



ASCEND FUNCTIONAL FITNESS RACE TRAINING PROGRAM VERSION:

ADVANCED / GYM - BASED / 10 WEEKS

RPE (RATE OF PERCEIVED EXERTION) GUIDE

RPE is a scale from 1 to 10 used to measure how hard you feel you're working:

- **RPE 4-5:** Easy pace (Zone 2), recovery
- **RPE 6-7:** Solid effort, sustainable
- **RPE 8-9:** Hard, intense work
- **RPE 10:** Maximal effort

As an advanced athlete, use RPE with intent: push boundaries, but always prioritize movement quality.

WEEKLY TRAINING STRUCTURE

5 DAYS/WEEK:

- **Day 1:** Strength + Accessory Work
- **Day 2:** Engine Intervals + Skills
- **Day 3:** Functional Circuit + Grip & Core
- **Day 4:** Strength / Race Simulation
- **Day 5:** Zone 2 Cardio + Mobility

PHASE 01 - BASE (WEEKS 1 - 3)

Focus: Refine form, build baseline volume, prime work capacity

DAY	EXERCISE
DAY 01	<ul style="list-style-type: none"> • Back Squat: 4x8 @ RPE 7 • Weighted Step-ups: 3x10/leg • Sled Push: 4x20m (moderate load) • Sled Pull: 3x20m • Hamstring Curls or Nordic Lowers: 3x8
DAY 02	<p>5 Rounds:</p> <ul style="list-style-type: none"> • 500m BikeErg @ RPE 8 • 10 Burpee Box Jump Overs • 10 Light DB Thrusters <p>Ski Erg Intervals:</p> <ul style="list-style-type: none"> • 6 Rounds of 30s ON / 30s OFF @ RPE 9
DAY 03 Functional Training Circuit - 2 Rounds	<ul style="list-style-type: none"> • 400m Run • 30m Goblet Walking Lunges • 20 KB Swings (heavy) • 10 Burpee Broad Jumps • 25 Cal Row • 30m Farmer Carry • 20m Sled Pull • Core Finisher: 3 Rounds: <ul style="list-style-type: none"> ◦ Hanging Leg Raises x 10 ◦ V-ups x 20

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THE RACE YOU'RE ALREADY TRAINING FOR

DAY	EXERCISE
DAY 04	<ul style="list-style-type: none">• Front Squat: 4x8 @ RPE 7• Strict Pull-ups: 3x6-10• Sled Push: 4x25m• Bench Press- 4 x 8 @ RPE 7
DAY 05	<ul style="list-style-type: none">• 45–60 min Zone 2 Cardio (Run, Row, or Bike)• Mobility: Full-body flow

PHASE 02 - BUILD (WEEKS 4 - 6)

Focus: : Increase strength and endurance, sharpen intensity

DAY	EXERCISE
DAY 01	<ul style="list-style-type: none"> • Back Squat: 5x6 @ RPE 8 • Bulgarian Split Squats: 3x8/leg • Sled Push: 5x25m • Hamstring Curls or Nordic Lowers: 3x5
DAY 02	<p>5 Rounds:</p> <ul style="list-style-type: none"> • 600m BikeErg @ RPE 8-9 • 12 Burpee Box Jump Overs • 12 DB Thrusters <p>Ski Erg Ladder:</p> <ul style="list-style-type: none"> • 5 sets of 45s ON / 45s OFF @ RPE 9
DAY 03 - FUNCTIONAL CIRCUIT (3 ROUNDS)	<ul style="list-style-type: none"> • 400m Run • 30m Goblet Walking Lunges • 25 KB Swings • 15 Burpee Broad Jumps • 30 Cal Row • 30m Farmer Carry • 25m Sled Pull <ul style="list-style-type: none"> • Grip Finisher: Farmers Hold x 45s + 30s Hang from pull up bar.

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DAY	EXERCISE
DAY 04	<ul style="list-style-type: none">• Front Squat: 5x6 @ RPE 8• D-Ball Over Shoulders: 3x10• Sled Push: 4x30m• Bench Press 5x6 @RPE 8
DAY 05	<ul style="list-style-type: none">• 45–60 min Zone 2 Cardio (Run, Row, or Bike)• Mobility: Full-body flow

PHASE 3 : PEAK (WEEKS 7 -9)

Goal: Maximum intensity, race simulation, recovery balance

DAY OF THE WEEK	EXERCISE
DAY 01	<ul style="list-style-type: none"> • Back Squat: 5x3 @ RPE 9 • Deadlift: 3x5 (moderate-heavy) • Sled Push: 4x30m • Sled Pull: 4x25m
DAY 02	<p>5 Rounds:</p> <ul style="list-style-type: none"> • 750m BikeErg • 12 Burpee Box Jump Overs • 12 DB Thrusters (moderate) • 15 Tuck Ups <p>Ski Erg Intervals:</p> <ul style="list-style-type: none"> • 8x 30s ON / 30s OFF @ max effort
DAY 03 - FUNCTIONAL CIRCUIT (4 ROUNDS)	<ul style="list-style-type: none"> • 600m Run • 25m Goblet Lunges • 25 KB Swings • 15 Burpee Broad Jumps • 30 Cal Row • 40m Farmer Carry • 25m Sled Pull • Core Finisher: Weighted Plank x 45s + V-Ups x 20
DAY 04	<ul style="list-style-type: none"> • Front Squat: 4x3 @ RPE 9 • Muscle-Ups / CTB Pull-ups: 3x max • Bench Press 4 x 10 reps RPE 8

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Day 05

THE RACE YOU'RE ALREADY TRAINING FOR

- 45–60 min steady cardio
- Full-body mobility & breathwork

WEEK 10 : RACE WEEK (TAPER)

Goal: Sharpen, recover, hit peak freshness

DAY OF THE WEEK	EXERCISE
MONDAY	Light Strength (3x5 Back Squat + Pull-ups)
TUESDAY	1 Round Functional Circuit @ 60%
WEDNESDAY	20 min Zone 2 Run + Mobility
THURSDAY	OFF or gentle movement
FRIDAY	OFF
SATURDAY	RACE DAY

MINDSET TIPS

- You don't rise to the level of the event. You fall to your training.
- Now is the time to back yourself.
- Trust the volume. Trust the process.
- You're not just fit. You're race-ready.

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Your peak starts here. Let's ASCEND.

THE RACE YOU'RE ALREADY TRAINING FOR

