



# ASCEND FUNCTIONAL FITNESS RACE TRAINING PROGRAM VERSION:

BEGINNER 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, the focus for beginners is consistency, movement quality, and building confidence.

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## WEEKLY TRAINING STRUCTURE

### 3 DAYS/WEEK:

- **Day 1:** Foundational Strength + Technique
- **Day 2:** Conditioning + Movement Basics
- **Day 3:** Simple Functional Circuit / Simulation Prep



## PHASE 01 - BASE ( WEEKS 1 - 3 )

**Focus:** Learn movement patterns, build aerobic base, ease into routine

DAY	FOCUS	EXERCISE
DAY 01	STRENGTH AND MOVEMENT	<ul style="list-style-type: none"> <li>● Goblet Squat: 3 sets of 10 @ RPE 5</li> <li>● Dumbbell Deadlift: 3 sets of 10</li> <li>● Sled Push (light): 3 sets of 10m</li> <li>● Farmer Carry: 3 x 20m</li> </ul>
DAY 02	CONDITIONING AND BASICS	<p>3 Rounds:</p> <ul style="list-style-type: none"> <li>● 400m Concept2 BikeErg (or similar)</li> <li>● 10 DB Thrusters (light)</li> <li>● 5 Burpees (step-down option)</li> </ul> <p>Core: 2 Rounds:</p> <ul style="list-style-type: none"> <li>● Plank x 20s</li> <li>● Bird Dog x 10/side</li> </ul>
DAY 03	FUNCTIONAL CIRCUIT (2 ROUNDS)	<ul style="list-style-type: none"> <li>● 200m Row or 100m Run</li> <li>● 10 Air Squats</li> <li>● 10 Step-back Lunges (bodyweight)</li> <li>● 10 Kettle Bell Swings</li> <li>● 20m Sled Pull</li> <li>● 20m Farmers Carry</li> </ul>

# ASCEND

THE RACE YOU'RE ALREADY TRAINING FOR

## PHASE 02 - BUILD ( WEEKS 4 - 6 )

**Focus:** : Improve work capacity, movement control, confidence

DAY	EXERCISE
DAY 01	<ul style="list-style-type: none"><li>● Goblet Squat: 3 sets of 12 @ RPE 6</li><li>● Dumbbell Reverse Lunge: 3 sets of 8/leg</li><li>● Sled Push: 4 sets of 12m</li><li>● Farmer Carry: 3 x 30m</li></ul>
DAY 02	<p>4 Rounds:</p> <ul style="list-style-type: none"><li>● 400m Bike or 250m Row</li><li>● 12 Light DB Thrusters</li><li>● 6 Burpees (or step-overs)</li></ul> <p>Core: 2 rounds:</p> <ul style="list-style-type: none"><li>● Plank w/ reach x 20s/side</li><li>● Deadbugs x 10/side</li></ul>
DAY 03  FUNCTIONAL CIRCUIT (3 ROUNDS)	<ul style="list-style-type: none"><li>● 200m Row or 100m Run</li><li>● 10 Air Squats</li><li>● 10 Step-back Lunges (bodyweight)</li><li>● 10 Kettle Bell Swings</li><li>● 30m Sled Pull</li><li>● 20m Farmer Carry</li></ul>

## WEEK 10 : RACE WEEK (TAPER)

**Goal:** Move well, Feel fresh and trust your prep

DAY OF THE WEEK	EXERCISE
MONDAY	<ul style="list-style-type: none"><li>• 2 sets of light full-body movements (Squat, Lunge, Swing)</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• 1 easy round of the functional circuit</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• 20 min easy row or jog + mobility</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• OFF or walk &amp; stretch OFF or walk &amp; stretch</li></ul>
FRIDAY	OFF
SATURDAY	RACE DAY

### MINDSET TIPS

- Consistency beats intensity. Keep showing up.
- Focus on learning movement, not mastering it immediately.
- Celebrate every small win. You're in the arena.
- Remember: