
CONCURRENT TRAINING

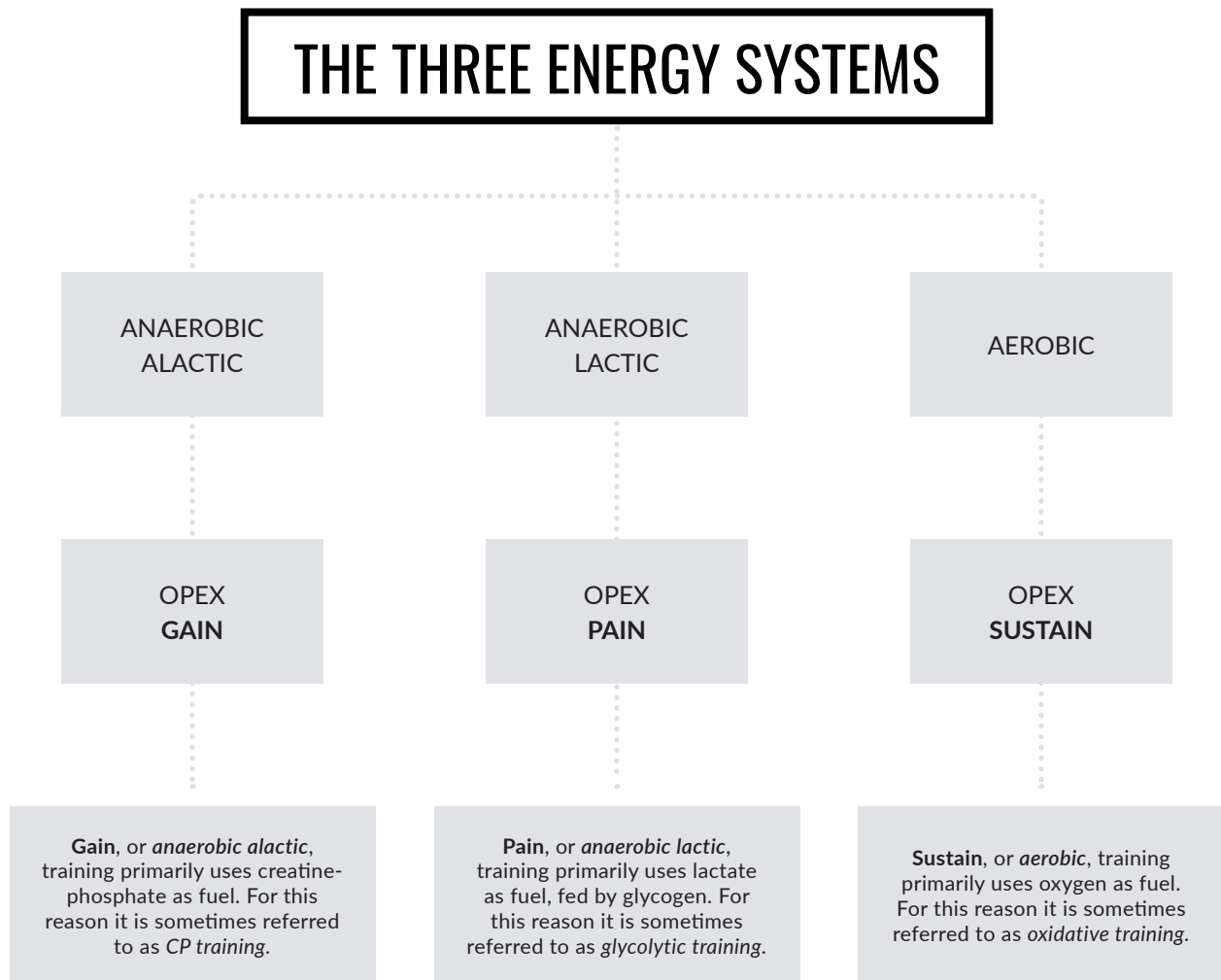
WITH GEORGIA SMITH

OPEX

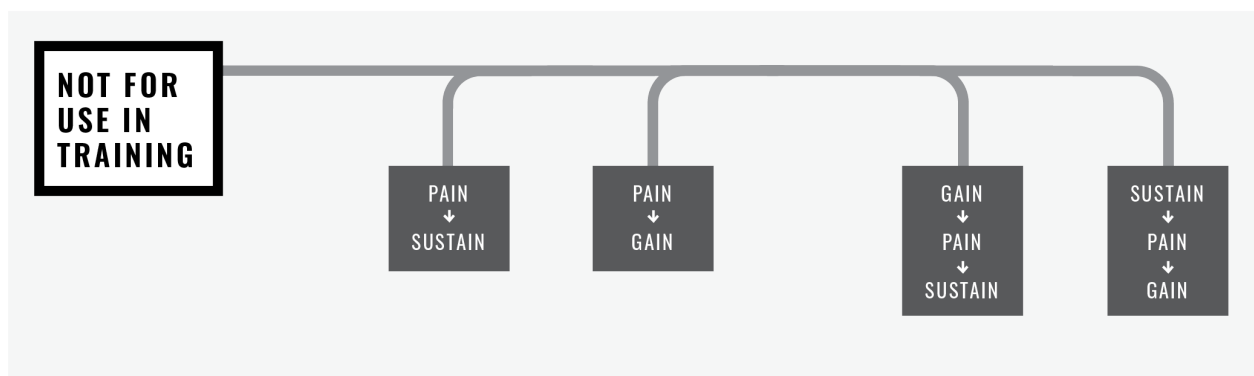
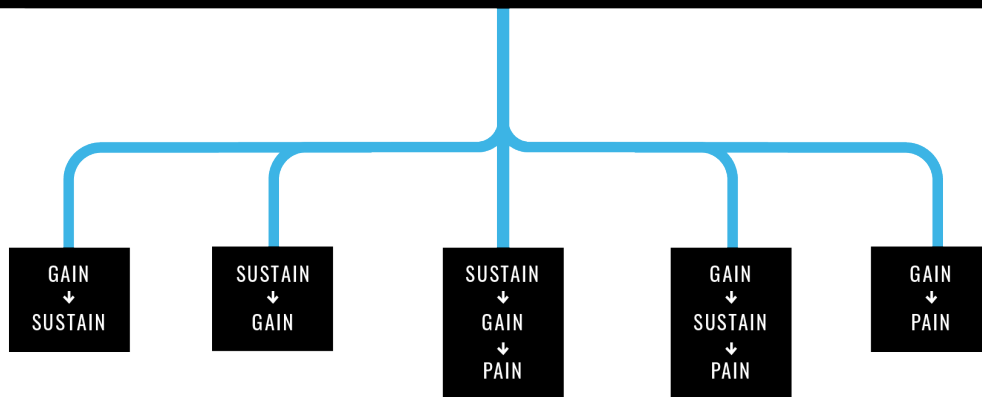
Concurrent training is the combination of energy systems in a training program to improve all aspects of physical performance.

Although not all individuals will train concurrently in all energy systems, knowing how they interact with one another is valuable theoretical and practical knowledge. Most importantly, it is important to understand that all three energy systems cannot be improved most effectively at once.

That said, with daily, weekly, and long-term planning considerations, it is possible to see improvements in all three systems while minimizing interference. This class focuses on **daily concurrent training considerations**.



OPEX CONCURRENT TRAINING PRINCIPLES



EXAMPLE CONCURRENT TRAINING PROGRAM DESIGNS

Below, you will find examples of concurrent training programs for both clients training with a full gym and those training at home with only dumbbells and a bike, rower, or pair of running shoes. Remember, wherever your clients are training, principles still apply.

GAIN + SUSTAIN

GYM

[Gain]

A1. Deadlift @20X0, 5-6 reps x 4 sets; rest 2 min

A2. Weighted Dip @3010, 5-6 reps x 4 sets; rest 2 min

[Sustain]

B. 10 minute AMRAP @ sustained pace

10 cal Ski Erg

10 Box Jump Step Down

20m Farmer's Carry, 70#

Rest 5 minutes

x 2 sets

AT HOME

[Gain]

A1. Single Leg Dumbbell Romanian Deadlift @30X0, 10-12 reps x 4 sets; rest 60 sec b/t sides, rest 90 sec

A2. Weighted Push-Up @21X0, 5.5 reps x 4 sets; rest 20 sec b/t clusters, rest 90 sec

[Sustain]

B. 1 mile Run @ sustained pace, rest 5 minutes x 2 sets

SUSTAIN + GAIN

GYM

[Sustain]

A. 5 rounds @ sustained pace

1 min Assault Bike

1 min Row

1 min VersaClimber

[Gain]

B1. Strict Press @20X1, 8-10 reps x 3 sets; rest 90 sec

B2. Neutral Grip Pull-Up @30X1, AMREP (-3) x 3 sets; rest 90 sec

AT HOME

[Sustain]

A. 15 Minute Assault Bike @ sustained pace

[Gain]

B1. Bent Over Dumbbell Row @30X1, 8-10 reps x 3 sets; rest 30 sec

B2. Prone Lift-Offs @1011, 12-15 reps x 3 sets; rest 90 sec

C1. Dumbbell Floor Press @20X0, 8-10 reps x 3 sets; rest 30 sec

C2. Diamond Push-Up @20X1, 12-15 reps x 3 sets; rest 90 sec

GAIN + SUSTAIN + PAIN

GYM

[Gain]

A. Back Squat @20X0, 3-3-2-2-1; rest 3-4 min

B. Pendlay Row @20X0, 5-6 reps x 3 sets; rest 2 min

[Sustain]

C. For Reps @ sustained pace

1 min Row cal

30 sec Russian Kettlebell Swings

30 sec Burpees

Rest 2 minutes

x 5 sets

[Pain]

D. 30 second Assault Bike for calories @ very hard effort

Rest 3:30 minutes

x 4 sets

AT HOME

[Gain]

A1. Dumbbell Front Squat @32X1, 6-8 reps x 3 sets; rest 90 sec

A2. Single Arm Dumbbell Row @20X0, 6-8 reps x 3 sets; rest 60 sec b/t side, rest 90 sec

[Sustain]

B. For Reps @ sustained pace

1 min Run meters

30 sec Double Unders

30 sec Burpees

Rest 2 minutes

x 5 sets

[Pain]

C. 30 second Sprint @ very hard effort

Rest 3:30 minutes

x 4 sets

SUSTAIN + GAIN + PAIN

GYM

[Sustain]

A. 15 minute AMRAP @ sustained pace

400m Row

10 Air Squats

5 Toes to Bar

[Gain]

B1. Close Grip Bench Press @20X1, 10-8-6-4 reps; rest 90 sec

B2. Barbell Hip Thrust @20X2, 10-8-6-4 reps; rest 90 sec

[Pain]

C. 60 seconds @ very hard effort,

5 Power Cleans @ 65%

8 Burpees

Assault Bike for cal in remaining time

Rest 6 minutes

x 4 sets

AT HOME

[Sustain]

A. 15 minute Assault Bike @ sustained pace

[Gain]

B1. Dumbbell Floor Press @30X0, 8-10 reps x 3 sets; rest 90 sec

B2. Shoulders Elevated Single Leg Dumbbell Hip Thrust @30X2, 8-10 reps x 3 sets; rest 60 sec b/t sides, rest 90 sec

[Pain]

C. 60 second Assault Bike for cal @ very hard effort

Rest 6 minutes

x 4 sets

GAIN + PAIN

GYM

[Gain]

- A. Power Clean; 2 reps @70%, Every Minute on the Minute x 8 minutes
- B. Romanian Deadlift @30X0, 4-6 reps x 4 sets; rest 3 min
- C. Dumbbell Shoulder Press @20X1, 4-6 reps x 4 sets; rest 2 min

[Pain]

- D. 2 minute AMRAP @ hard effort
- 5 Thrusters @ 65%
- 5 Burpees
- 100m Run
- Rest 8 minutes
- x 3 rounds

AT HOME

[Gain]

- A. Dumbbell Jump Squat @20X0, 3 reps*, Every Minute on the Minute x 8 minutes, *as explosive as possible on concentric
- B. Staggered Stance Dumbbell Romanian Deadlift @30X0, 6-8 reps x 4 sets; rest 60 sec b/t sides, rest 90 sec
- C. Strict Handstand Push-Up @30X0, 6-8 reps x 4 sets; rest 2 min

[Pain]

- D. 2 minute Run @ hard effort
- Rest 8 minutes
- x 3 rounds

FURTHER CONCURRENT TRAINING CONSIDERATIONS

Proper daily ordering is an important part of managing interference to improve multiple fitness characteristics, but it is only one piece of the puzzle.

You also need to consider weekly, monthly, and yearly planning and periodization to ensure you most effectively progress all energy systems over the long term.

In the OPEX [Coaching Certificate Program \(CCP\)](#), you'll learn our comprehensive system of coaching, so you can work with any client to set realistic goals and help them achieve them, thanks to smarter fitness program design and effective nutrition and recovery.

Are you ready to level up your fitness coaching and deliver your clients lasting results? Click the button below to learn more about CCP today.

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