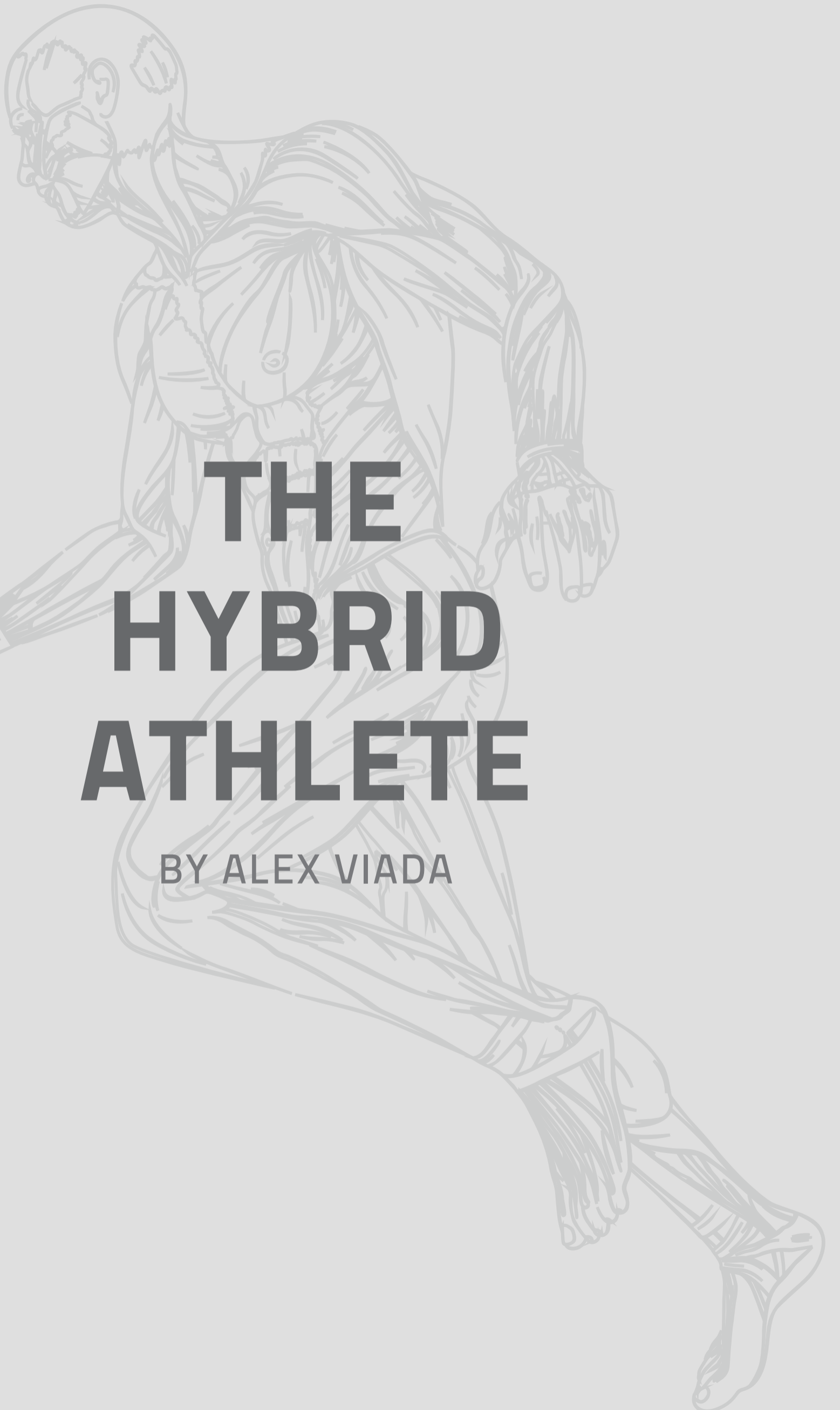


ALEX VIADA



# THE HYBRID ATHLETE



**THE  
HYBRID  
ATHLETE**

BY ALEX VIADA

# **PROGRAM:**

# **OCR PROGRAMMING**

**BY ALEX VIADA**

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# PROGRAMMING TABLE LEGEND

USAGE	EXERCISE	USAGE	EXERCISE
BBC	Barbell curl	IBP	Incline bench press
BP	Bench press	JS	Jump squat
BrP	Burpee	KBS	Kettlebell swing (Or Kentucky Breakfast Stout)
BBR	Barbell row	LC	Log clean
BS	Back squat	LP	Leg press
BTNPP	Behind the neck push press	LP	Log press
C&J	Clean and jerk	LR	Lateral raises
CD	Circus DB	MU	Muscle up
CGBP	Close grip bench press	OHS	Overhead squat
CR	Cuban rotations	PC	Power clean
DB	Dead bench	PP	Push press
BXJ	Box jump	PS	Power snatch
DBF	Dumbbell fly	PU (#)	Pull up (with added weight)
DBPO	Dumbbell pullover	RDL	Romanian deadlift
DBR	Dumbbell row	RP	Rack pull
DL	Deadlift	S	Snatch
DP	Deficit pull (deadlift)	SC/SL	Stone carry/Stone load
DS	Drop snatch	SGBBR	Snatch grip barbell row
FC	Farmer's carry/farmer's walk	SGDL	Snatch grip deadlift
FS	Front squat	SS	Split squat
GHR	Glute-ham raise	T2B	Toe to bar
HC	Hang clean	Th	Thrusters
HC	Hammer curl	WL	Walking lunge
HLR	Hanging Leg Raise	YW	Yoke walk
HP	High Pull	ZS	Zercher squat

# ENDURANCE

USAGE	EXERCISE
TR	Tempo run- zone 3.5-4.0 - +/- 10% of race pace
I/R	Intervals/repeats- zone 4.0+ - Above race pace
LSR	Long slow run- max zone 2.9 - Below race pace
LSRD	Long slow ride- max zone 2.0 - Below race pace
TT	Time trial + / - 5% of race pace - peak effort for given distance
MP	Mile pace
RP	Race pace
THRSH	Threshold pace - Unsustainable
RR/Rd/Rw	Recovery run/ride/row
RW	Row
AD	Airdyne

# OCR PROGRAMMING

## DAY 1: UPPER BODY FOCUSED

Max Strength

Strength Endurance (10 minute metcon – focused on grip strength, pushing/pulling strength, core strength)

Grip Strength

Bench Press

Up to 90% x 2 x 3

Power Clean to Push Press

Up to 80% x 2 x 6

4 Rounds for time

10 Towel Pull Ups

5 Handstand Push Ups

10 Toes to Bar

50' Farmer's walk

10 DB deadlifts with 70 pound implements (DBs or farmer's walk handles)

50' Farmer's walk (return)

3 rounds

Double overhand barbell static hold:

85% x maximum duration x 2, 2:00 rest between

## **DAY 2: LOWER BODY FOCUSED + REPEATS**

Pure Strength

Strength Endurance

Back Squat -

hit a 2RM

75% x 2 x 8

Jump Squats

<50% x 5 x 5

Bulgarian Split Squats

65# x 8 (per leg) x 2

Lunge Hops

25# plate on chest x .45 x 3

Repeats

10 x 0.20 mile intervals-

Ex:

Start out with an EASY 8:30/mile EASY jog for 5:00.

Aim for a 5:30/mile and hold for a fifth of a mile- slow to a walk for exactly 1 minute. Repeat x 10

Easy cooldown- 5:00 jog

## **DAY 3: UPPER BODY FOCUSED + TEMPO RUN**

Primer Warm Up

Strength Endurance Metcon (10 minutes – grip strength, pulling/pushing strength, core strength)

Race Specific

Core Strength

Tempo Run

Strict Press

<50% x 10 x 2

Push Press

Up to 65% x 4 x 2

Every 2 minutes for 10 minutes, 95#

5 power cleans

5 thrusters

5 power snatch

5 overhead squats

No letting go of the bar during each complex



40 burpees for time

Hanging Leg Raises

3 x 15

Tempo Run

3 miles @ 8/10 RPE

## **DAY 4: ACTIVE RECOVERY**

(3-4 mile SLOW run or 4 x 2000m row)

## **DAY 5: STRENGTH ENDURANCE METCON (30 MINUTES WITH RACE SPECIFIC OBSTACLES)**

6 Rounds for time

400m run @ 6% incline

8 towel pull ups

2 x 100' front rack barbell lunges

1 traverse wall climb

10 minutes spear throw practice

## DAY 6: LOWER BODY FOCUSED

Primer Warm Up

Strength Endurance Metcon (30 minutes)

Fartlek Run

Front Squats

Up to 65% x 4 x 3

Thrusters

95/65# x 40 for time

5 rounds for time

250m row 9/10 RPE

10 burpee pull ups to rings

100' plate push 75#/50#

Barbell roll outs

Bar x 12 x 3

Fartlek Run

4 miles (7/10 RPE background pace, 2-3 surges per mile)

## DAY 7: LONG SLOW RUN

80-100 minute run 6/10 RPE

# OVERVIEW

There are a few variables we consider when training for OCR. The two constants in every single race are running and strength endurance. Terrain, distance and obstacles will vary from race to race. Thus, there should be both general and specific training for each of these. This program will incorporate endurance training, max strength, strength endurance, obstacle specific training and race specific training.

The major priority in OCR is, clearly, aerobic endurance- simply looking at the top level athletes in this sport shows a clear bias towards endurance-focused individuals. Peak strength is almost never a limiting factor in obstacles, rather, strength to weight and the ability to perform while fatigued tend to be far more important.

During the off-season, the emphasis should be primarily on building up an aerobic base- the ability to handle longer distances and tolerate greater volume is critical to this programming. The longer slow runs and zone <2.9 training should comprise the vast majority of off season conditioning- close to 85% or more of conditioning should be done at this intensity.

Specific obstacle training can take a back seat during the off season, and the focus should be on developing basic strength in:

1. Grip
2. Upper back
3. Midsection/lower back

Grip cannot be emphasized enough- there are few challenges in the race where a more robust grip will not help, hence the emphasis on towel pullups and farmer's walks with dumbbells to strengthen all the muscle groups mentioned above.

Max strength is also purely an off-season focus. There is a time and place for improving maximum force production, but this should be seen as a minimum barrier to entry. Few obstacles will truly care what your maximum deadlift is, but increased strength and durability in your lower back and hamstrings that has been built via heavy deadlifting will prepare the individual for the high volume of specific training leading up to the race season.

In the pre-season, the emphasis should switch to specific strength-endurance. Conditioning should gradually transition to more interval and fartlek work- for longer distances, hill repeats and trail fartleks are particularly useful. Technical trail work prepares the individual well for the conditions frequently encountered in races, and even the most proficient runner who is not used to running in mud or with excessively wet footwear in well-torn paths may find this to be a unique skill that needs to be developed.

Strength work continues to focus on the same muscle groups, but the emphasis also becomes explosive power and speed. Being able to hoist one's body and moderately heavy loads quickly is tremendously useful, as is developing the proprioceptive skills needed to manhandle some of the weights and loads that are encountered in various races. Rep

ranges increase, and “metcons” should be incorporated here to condition the individual to perform skill movements while fatigued. It is critically important for OCR training that metcons include a running or weighted carry component!

Obstacle specific training can also begin here- rope climbing, traverse wall navigation, monkey bars, burpees, and swings are all variations on standard “gymnastics” and bodyweight movements that require their own degree of proficiency. However, these higher skill movements should remain 30% or less of total strength and conditioning training.

During the season itself, the obstacle specific training should comprise 50% or slightly more of the strength and conditioning training, and aerobic work should be a 30/70 mix of sprint/fartlek work and over-distance base work. Maximum effort lifting is nearly useless at this point, as are high repetition barbell sets and the mid distance “tempo” run. Specificity in sport movements and general physical capabilities rule- the middle ground non-specific metcons should be eliminated.

## GEAR

Shoes – You need a shoe that will be able to handle anything the race throws at you – water, mud, rocks, rope climbs, etc. Thus, a shoe that is comfortable (duh), lightweight, has an aggressive tread and drains quickly is important. My personal favorites – Salmon Fellraisers, Inov-8 trailroc 235s

Clothing – The less, the better. Seriously.

Top – IF you decide to wear a top, you'll again want something tight fitting and made out of a wicking material that won't hold in water. Compression shirt, tank top or long sleeve is your best bet. Cotton is your enemy. There's nothing worse than a cotton shirt full of mud and water that was once form fitting now hanging down to your knees. Been there, done that. If you are comfortable ditching the shirt or in a sports bra, there's one less item to get muddy and one less item to get snagged on an obstacle. Exceptions – it's less than 50 degrees out, you're carrying a hydration pack and/or there is a tyrolean traverse rope in the race. (Unless you want a gnarly rope burn up the center of your stomach and chest)

Bottoms – Stay simple. Compression pants or shorts. There's no need to put anything over them. Guys, I promise you won't be looked at strangely walking around in just spandex.

Socks – Your best bet is a tall compression sock. While I'm not sold on the idea that compression does anything, athletically, they stay put, drain well, don't allow rocks and debris in and provide protection from obstacles and terrain.

Hydration pack – Unless you're tackling a Beast or a 4+ hour race, I generally recommend leaving these at home. They make obstacles more difficult and are just one more piece of equipment to carry along. There are plenty of aid stations throughout the course to provide both water and fuel.

Below is a sample week that is intentionally non-specific to season- it incorporates elements of all the above as a mid-pre-season routine

showing how to stack the various training components.

## **ENDURANCE**

Intervals/repeats- zone 4.0+ - Above race pace

Tempo run- zone 3.5-4.0 - +/- 10% of race pace

Fartlek runs -

Long slow run- max zone 2.9 - Below race pace

## **MAX STRENGTH**

Exercises at 80% of 1RM or above

Upper body - bench press, strict press, push press, power cleans

Lower body - back squats, front squats, deadlifts, power cleans

## **STRENGTH ENDURANCE**

The list here goes on and on. Favorites include -

Lunge variations (front rack, back rack, overhead)

Squat variations (jumping squats, overhead squats, Bulgarian split squats)

Plate/sled pushes and pulls

Thrusters/KBS

Burpees

"Max strength" exercises below 80%

## **OBSTACLE SPECIFIC**

Pushing/Pulling strength:

Pull up variations (overhand, weighted, chest to bar, towel)

Push ups, dips, rope climbs, push presses, kbs

(wall climb, tire drag and pull, inverted wall, Hercules hoist, rope climb)

## **GRIP STRENGTH**

Static hangs, weighted hangs, fingertip hangs, farmer's carries, towel pull ups, hanging leg raises, double overhand static hold

(monkey bars, platinum rig, traverse wall, pole traverse, ring/rope swing, carries, tarzan swing)

## **CORE STRENGTH**

Hanging leg raises, toes to bar, plank holds, barbell roll outs

(sandbag carry, bucket brigade, carries, log hop, hercules hoist)

## **RACE SPECIFIC**

Spear throw, traverse wall, burpees

## **PROGRESSIONS**

OCR is primarily an endurance sport. If you don't have a solid aerobic base, this should be your starting point. Be comfortable running (or moving) for



not only the distance, but the time it may take to finish the race. A 10k flat route is much different than a 10k on a mountain.

Over 50% of all obstacles will be completed by supporting your bodyweight. Master the movements that will increase pulling, pushing and grip strength and allow you to move more efficiently - pull ups, static hangs, lunges, dips, push ups, etc.

For more advanced racers, train your body under a load and train your body under fatigue. Be prepared for what the race director will throw at you - steep climbs and descents, sandbag carries, barbed wire crawls, swims etc. Any specific skill training you can incorporate, do so and do so under stress.

## MAIN ISSUES

Taking a digger. Trail runs, climbs and descents take a lot more focus, strength and balance than a typical road run. Take this into consideration. Watch where you are running and keep your trail runs at a moderate pace until you adapt. Gradually increase your time and pace on the trails and progress to more technical tracks with natural obstacles.

Recovery. Make sure you are recovery properly before advancing your program. Days off and active rest days are necessary to avoid injury and continue moving forward with your training.