



TRAINING PROTOCOL

HUNDRED
FITNESS
VERSION 230719

HUMILITY | HUNGER | HUSTLE



INTRODUCTION

This protocol is intended to inform your approach to training at 1HUNDRED Fitness. Your approach will be influenced by many factors: goals, current fitness level, experience, nutrition, recovery and life stage. In this guide, we'll outline four different plans for consistency and sample schedules for each plan.

Keep in mind that you won't remain on one plan forever. We all experience seasons when we can handle more workouts per week, or more intensity. Conversely, we will all experience seasons, due to work, illness, pregnancy, etc., when we may need to scale back.

THE RIGHT PLAN FOR YOU

You're probably on the right plan if you're achieving your goals, your fitness is improving as evidenced by improvement on benchmarks/weightlifting AND you're not wrecked for days after an intensity day (more on types of days later).

You're probably on the wrong plan if you often feel sluggish, you have a difficult time recovering after intense days, and/or you're not reaching your goals or improving. However, if your nutrition, sleep, or stress level need improvement, you may need to address those habits, rather than changing plans.

As always, if you have any questions, talk to one of our coaches!



Your ideal training schedule will include a balance of the following:

INTENSITY DAYS

Attend a session at 1HUNDRED and strive for your best performance. Push the pace, increase the intensity, go hard and set PRs. Use these days to choose the highest level of the workout that you're able to accomplish.

WORKOUT DAYS

Attend a session at 1HUNDRED, but don't focus on intensity, maxing out, or achieving the best score. Intentionally reduce the intensity. Focus on form and movement. Ask a coach about modifying the workout if necessary.

ACTIVE RECOVERY DAYS

Don't attend a session at 1HUNDRED. Rather, take long walk/hike, a casual row/swim/bike, or complete a mobility session at home. Simply put, find a low-intensity activity to enjoy.

REST DAYS

Take a complete break physically and mentally.

STAGE 1: BEGINNER



If you're starting a new workout routine, whether you have experience or not, this is the stage for you. You might also be in this stage if you are recovering from an injury, illness, or pregnancy.

We're not expecting you to train every day of the week. At this stage, it's unrealistic and unsustainable. Easing into a new routine is the safest and smartest way to get started.

If you're new, you'll likely spend 1-2 months in this stage. If you're recovering, time spent in this stage depends on your recovery process.

Sample Weekly Routine:

DAY	APPROACH
MONDAY	WORKOUT
TUESDAY	ACTIVE RECOVERY
WEDNESDAY	WORKOUT
THURSDAY	REST
FRIDAY	WORKOUT
SATURDAY	ACTIVE RECOVERY
SUNDAY	REST

STAGE 2: INTERMEDIATE



After your first couple of months, you should increase your training volume as your body adapts to your new routine.

Make sure that you're intentional with your Intensity and Workout Days. If every day in the gym becomes an Intensity Day, your ability to recover may suffer, and you'll be more likely to injure yourself.

Sample Weekly Routines:

DAY	APPROACH
MONDAY	INTENSITY
TUESDAY	WORKOUT
WEDNESDAY	WORKOUT
THURSDAY	ACTIVE RECOVERY
FRIDAY	ACTIVE RECOVERY
SATURDAY	INTENSITY
SUNDAY	REST

DAY	APPROACH
MONDAY	INTENSITY
TUESDAY	ACTIVE RECOVERY
WEDNESDAY	WORKOUT
THURSDAY	REST
FRIDAY	INTENSITY
SATURDAY	WORKOUT
SUNDAY	ACTIVE RECOVERY

STAGE 3: ADVANCED



As you continue to improve your fitness, reach your goals, and set new ones, it may be helpful to increase your volume once more.

During this stage, you will increase your number of overall number of workout days and your number of intensity days. As such, it's even more important to monitor your recovery to ensure that you reap the benefits of your hard work.

Sample Weekly Routine:

DAY	APPROACH
MONDAY	INTENSITY
TUESDAY	WORKOUT
WEDNESDAY	INTENSITY
THURSDAY	ACTIVE RECOVERY
FRIDAY	WORKOUT
SATURDAY	INTENSITY
SUNDAY	REST

STAGE 4: COMPETITIVE



This stage is for the athlete who intends to compete in the sport of CrossFit. This schedule also includes a day devoted to strength, skill work and/or bodybuilding.

In this stage, your results will be highly dependent upon your recovery practices. If you can't devote sufficient time to excellent nutrition, sleep, and recovery, this approach may do more harm than good.

CAUTION: Undereating and working out seven days a week because you're scared to eat more and scared to rest is NOT going to help your results. You'll perform if you to train less, rest more, and fuel properly.

Sample Weekly Routine:

DAY	APPROACH
MONDAY	INTENSITY
TUESDAY	WORKOUT
WEDNESDAY	INTENSITY
THURSDAY	ACTIVE RECOVERY
FRIDAY	STRENGTH/SKILL/BB
SATURDAY	INTENSITY
SUNDAY	ACTIVE RECOVERY



Proper rest is not only critical for achieving optimal results, but is also important if you want to establish a lifetime of consistency!

We've established that consistency is crucial for lasting results, but how does proper and consistent rest play into that? And how do you know if you are resting too much, too little, or just the right amount?

Within the program we outlined above, we encourage 1-3 rest days per week. To some, that might seem counterproductive to staying consistent, but we'd argue it's the exact opposite.

Giving your body some well-deserved time off is great, and necessary, for reaching your goals, letting your tissues heal, preventing injury (or burn out), and helping to keep your motivation high.

Take advantage of your extra time on rest days by taking a walk or working on your mobility.

So how do you figure out how many rest days you need?

How many rest days you need totally depends on how many days you work out, how many of those workouts were done with intensity, and what your other recovery habits are like.



Ask yourself the following questions to help guide you toward how much rest is appropriate for you:

What's your nutrition like? Are you consistently fueling properly and eating whole, unprocessed foods? Are you eating enough to support your training and your goals? We can help with this - just ask a coach about our Nutrition Coaching!

How is your sleep? Do you have a sleep routine? Do you maximize the number of hours you can be in bed?

What's your stress level like? Do you have healthy strategies to cope with stress?

If one or more of the above has a lot of room for improvement, you'll likely need more rest days. If they're on point, the opposite is true.

When thinking about rest days, don't just assume you need more rest when things are not feeling quite right. Take a look at your nutrition, sleep habits, and stress as well.