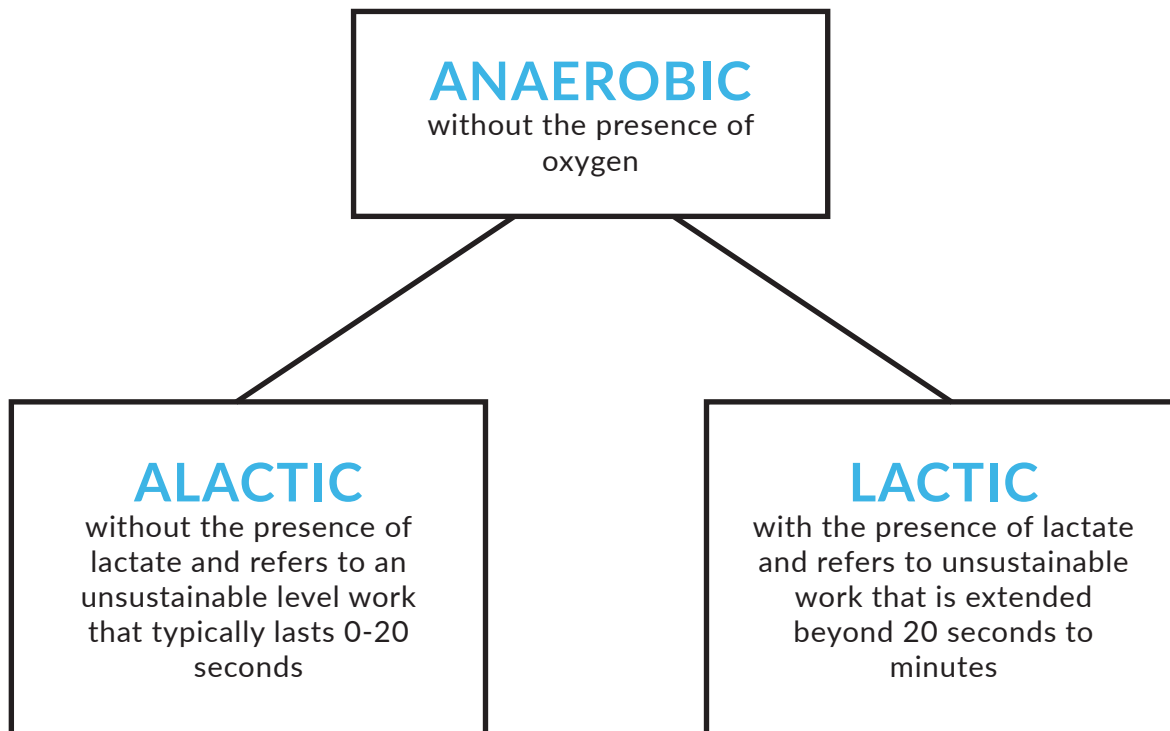

ANAEROBIC PROGRESSION

WITH SAM SMITH

OPEX

OPEX Pain refers to work that is unsustainable in nature where the anaerobic energy systems are the primary energy source.

OPEX Pain progression includes both the alactic anaerobic and lactic anaerobic systems.



We use these terms and times for broad classification purposes, but it is important to note the grey area in energy systems. Humans cannot perform any type of work completely without oxygen, and there is always a level of lactate present in the blood.

WHY DO OPEX PAIN TRAINING?

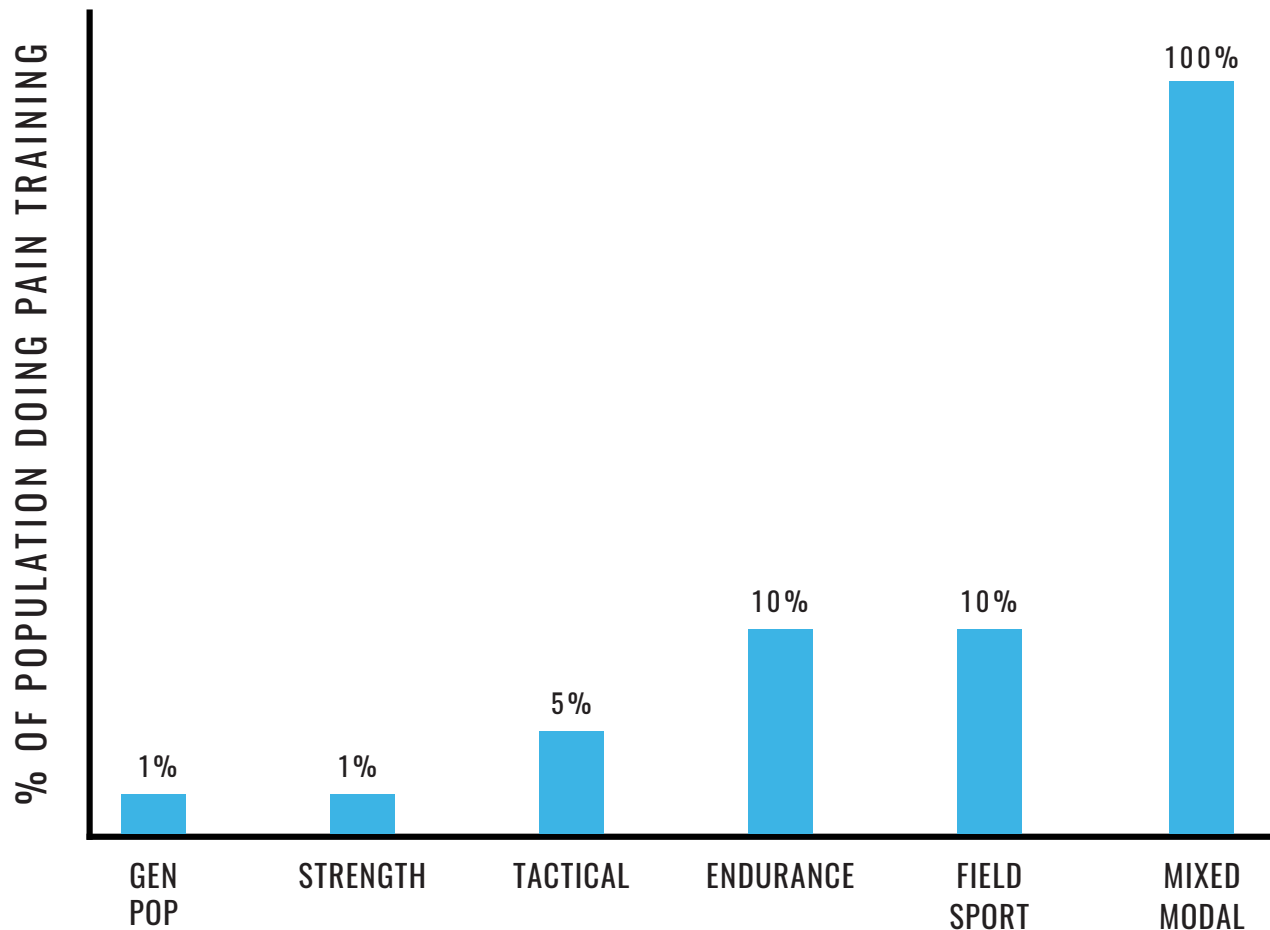
1. Stress adaptation
2. Large metabolic response
3. Booster to the aerobic system

WHO SHOULD DO OPEX PAIN TRAINING?

A base of strength is a prerequisite for generating enough power to train OPEX Pain.

OPEX Pain training is most relevant for mixed modal athletes, some sports performance, and for specific occupations that need to be able to tolerate high levels of stress.

OPEX Pain training is not for 99% of general population clients who are training for health, longevity and sustainability and it shouldn't be used as a "fast" way to train.



TRAINING OPEX PAIN

An interval method is best used to train the OPEX Pain system. This involves short periods of intense work, followed by long periods of rest, to allow recovery and repeatability between intervals.

For example:
30 second Assault Bike @ 90%
effort; Rest 3:30 x 3 sets

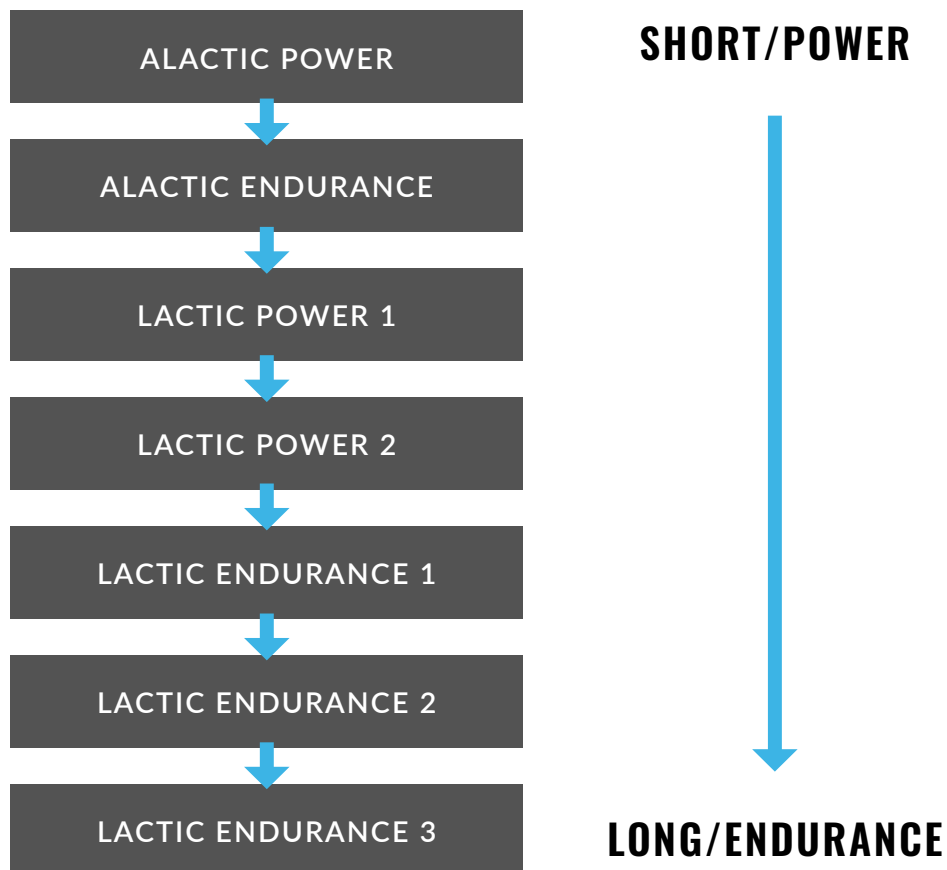


✓ Good Execution: 22, 22, 22 cal

✗ Poor Execution: 27, 20, 18 cal

PROGRESSING OPEX PAIN

OPEX Pain is progressed from power to endurance. Intervals start short and fast and progress to longer and relatively slower.



In the OPEX Coaching Certificate Program, you'll learn our proprietary method of energy system training, including aerobic and anaerobic progression for cyclical and mixed modalities. [Learn more here.](#)

FOR EXAMPLE:

10 second Assault Bike @ 100% effort
Rest 2 minutes
x 6 sets
-rest 6 minutes
x 3 blocks

15 second Assault Bike @ 95% effort
Rest 2:30
x 4 sets
-rest 7 minutes
x 2 blocks

30 second Assault Bike @ 90% effort
Rest 3:30
x 3 sets
-rest 8 minutes
x 2 blocks

60 second Assault Bike @ 90% effort
Rest 6 minutes
x 4 sets
-rest 10 minutes
x 2 blocks

2 minute Assault Bike @ 85% effort
Rest 8 minutes
x 4 sets
-rest 15 minutes
x 2 blocks

3 minute Assault Bike @ 85% effort
Rest 9 minutes
x 3 sets
-rest 20 minutes
x 2 blocks



Cyclical modalities

such as the Assault Bike offer the simplest way to measure repeatability. Shorter OPEX Pain intervals must be cyclical.

Mixed modalities

can be introduced for longer OPEX Pain intervals, but exercise selection, reps, and ordering must be carefully selected and personalized to ensure power output remains high enough.

How do you design personalized energy system training?

This starts with a thorough assessment of movement and work capacity. It's also important to conduct consultations and goal setting, so that you can determine what kind of energy system training is best for your client (OPEX Gain, Pain, or Sustain).

Now more than ever, clients want a professional coach. One who can give them a personalized exercise, nutrition, and lifestyle program that meets their ever evolving needs. To become a professional coach, we recommend enrolling in the [OPEX Coaching Certificate Program \(CCP\)](#).

Through mentorship and education, you'll learn our proven methodology and get the systems you need to progress and manage your clients.

Click the button below to learn more about CCP today.

