



ASCEND FUNCTIONAL FITNESS RACE TRAINING PROGRAM VERSION:

INTERMEDIATE / 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), light effort
- **RPE 6-7:** Moderate effort, sustainable for longer sessions
- **RPE 8-9:** High effort, challenging but controlled
- **RPE 10:** Max effort (used rarely, like on race day)

Train by feel, some days you'll push harder, other days it's about moving well and recovering.

WEEKLY TRAINING STRUCTURE

4 DAYS/WEEK:

- **Day 1:** Strength + Movement Quality
- **Day 2:** Conditioning + Engine Intervals
- **Day 3:** Functional Circuit / Race Simulation
- **Day 4:** Zone 2 Cardio + Mobility

PHASE 01 - BASE (WEEKS 1 - 3)

Focus: Build movement quality, strength foundation, aerobic base

DAY	GOALS	EXERCISE
DAY 01	Strength + Movement	<ul style="list-style-type: none"> • Back Squat: 3 sets of 8 reps @ RPE 6 • Kettlebell Swings: 4 sets of 20 reps @ moderate pace • Sled Push: 3 sets of 15m @ RPE 7 • Sled Pull (rope or belt): 3 sets of 15m • Core: 3 rounds of: <ul style="list-style-type: none"> ○ Hanging Knee Raises x 10 ○ Farmer Carry Hold x 30s
DAY 02	Conditioning + Engine Intervals	<p>4 Rounds:</p> <ul style="list-style-type: none"> • 800m Concept2 BikeErg (or similar) • 12 Light DB Thrusters (6/side or alternating) • 8 Burpees <p>Ski Erg Intervals:</p> <ul style="list-style-type: none"> • 6 rounds: <ul style="list-style-type: none"> ○ 30s ON / 30s OFF @ RPE 7-8

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THE RACE YOU'RE ALREADY TRAINING FOR

DAY	GOALS	EXERCISE
DAY 03	Functional Circuit (2 Rounds)	<ul style="list-style-type: none">• 400m Run• 20m Goblet Walking Lunges (moderate DB or KB)• 15 KB Swings• 10 Burpee Broad Jumps• 15 Cal Row• 20m Farmer Carry• 15m Sled Pull
DAY 04	Zone 2 Cardio + Mobility	<ul style="list-style-type: none">• 30–45 min easy jog, row or cycle @ RPE 4/5• Mobility Flow: Hips, Hamstrings, Shoulders

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PHASE 02 BUILD (WEEKS 4 - 6)

Focus: Increase load, intensity, and muscular endurance

DAY	EXERCISE
DAY 01	<ul style="list-style-type: none"> • Back Squat: 4 sets of 6 reps @ RPE 7 • KB Swings: 5 sets of 20 reps • Sled Push: 5 sets of 20m • Sled Pull: 4 sets of 20m • Core: 3 rounds of: <ul style="list-style-type: none"> ○ Side Plank w/ Reach x 30s/side ○ Farmer Carry x 30m
DAY 02	<p>5 Rounds:</p> <ul style="list-style-type: none"> • 800m Concept2 BikeErg (or similar) • 12 Light DB Thrusters (6/side) • 10 Burpees <p>Ski Erg Intervals:</p> <ul style="list-style-type: none"> • 8 Rounds: <ul style="list-style-type: none"> 20s ON / 40s OFF @ RPE 8
DAY 03 - FUNCTIONAL CIRCUIT (3 ROUNDS)	<ul style="list-style-type: none"> • 400m Run • 25m Goblet Walking Lunges • 20 KB Swings • 15 Burpee Broad Jumps • 20 Cal Row • 25m Farmer Carry • 20m Sled Pull
DAY 04	<ul style="list-style-type: none"> • 40-50 min cardio @ RPE 4/5 • Add light breathing drills or mobility work

PHASE 3 : Peak (WEEKS 7 -9)

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Goal: Push effort, sharpen race-specific endurance

DAY OF THE WEEK	EXERCISE
DAY 01	<ul style="list-style-type: none">• Back Squat: 5 sets of 4 reps @ RPE 8• KB Swings: 4 sets of 25 reps• Sled Push: 5 sets of 25m• Sled Pull: 5 sets of 25m• Core: 3 rounds:<ul style="list-style-type: none">○ Bear Crawl Hold x 30s○ Hollow Rocks x 15
DAY 02	<p>5 Rounds:</p> <ul style="list-style-type: none">• 800m Concept2 BikeErg (or similar)• 12 Light DB Thrusters• 10 Burpees• 15 Tuck Ups <p>Ski Erg Intervals:</p> <ul style="list-style-type: none">• 8 rounds:<ul style="list-style-type: none">○ 20s ON / 40s OFF @ RPE 9
DAY 03 - FUNCTIONAL CIRCUIT (4 ROUNDS)	<ul style="list-style-type: none">• 400m Run• 25m Goblet Walking Lunges• 25 KB Swings• 15 Burpee Broad Jumps• 25 Cal Row• 30m Farmer Carry• 20m Sled Pull• 10 Devil's Press (optional challenge)
DAY 04	<ul style="list-style-type: none">• 45-60 min Zone 2 Cardio• Mobility (10-15 min)

WEEK 10 : RACE WEEK (TAPER)

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Goal: Reduce volume, maintain sharpness

DAY OF THE WEEK	EXERCISE
MONDAY	Light full-body strength (2 sets of 6 reps each @ RPE 5)
TUESDAY	1–2 rounds of functional circuit @ 70% effort
WEDNESDAY	20–30 min Zone 2 jog + full-body mobility
THURSDAY	OFF or walk & stretch
FRIDAY	OFF
SATURDAY	RACE DAY

MINDSET TIPS

- Trust the process. Progress isn't always linear.
- Show up on the days you don't feel 100% – that's where growth happens
- **Don't chase perfection, chase consistency**
- Remember: you're training for a challenge most people won't attempt

You've got 10 weeks to build something great. Let's ASCEND.