

2 BLOCKS
4 x (10s at 80-85% max watts, 50s easy) per block

BETWEEN BLOCKS
3 min easy biking as rest

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 12
Lateral leaps	1 x 12
Slalom leaps	1 x 12
Bounds	1 x 12
Hops in place	1 x 12

60 REPS TOTAL

Assault Bike

WARM-UP
10 min

INTERVALS
9 x 2 min at RPE 8, 2 min easy biking as rest

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

Frog jumps
Jumping lunges
Skaters

4 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 30s sprint at RPE 8, 90s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Rotation pull
Farmers carries

WEEK 3

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 16
Lateral leaps	1 x 16
Slalom leaps	1 x 16
Bounds	1 x 16
Hops in place	1 x 16

80 REPS TOTAL

Assault Bike

WARM-UP
10 min easy

3 BLOCKS
4 x (10s at 80-85% max watts, 50s easy) per block

BETWEEN BLOCKS
3 min easy biking as rest

Neck Strength

4-way neck iso	3 x 15s/way

Abs

Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 16
Lateral leaps	1 x 16
Slalom leaps	1 x 16
Bounds	1 x 16
Hops in place	1 x 16

80 REPS TOTAL

Assault Bike

WARM-UP
10 min

INTERVALS
7 x 2.5 min at RPE 8, 2 min easy biking as rest

Neck Strength

4-way manual resistance	3 x 8

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

Ab wheel	2 x 10-12
Side bends	2 x 10/side

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

Developmental Plyos

EACH EXERCISE
20s on, 40s off

- Frog jumps
- Jumping lunges
- Skaters

4 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike

INTERVALS
8 x 45s sprint at RPE 8, 90s easy

Wrist Strength

Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs

- Rotation pull
- Farmers carries

WEEK 4

MONDAY
DAY 1

Extensive Circuit
Leaps	1 x 18
Lateral leaps	1 x 18
Slalom leaps	1 x 18
Bounds	1 x 18
Hops in place	1 x 18

90 REPS TOTAL

Assault Bike
WARM-UP
10 min easy

2 BLOCKS
5 x (10s at 80-85% max watts, 50s easy) per block

BETWEEN BLOCKS
3 min easy biking as rest

Neck Strength
4-way neck iso	3 x 15s/way

Abs
Cable crunch	3 x 15
Anti-rotation press	3 x 10/side

TUESDAY
DAY 2

Prep Circuit
Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power
Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

Strength
A1: Back squat	2 x 8
A2: Chin-up	2 x 8

5 RIR ON EVERY SET

Accessories
B1: Incline DB press	2 x 12
B2: B-stance RDL	2 x 12

5 RIR ON EVERY SET

Arms
Hammer curl	2 x 10-15
Face pull	2 x 10-15
Lateral raise	2 x 10-15

WEDNESDAY
DAY 3

Extensive Circuit
Leaps	1 x 18
Lateral leaps	1 x 18
Slalom leaps	1 x 18
Bounds	1 x 18
Hops in place	1 x 18

90 REPS TOTAL

Assault Bike
WARM-UP
10 min

INTERVALS
6 x 3 min at RPE 8, 2 min easy biking as rest

Neck Strength
4-way manual resistance	3 x 8

Wrist Strength
Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs
Ab wheel	2 x 10-12
Side bends	2 x 10/side

THU
DAY 4

FRIDAY
DAY 5

Prep Circuit
Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power
Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

Strength
A1: Trap bar deadlift	2 x 8
A2: Bench press	2 x 8

5 RIR ON EVERY SET

Accessories
B1: Rear-foot elevated split squat	2 x 12
B2: 3-point DB row	2 x 12

5 RIR ON EVERY SET

Arms
Skull crushers

Shrugs

Biceps curls

SATURDAY

Developmental Plyos
EACH EXERCISE
20s on, 40s off

Frog jumps

Jumping lunges

Skaters

5 ROUNDS, 60S BETWEEN ROUNDS

Assault Bike
INTERVALS
6 x 60s sprint at RPE 8, 90s easy

Wrist Strength
Wrist curls	2 x 15
Reverse DB curls	2 x 15

2 RIR ON EVERY SET

Abs
Rotation pull

Farmers carries

IRON TRIANGLE

RE-TEST WEEK

MONDAY
DAY 1

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

Sprint Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
10s max watts, 2 min rest between sets

SETS
Up to 10. Stop once you can no longer stay above 90% of set 1 peak watts

RECORD
Peak watts for every set

TUESDAY
DAY 2

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball scoop toss	2 x 5
Band-assisted plyo push-up	2 x 10
Repetitive box jump	2 x 10
Seated box jump	2 x 5

WEDNESDAY
DAY 3

Extensive Circuit

Leaps	1 x 10
Lateral leaps	1 x 10
Slalom leaps	1 x 10
Bounds	1 x 10
Hops in place	1 x 10

50 REPS TOTAL

12 Min Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
1 x 12 min max effort

RECORD
Distance, average watts, average RPM

WITH HR MONITOR
Average HR, max HR, beats dropped in the 1 min after

THURSDAY
DAY 4

FRIDAY
DAY 5

Prep Circuit

Floating heel iso	3 x 30s
Hamstring bridge	3 x 30s
Reverse lunge	3 x 10/side

Power

Med ball slam	2 x 5
Plyo push-up to box	2 x 5
Broad jump	2 x 5
Mario jumps	2 x 10

SATURDAY

3 Min Test

WARM-UP
10 min, ramping up 2-3 RPM every 20s over the last 2 min

REST
5-8 min before the test

TEST
1 x 3 min max effort

RECORD
Distance, average watts, average RPM

WITH HR MONITOR
Average HR, max HR, beats dropped in the 1 min after