

#SHREDSTRONG

TRAINING GUIDE





WELCOME!

Welcome to #ShredStrong!

First, let's set some expectations.

Communication is key to having the best coaching experience possible. So, if you have any questions, email or message me through the training app.

Let's also set some boundaries: if you have my personal cell phone number or we're friends in real life or on social media, I ask that you please don't text or direct message me with questions about your programming - instead, please direct everything through the training app or email. This will allow questions to be addressed in one place to avoid confusion, plus it allows me space to be a good coach and balance my personal life with my business.

My goal for response time to any email or message is 48 hours or less, except on the weekends.

I check my email and the app messages daily except weekends. On weekends, I rest in order to help recharge myself for the following week. This makes me a better coach and human, so thanks for understanding that I'm often not available over the weekend.

Whether you have a concern or are simply having a difficult time, please reach-out. I'm here to support you every step of the way, even if you just want to hear some words of encouragement to give you the extra push.

Virtual high fives and hugs are always handed-out!

Are you ready to become the strongest, most stable, and most durable mountain biker?

Let's do this!
Coach Jen

WHAT TO EXPECT WITH ONLINE COACHING

You will receive your first week of your new training program at least one day before you start. You can expect to see the following week of your training a week in advance by every Sunday night at the latest.

If you ever experience pain or discomfort, let Coach Jen know so you can have a modification. Make the training calendar work for you - switch training sessions around as needed.

Just because we're remote doesn't mean you won't get results. You will be amazed at how self-sufficient you will become and how routine your workouts will be in this process. It's empowering!

TIPS FOR PERFORMANCE

- Fuel yourself! Aim to have some carbohydrates before and after training sessions, in addition to some protein or fat to help stabilize your blood sugar. Try to eat at least 1-2 hours before your training session and be sure to eat as soon as you are able to after your training session.
- Get ample sleep and recovery. Aim for at least 7 hours of sleep; aim for more on longer training days. Everyone's minimum sleep needs varies, so what works for someone may not work for you. Wind-down before bed to ease into a more restful sleep.
- Hydrate. Aim to drink a minimum of 40-50% of your bodyweight (in pounds) in ounces of water per day. On training days, aim for an additional ~16oz per hour of sweating. Supplement with electrolytes as needed.
- Earn your training. If you are not feeling properly recovered, rested, and fueled, maybe it is a good day for rest and recovery. You can switch your training sessions around on your calendar.



Training (and laughing) with client, Anne Galyean.
Credit: Natalie Starr

UNDERSTANDING THE TERMINOLOGY/LINGO

These are terms used in your programming. Not all of these terms may apply:

- **1RM** = 1 rep max; the most weight you can lift for one repetition for a movement (i.e., "My 1RM deadlift is 300 pounds")
- **Alternating** = You alternate moving sides of your body as indicated for a movement
- **Average HR** = Average heart rate; the average heart rate during exercise per your heart rate monitor; this is simply nice to know, but we don't base a lot on averages unless you want to be an average athlete
- **BPM** = Beats per minute; the number of beats per minute (referring to heart rate)
- **Banded (or band, bands)** = Using exercise bands
- **Bench** = A flat, padded piece of equipment used to perform exercises on (i.e., bench press)
- **Box** = A raised piece of equipment you can step on, stand on, jump onto, etc. (i.e., "plyo boxes")
- **Circuit (see also superset)** = A "round" of exercises performed in sequential order; you move from one movement to the next
- **DB** = Dumbbell
- **Decline** = Having the angle of your upper body on a downward slope (i.e., decline bench press)
- **Elevated** = The equipment or part of your body indicated is raised (i.e., FFE = Front foot elevated)
- **Explosive** = (See also "power") With power and force applied to the movement, making it faster, working on speed
- **FTP** = Functional Threshold Power = The average number of watts a cyclist can sustain in an hour in a steady effort; often tested using a 20-minute test
- **HR** = Heart rate; the rate of your heart beat in a minute (**HRM** = HR monitor = Heart rate monitor; a device used to measure your heart rate)
- **HR zone = Heart rate zone**, calculated either with a formula or a lactate threshold fitness test; these are estimated:
 - **Zone 1 = Recovery = Less than 81% of LTHR or 50-60% of Max HR**
 - **Zone 2 = Endurance = 81-89% of LTHR or 60-70% of Max HR**
 - **Zone 3 = Aerobic capacity (tempo) = 90-93% of LTHR or 70-80% of Max HR**
 - **Zone 4 = Max or Lactate Threshold = 94-99% of LTHR or 80-90% of Max HR**
 - **Zone 5 = VO2 = 100-106% of LTHR or 90-100% of Max HR**
 - **Zone 6 = Anaerobic = Over 106% of LTHR; not useful assigning a HR to this zone since it is more focused on all-out effort**
- **Isometric (iso)** = To hold a movement in a particular position
- **KB** = Kettlebell
- **LT** = Lactate (a byproduct produced in the body during exercise) threshold; the intensity level of exercise that your body accumulates lactate faster than it can get rid of it; ~85% of your max HR
- **LTHR Test** = A test to determine LTHR; one method used to determine HR zones
- **Lower body** = Movements focused on working the legs (calves, quads, and hamstrings), glutes, etc.
- **Max** = Maximum; the maximum you can lift safely without losing quality form
- **Max HR (or MHR)** = Maximum heart rate; estimated by calculating 220 minus your age; the closer you are to your MHR, the shorter you'll be able to sustain that intensity
- **Power** = A movement done to increase power output by increasing the force or rate at which it is performed; also used to describe a quarter squat (power squat) or power clean/snatch

UNDERSTANDING THE TERMINOLOGY/LINGO, CONTINUED

- **Rep = Repetition** = At least one completed movement of an exercise
- **Reps in Reserve (RIR)** = A rep range that leaves you with however many reps you have left "in the tank" until failing that rep. RIR allows you to control intensity on your own scale
- **RPE = Rate of Perceived Exertion** = The rate of exertion according to how you feel; this is subjective and based on your own interpretation and can change day-to-day based on sleep, stress, nutrition, hydration, and fatigue, as outlined using the scale below for cardio, lifting weights, and power/FTP:
 - **0 - 2 = Active recovery, <55% of FTP, hardly trying** (sitting, reading, eating, stretching, mobilizing, very easy spinning with no pressure on the pedals, lifting lightweight for mobility, recovery, and focus on form; easy conversation and breathing, can maintain for hours)
 - **3 - 4 = Light activity, Endurance pace, all-day pace, 55-75% of FTP, <70-87% of LT** (this pace feels good and like you can maintain it for up to 4 hours, this is lightweight for lifting weights)
 - **5 - 6 = Tempo pace, moderate activity, 75-91% of FTP, 87-95% of LT** (not able to maintain pace all day but can maintain for a few hours, not difficult for 45-60 minutes; can keep a short conversation; breathing heavier; lightweight lifting mostly for form)
 - **5 = warmup weight** (this can be used as warmup and prep for heavier weights)
 - **6 = heavier weight** (can be moved quickly and utilized with speed work, ~ +/- 8 reps depending on speed/training goal)
 - **7 = Sub-Lactate Threshold (LT) = 91-100% of FTP, 95-100% of LT** (starting to hurt, you may be able to sustain this effort for 60-90 minutes at most, fatigue builds up in the legs while pedaling or moving; conversation is possible but not for long; weight can be moved with power, but still facilitates strength, ~5-7 reps)
 - **8 = Supra Lactate Threshold (LT), vigorous activity, very heavy weights, 100-110% of FTP, 100-105% of LT** (can speak in syllables or a short sentence; very heavy breathing; you're beginning to hit 2-4 heavy reps)
 - **9 = VO2 Max = Very hard activity, 110-135% of FTP, 105%-Max% of LT** (can only sustain for 3-8 minutes continuously, very heavy weight; one more rep left in the tank, but it is difficult, 1 RIR; can speak in syllables; very heavy breathing or gasping)
 - **10 = Anaerobic capacity = Max effort activity, 135+% of FTP** (sustainable only for 1-30 seconds if sprinting or up to 3 minutes if more controlled; you are at your max, you have no more reps left in the tank, 0 RIR; full-on sprint; unable to talk; gasping for breath)
- **Single-leg (SL)** = Using one leg during the exercise or movement
- **Superset** = A series of exercises performed in order; you move from one movement to the next
- **Target HR** = A target heart rate to achieve in a workout
- **Tempo (for reps)** = The rate at which an exercise rep is performed; it includes the eccentric (lowering), pause (iso), and concentric (lifting) parts of the movement. Tempo is written as eccentric:isometric:concentric in programming; example: 3:1:2 for a squat means 3 seconds to lower into a squat, 1-second in the bottom of squat, and 2 seconds to lift out of the squat
- **Time Under Tension (TUT)** = The time spent performing a repetition of a movement (see tempo); this helps increase strength and mind-muscle connection
- **Upper body** = Movements focused on working the arms or trunk
- **VO2** = The maximum amount of oxygen your body can use during exercise; it measures your body's efficiency at producing work; used to measure progress in fitness

TRAINING ZONES + RPE SCALE

HR zones are best captured using a HR monitor like a Garmin or Apple watch, among others. PLEASE KNOW THIS IS NOT NECESSARY! Use the next few weeks as a chance to "feel" your heart rate and what certain intensities feel like without referencing a HR monitor - this helps you learn how to control your HR and fatigue, especially while racing or going hard.

The scale below can be used whether you have a HR monitor or not. It outlines heart rate zones, RPE scale, and corresponding FTP, max HR, FTHR, and typical durations so you can compare how your training lines up with the descriptions outlined in the instructions within your program. This is how you can learn what your HR "feels" like, without needing to look at your watch all the time, if you have one. Let's learn to not be so dependent on what the watch says - because what if your watch dies? ;)

To calculate an estimate of your Max HR, subtract your age from 220.

| ZONE | DESCRIPTION | RPE | % FTP | % MAX HR / % FTHR | ENDURANCE DURATION | INTERVALS DURATION |
|------|-------------------------|-----|--------------|-------------------------|-----------------------|--------------------------------------|
| 1 | Active recovery | 0-2 | 55% or less | 50-60% / 68% or less | Hours + hours | N/A |
| 2 | Endurance | 3-4 | 55-75% | 60-70% / 69-83% | 4 hours or less | N/A |
| 3 | Tempo | 5-6 | 75-91% | 70-80% / 84-94% | 1-3 hours | N/A |
| 4 | Lactate Threshold | 7 | 91-100% | 80-90% / 95-105% | N/A | 60-90 mins at most, if trained |
| 5 | Supra Lactate Threshold | 8 | 100-110% | 80-90% / 95-105% | N/A | 8-30 mins |
| 6 | VO2 Max | 9 | 110-135% | 90-100% / over 106% | N/A | 3-8 mins |
| 7 | Anaerobic Capacity | 10 | 135% or more | N/A: all-out effort | N/A | 1-30 seconds or up to 3 mins |

HOW TO RECORD VIDEOS FOR ANALYSIS

In #ShredStrong, you get an optional weekly movement review of one video per week.

Recording yourself is one of the best ways to check form and efficiency in an exercise because you can slow down the video to see any faults you normally wouldn't be able to see in-person (unless you have a trained eye). You should consider recording yourself regularly to see yourself move.

Follow these steps to record yourself:

1. Setup your smartphone on an elevated surface at about knee-to-hip height (a bench or plyometric box works well).
2. Rest your phone against an object, such as your water bottle.
3. Set your phone on its side (in landscape mode).
4. Set your phone to record in selfie mode (reverse the camera towards you).
5. Adjust the phone to face you at about a 45-degree angle. This is the best angle to see most of your body move throughout the exercise. If this angle isn't possible, do your best.
6. Hit "record" and perform the exercise. Stop recording once finished.
7. Video must be 1-minute or less. You can edit the video to make it shorter by deleting the time before you start and stop recording; you can edit this directly on your phone.
8. Upload one video per week in the training app within the #ShredStrong group chat (so we can all learn from one another). Or, you can upload the video to the #ShredStrong Facebook group or in a private message to Coach Jen.
9. Video will be analyzed and feedback offered within 48 hours (except on weekends).



Flex-off with Anne... she won.
Credit: Natalie Starr

HOW TO MEASURE PROGRESS - OPTIONAL

You can measure strength progress by seeing if you lift more weight or are able to perform more reps as time passes. Physical progress can also be measured. Photos allow you to see any physical changes because the weight scale does not accurately reflect overall progress. Baseline photos before you start are ideal, but 100% optional since this is a group coaching program. Take photos from the front, side, and back. Wear something that you are comfortable in, like a bathing suit or workout clothes.

TIPS FOR PROGRESS PHOTOS

- Setup your smartphone on a surface that is about hip height; set it to "selfie" mode, and set the camera on a 10-second timer to take a picture of yourself from the front, side, and back.
- The photos can be uploaded into the training app from your phone.
- For the best comparison, try to take the photos in the same place, at the same time of day, in the same lighting conditions, and in the same clothes.
- Try to avoid overhead lighting, since it can distort skin tone and texture.
- Ideally, there will be a light source behind your camera, facing you.

HOW TO TAKE BODY CIRCUMFERENCE MEASUREMENTS

Measurements will help see muscle growth and/or fat loss in areas around your body. You should measure your:

- Chest (just above the nipple)
- Waist (at the narrowest spot above your belly button; be sure to exhale fully)
- Hips (at the widest spot near your hip bones)
- Thighs (at the widest spot at the top of your thighs)
- Arms (at the widest spot of your upper arm/bicep area)

TIPS FOR MEASUREMENTS

- Take measurements in the morning (after you use the toilet and before you eat or drink anything).
- Be sure to measure in the same spot for consistency.
- Look for markings on your skin (scars, moles, tattoos, etc.) to help guide you.
- Use the same measuring tape every time.
- Keep the measuring tape flat against your body; make sure it is not twisting.
- Hold the measuring tape tight against your skin without creating any folds in your skin.

ABOUT WEIGHING YOURSELF

Your body weight can fluctuate based on a variety of factors (hormones, water and glycogen levels due to carb consumption, fluid intake, electrolytes, and bowel content). Because of these fluctuations, it is best to weigh yourself regularly (at least 1-3 times per week), and then look at the **average** of your weight as each week progresses.

Digital scales are ideal for accuracy. Weigh yourself naked, first thing in the morning, after you use the toilet, and before you eat or drink anything. If capturing your body fat percentage, please use the same method of body fat testing for a more accurate comparison and in the same conditions each time (hydration, time of day, not after a workout, etc.).



SHIFT HUMAN PERFORMANCE

DISCLAIMER

This guide is a creation of Shift Human Performance, LLC and is intended for clients of Shift Human Performance, LLC. Please do not disperse this guide without permission in writing from Shift Human Performance, LLC. Unauthorized use and/or duplication of this material without expressed and written permission from Shift Human Performance, LLC and/or the agent is strictly prohibited. Excerpts and links may be used, provided that full and clear credit is given to Shift Human Performance, LLC with specific reference to the source of the original content.

Shift Human Performance, LLC is not a medical doctor, Registered Dietician, or psychologist, and the information contained herein should not be taken as medical advice. This guide is not intended to diagnose, treat, cure, or prevent any health problem or condition. Recommendations by Shift Human Performance, LLC are not intended to replace the advice of a physician or health professional. Please consult your physician or a health professional before beginning any nutrition or fitness program, or if you have any questions or concerns regarding your health.