

47

PROJECT 47

THE ATHLETE OPERATING SYSTEM

Strong first. Then everything else.

THE DOCUMENT

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WHAT THIS BLOCK IS

THE BRIEF

The fifty came off and the year changed shape with it. Racing resumes in 2027 across gravel, mountain bike and ultra, which makes this the only stretch between now and then with no event to protect. The block spends it on the thing that is hardest to build later.

Priorities are ranked and the ranking is load-bearing. Max strength first. Aerobic base and durability second. Running economy third. Body composition fourth, meaning it is a consequence here rather than a target. When two of those conflict inside a week, the higher one wins and the lower one waits.

That ranking is why the running comes down. A ten to twelve mile Saturday, held every week, is the entire running requirement. Everything freed up by not defending a fifty-k standard goes into the bar and the bike.

THE TIME BUDGET · TEN TO TWELVE HOURS

WHERE IT GOES	HOURS	WHAT IT BUYS
Lifting · three days	3:00	The first priority. Never the thing that gets cut for time.
Bike · two rides	3:00 – 4:15	The Monday 4×4 and the Sunday long ride. The aerobic base, and the 2027 gravel and mountain bike season.
Running · four to five days	2:30 – 3:30	The Saturday standard, economy work, and the ultra staying available. Takes the midweek easy session when it is not a ride.
Warm-up and mobility	1:45 – 2:00	Eight minutes before every session, twelve every evening. Both are assumed rather than written into each day.

WHAT DECEMBER 31 HAS TO LOOK LIKE

THE STANDARDS

Eight markers, set now, measured then. Three you already know. The rest get their starting number in Week 01, which is the first real job of this block.

MARKER	NOW	DEC 31	NOTES
Trap bar	295	325	Three-rep max, bar speed clean
Back squat	225	255	Three-rep max
Bench press	185	205	Three-rep max
Farmer carry · 50 m	Week 01	+40%	Unbroken, no set-downs
Weighted pull-up · 5	Week 01	+20 lb	Strict, full hang
Overhead press · 5	Week 01	+20 lb	Standing, no leg drive
FTP	Week 01 test	+8 to 12%	Twenty-minute test, both ends of the block
The Saturday	11 mi	11 mi	Held every week. The one that does not move.

WHY CAPACITY LEADS THE BAR

A squat that goes to 255 while the farmer carry stays where it is has bought a number rather than a capability. Gravel racing, a day on the mountain bike and an ultra all ask for load carried over time with a heart rate attached, not for a single heavy effort in a rack.

So the carries, the sled and the single-leg work are programmed as primary sets with real progression rather than as finishers. The barbell numbers climb underneath them and get tested three times, because they are the cleanest evidence that the capacity is real.

BODY COMPOSITION

Ranked fourth, which here means it is not programmed for and not measured against. Three lifts a week, ten to twelve hours of training and eating enough to support it tends to handle it on its own.

The one thing worth saying: a strength block that is under-fuelled becomes an aerobic block with heavy lifting in it. If the bar stops moving in November, food is the first place to look, not programming.

THE NUMBERS THAT GOVERN

YOUR NUMBERS

MAX HEART RATE	ZONE 2 CEILING	THRESHOLD HR	RUN VOLUME
180	140	153–160	20–26

HEART RATE · RUNNING

- 1 under 126 · walking, recovery, the day after
- 2 126–140 · every easy run, no exceptions
- 3 141–152 · still the discipline problem
- 4 153–164 · threshold, Thursdays
- 5 165 and up · hills, strides, the 4×4

Zone 3 costs the legs on foot and costs them far less on the bike. That is permission for a gravel ride that drifts, not for an easy run that drifts.

POWER · THE BIKE

Written as a percentage of FTP so the sheet survives the test. Week 01 sets the number, Week 12 checks it.

Endurance	60–75%
Tempo	80–88%
Sweet spot	88–94%
Threshold	95–105%
V02 · 4×4	108–115%

Heart rate lags on the bike by roughly ninety seconds. Power governs the interval; heart rate only confirms it afterward.

WATTS, ONCE YOU KNOW THE NUMBER

ZONE	IF FTP IS 220	IF FTP IS 240	IF FTP IS 260
Endurance · 65%	143	156	169
Sweet spot · 90%	198	216	234
Threshold · 98%	216	235	255
4×4 · 112%	246	269	291

Read your row after the Week 01 test and write the four numbers on the inside cover. Every ride in this document refers to them.

ARCHITECTURE

THE WEEK

Three lifts, two high-intensity sessions, one long run and one long ride. Two rides a week and no more: the Monday 4×4 and the Sunday long ride. Every other evening session is easy and can be run or ridden, whichever the day and the weather allow.

The two hard sessions sit on Monday evening and Thursday, seventy-two hours apart, with the heavy lift between them. Everything else in the week is genuinely easy, and that is the arrangement that makes two hard days survivable alongside three lifts.

DAY	SESSION	WHY IT SITS THERE
Mon	AM power lift · trap bar, throws, carries, sled. PM the 4×4 on the trainer	Five clear days from Saturday and one day off the long ride. The only place a hard interval session belongs.
Tue	45–60 min easy run · Ultra Legs	The recovery day that still moves. Ultra Legs is what keeps the calves and tendons available all winter.
Wed	AM the heavy day · squat, split squat, pull-up, press, overhead carry. PM 30–40 min easy, run or bike	The priority session of the block. The whole week is arranged to arrive here with fresh legs.
Thu	Run quality · threshold, VO2 or hills, 60–75 min	Forty-eight hours either side of the heavy work. The second of the two high-intensity exposures in the week.
Fri	AM upper · bench, row, face pull, core. Capacity piece, 10 min. PM optional 3 easy miles	Upper on purpose. Nothing loaded goes into the legs the day before the long run.
Sat	Long run · 10–12 mi	The standard. First thing protected, last thing cut.
Sun	Long ride · 2:00–3:30, gravel or trainer	The aerobic engine and the 2027 gravel season, built in the same session.

THE THREE RULES

Doubles are six hours apart where the day allows. Lift in the morning, ride or run in the evening. Closer than four hours and the second session eats the first.

The evening sessions on lifting days are easy and nothing else, run or ridden. No strides, no pickups, no chasing a segment. The moment an evening session becomes a workout it starts taking from Wednesday.

When readiness comes in low, the Monday bike quality goes first, the Friday capacity piece second, Wednesday load third. The Saturday run is never first.

MONDAYS AND SUNDAYS · BY POWER

BIKE PROTOCOLS

Four sessions, two of them in any given week: Monday is the 4×4 in every build week, and sweet spot and tempo live inside the Sunday ride. Nothing else in the week has to be a ride. All of it on the trainer once the roads turn, and none of it loses anything by being indoors.

SESSION	THE SET	TARGET	WHAT IT BUYS
B1 · 4×4	4–5 × 4:00 (or 4 × 5:00), 3–4 min at 50%	108–115% FTP	VO2max. Every build week, twenty-eight minutes, the highest-return session here.
B2 · Sweet spot	3 × 15:00, 5 min easy between	88–93% FTP	Now lives inside the Sunday ride rather than Monday.
B3 · Threshold	2 × 20:00, 8 min easy between	95–100% FTP	The gravel race session. Enters in Week 09.
B4 · Long endurance	2:00 – 3:30 continuous	60–70% FTP	The base. Add 3 × 10:00 at 80% in build weeks.

THE WEEK 01 TEST

Twenty minutes, Thursday of Week 01, on the trainer. Twenty minutes easy, then 3 × 1:00 at a hard but repeatable effort with a minute between, then five minutes easy, then twenty minutes as hard as you can hold evenly.

FTP is ninety-five percent of the twenty-minute average. The only way to get this wrong is to start the twenty too hard, which is also the only way to get a fifty-mile day wrong, so the discipline transfers.

Repeat it in Week 12 and expect eight to twelve percent. A fifteen-percent jump usually means the first test was paced badly rather than that something remarkable happened.

THE 4×4, HONESTLY

Judge it by the fourth interval. If round four is visibly below round one in power, the first two were too hard and the session bought less than it cost. It should finish with one more round available.

If the power will not come at an effort that clearly deserves it, that is accumulated fatigue rather than a bad day. Stop after two and ride easy. This reading arrives before the legs complain and it is the most useful signal in the block.

WHEN IT COMES OUT

Absorb weeks, any readiness score under eight, and the Monday after a long gravel day.

PROTOCOLS

RUN AND LIFT

RUNNING · FOUR DAYS, 20–26 MILES

Two easy runs, one quality session, one long run. That is the whole running program and it is deliberately small, because running is third on the list and the Saturday standard is the only thing it has to defend.

R1 Easy — Zone 2, cap 140, no exceptions

R2 Threshold — 5 × 6:00 at HR 153–160, 90 s float

R3 Hills — 10 × 60 s uphill hard, jog down controlled

R5 VO2 — 5 to 6 × 3:00 at HR 168–174, 3 min jog

R4 Long — 10 to 12 mi Zone 2, Saturday

Thursday rotates R2, R5 and R3. Strides, six by twenty seconds, go on the Tuesday easy run every week and are the cheapest economy work available.

LIFTING · THREE DAYS, CAPACITY LEADING

Monday is power and carries. Wednesday is the heavy day. Friday is upper plus a ten-minute capacity piece. Reps go fives, then fours, then threes across the three blocks, and each block ends by working to a top triple that sets the next one.

Bar speed governs everything. If a rep slows visibly the set is over regardless of what the sheet says, and that rule outranks the sheet in every week of this document.

The trap bar remains the only loaded hinge. No Romanian deadlifts, no good mornings, no conventional pulls. The posterior chain is covered by the reverse hyper in Ultra Legs.

The rear-foot-elevated split squat climbs through the block: thirties in October, forties in November, fifties in December if the descent stays controlled.

THE CAPACITY PIECE · FRIDAYS, TEN MINUTES

ROTATION	THE WORK	THE CONTAINER
Carry medley	Farmer 50 m · front rack 30 m · overhead 20 m · 4 rounds	Nothing barbell above fifty percent
Sled	Push 20 m, drag 20 m · 8 rounds, walk back	Never to failure, two reps in reserve
Engine	Airbike or ski · 8 × 30 s hard, 90 s easy	Ten minutes means ten minutes
Mixed	5 trap bar at 40% · 10 step-up · 200 m row · AMRAP	First thing cut at a readiness score of six or seven

Rotate in order and do not improvise a fifth. It sits on Friday rather than Monday this time because Monday already carries the bike quality session.

TWO HARD SESSIONS A WEEK · MONDAY AND THURSDAY

VO2 AND INTENSITY

Two high-intensity exposures a week, one on the bike and one on foot, seventy-two hours apart. That is the dose. Fewer and VO2max does not move; more and the lifting stops progressing, which would be running the fourth priority as though it were the first.

SESSION	THE SET	TARGET	WHERE IT IS
B1 · bike 4×4	4–5 × 4:00, or 4 × 5:00 · 3–4 min at 50% between	108–115% FTP · HR 162–172	Monday evening, every build week
R5 · run VO2	5–6 × 3:00 · 3 min jog between	HR 168–174	Thursday, Weeks 06 and 09
R3 · hills	10 × 60 s uphill hard · jog down controlled	HR 168+ by the top	Thursday, Week 03
R2 · threshold	4–5 × 6:00 · 90 s float	HR 153–160	Thursday, the other weeks

WHY FOUR BY FOUR

Four minutes is long enough to spend real time at or near maximum oxygen uptake and short enough to repeat four or five times without the last rep collapsing. Shorter intervals never get there; longer ones force the intensity down. It is the most reliable VO2max protocol available to an amateur and it takes twenty-eight minutes including the recovery.

On the bike the eccentric cost is close to zero, which is why it sits on a lifting day and five days from the long run. On foot the same session is a hard running workout with tissue damage attached, so running VO2 appears twice in fourteen weeks and always on a flat or uphill surface.

PROGRESSION

Weeks 02 and 03 run four by four at 108 to 110 percent. Weeks 05 through 07 go to five by four at 110 to 115. Weeks 09 and 10 switch to four by five at 108 to 110, which is more time in the band at slightly less power. Week 11 returns to five by four at the top.

HOW TO KNOW IT WORKED

The last interval is the whole measurement. If round five is visibly below round one in power or pace, the first two were too hard and the session bought less than it cost. A correct 4×4 finishes with one more round genuinely available and feels, on paper, slightly disappointing.

Heart rate lags roughly ninety seconds on the bike and forty-five on foot. The first rep will look low. Hold the effort and let the number arrive rather than chasing it, which is how the first rep becomes the one that ruins the session.

WHEN INTENSITY COMES OUT

Absorb weeks, any readiness score under eight, the Monday after a long gravel day, and any week where the Wednesday squat did not move as written. That last one is the important one: if the bar stops progressing, the intensity is what comes off, not the lifting.

8 MINUTES · NO EXCEPTIONS

BEFORE EVERY SESSION

The same series before every run and every lift, in this order. It is short enough that skipping it saves nothing, and the ordering counts: ankles and hips open before anything asks the legs for force. No static stretching beforehand. Held stretches lower force output for roughly an hour afterward, so everything held goes at the other end of the day.

THE SERIES · IN ORDER

01	Ankle rock, knee over toe	10 ea
02	Leg swing, front to back	12 ea
03	Leg swing, lateral	12 ea
04	Walking knee hug	8 ea
05	Walking quad pull	8 ea
06	World's greatest stretch	5 ea
07	Glute bridge	15
08	Bird dog	8 ea
09	Walking lunge with reach	8 ea
10	A-skip	2 × 20 m
11	Butt kick	2 × 20 m
12	Stride, building	4 × 20 s

Ten through twelve are for runs only. Before a lift, stop at nine and go to the add-on. Those three are also the only elastic work in the program, which is why they are not optional.

LIFT ADD-ON · 3 MINUTES

Band pull-apart	2 × 15
Wall slide	2 × 10
Goblet squat, bottom hold	2 × 30 s
Empty bar, movement of the day	2 × 8

BEFORE THE 4×4

Ten minutes easy on the trainer, then three by thirty seconds at interval power with full recovery. A 4×4 entered cold spends the first interval warming up, which turns a five-interval session into a four-interval one.

WHY IT SURVIVES THE CUT

When a week has to shrink, the warm-up is not on the list of things that go. Volume comes out of the session, never out of the eight minutes in front of it.

12 MINUTES · EVERY EVENING

MOBILITY AND TISSUE

Held positions, breathing, no bouncing. Every evening, and at minimum after every session over ninety minutes. This is daily and deliberately not repeated inside each day of the weekly sheets, which would double their length for no information. Assume it, the way you assume the warm-up.

It matters more in this block than in the last one. Three heavy lift days, a 4×4 on the trainer and hours in an aerodynamic position on the bike all shorten hip flexors, and the winter adds sitting to it.

THE SERIES · HELD

Couch stretch, hip flexor and quad	90 s ea
Half-kneeling hip flexor, reach	60 s ea
90/90 hip switch, slow	10 switches
Pigeon	90 s ea
Calf on wall, knee locked	45 s ea
Calf on wall, knee bent, soleus	45 s ea
Thoracic extension over roller	90 s
Doorway pec stretch	45 s ea
Seated forward fold	90 s

The couch stretch and the soleus hold are the two that count most for you. Hip flexors shorten from sitting, from riding and from running; the soleus takes the load on every climb and every stair.

TISSUE · 10 MINUTES

Quads, slow, one leg at a time	2 min ea
Lateral quad and TFL	90 s ea
Glutes, on a ball	90 s ea
Calves	90 s ea
Foot on a lacrosse ball	2 min ea

WHEN EACH HAPPENS

Every session	Warm-up, 8 min
Every evening	Mobility series, 12 min
After long days	Mobility and full tissue
Sunday	Mobility, tissue and feet

Nothing held goes before a session. Held stretching lowers force output for about an hour, which on a Wednesday costs a squat set.

THE DECISION RULES

READINESS

SLEEP	RESTING HR	LEGS	APPETITE	WILLINGNESS
0-2	0-2	0-2	0-2	0-2

SCORE	WHAT THE DAY BECOMES
8 - 10	Train as written.
6 - 7	Keep the session, cut volume by a quarter and drop a zone.
4 - 5	Zone 1 or a walk, no lifting.
0 - 3	Rest, full stop.

THE FIVE CHECKS

Score sleep, resting heart rate, legs, appetite and willingness from zero to two before you decide anything about the day.

A high score does not authorize more than the sheet says. Readiness can take work away and it cannot add it.

Two consecutive mornings under four is a message about the block rather than a bad day. In this block that usually means the absorb week arrives early, which is allowed.

WHAT LOW READINESS TAKES, IN ORDER

- 1 Monday bike quality
- 2 Friday capacity piece
- 3 Wednesday load, down one step
- 4 Thursday quality becomes easy
- 5 Sunday ride shortens

The Saturday run and the Wednesday lift are the last two things standing. If a week is bad enough that both come off, the week is a rest week and should be called one.

OHIO, NOVEMBER THROUGH DECEMBER

WINTER RULES

Five conditions and what each one does to the week. None of them is a reason to lose a session; every one of them is a reason to move it.

CONDITION	WHAT HAPPENS
Ice on the roads or trail	The easy run moves to the treadmill for the same duration at the same effort. Nothing is lost.
Under 20°F, or wind chill under 15	Trainer. At this running volume the specificity is not worth the recovery cost.
Dark with no safe route	Thursday quality moves to the trainer as B2 or B3. Threshold is a dose, not a running session.
The Saturday cannot happen outside	It becomes a three-hour endurance ride and the run moves to the following Wednesday. It does not simply vanish.
A week collapses entirely	Keep the Wednesday lift and the Saturday run. Drop everything else without renegotiating it.

THE TWO THAT NEVER MOVE

Wednesday

The heavy lift. The priority session of the block, and the one the rest of the week is arranged around.

Saturday

Ten to twelve miles. First thing protected, last thing cut, every week for fourteen weeks.

SET THE NUMBERS

Four weeks to put the fifty down, find out what the starting numbers actually are, and get the new week shape running. Week 01 is deliberately light and contains the two tests the rest of the document depends on: the FTP test on Thursday and the capacity baselines on Monday and Friday.

Lifting runs in fives off the numbers you have now, trap 295, squat 225, bench 185. Running sits at eighteen to twenty-two miles while the body absorbs ten weeks of ultra work. The bike comes up.

Week 04 comes down and ends with top triples that set Block B.

01

BASLINE

SEP 21 - SEP 27

RUN	SATURDAY	BIKE	LIFTS
18 mi	10 mi	3:30	3
PURPOSE Ten weeks of fifty-specific work stop here, and the block starts by measuring rather than training. Three of the eight standards get their starting number this week.		KEY ADAPTATION None on purpose. Absorption, plus the data the next thirteen weeks are written against.	
		MINDSET A cancelled race invites you to prove the fitness was real. It was. This week only has to find out where things actually stand.	
Mon Sep 21 BASELINE	LIFT · TRAP BAR	4 × 3 @ 205 · seventy percent, moved fast	
	CAPACITY BASELINES	Farmer carry 50 m: work up to the heaviest unbroken load · Weighted pull-up: heaviest clean set of 5 · Overhead press: heaviest clean set of 5	
	PM BIKE	45 min easy spin, conversational	
		Write the three baselines down. They are three of the eight markers and they are the ones with no number yet.	
Tue Sep 22 AEROBIC	RUN	45 min easy, flat · 6 × 20 s strides	
	ULTRA LEGS · REDUCED	Step-down 2 × 10 ea · Reverse hyper 2 × 15 · Calf raise 2 × 15 · Tibialis raise 2 × 20	
Wed Sep 23 STRENGTH	LIFT	Back squat 3 × 5 @ 160 · Rear-foot-elevated split squat 2 × 8 ea, a pair of thirties · Weighted pull-up 3 × 5 · Overhead press 3 × 8 · Hanging leg raise 3 × 12	
	PM EASY	30 min easy · run or bike, Zone 2 or 60% FTP	
Thu Sep 24 FTP TEST	THE PROTOCOL	20 min easy · 3 × 1:00 hard, 1 min easy · 5 min easy · 20 min as hard as you can hold evenly · 10 min cool	
	THE NUMBER	FTP is ninety-five percent of the twenty-minute average. Write it on the inside cover. The only way to get this wrong is to start the twenty too hard. Pace it like the first eight miles of a fifty.	
Fri Sep 25 UPPER	LIFT · UPPER	Bench press 3 × 5 @ 130 · Chest-supported row 3 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea	
	CAPACITY PIECE	None this week. It starts in Week 02.	
Sat Sep 26 LONG	RUN	10 mi Zone 2 · rolling · no vest, no ratio, no fuel plan	
		Ten is the floor for the whole block. It does not need to grow and it does not get to shrink.	
Sun Sep 27 RIDE	BIKE	2:00 endurance at 60–65% FTP · gravel while the weather still allows it	
	EVENING	Full mobility and tissue · feet on a ball	

02 RELOAD

SEP 28 - OCT 4

RUN		SATURDAY	BIKE	LIFTS
21 mi		11 mi	4:00	3
PURPOSE		KEY ADAPTATION		MINDSET
The week shape starts for real. First 4x4 off the new FTP, first threshold run back, and the Friday capacity piece enters.		Reintroducing intensity on the bike, where it costs the legs least, and re-establishing the threshold habit at a short dose.		The 4x4 is a bike session that happens to be hard. There is no number to beat on it in September.
Mon Sep 28 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 220 · Med ball overhead throw 4 × 5 · Farmer carry 4 × 50 m 4 × 4:00 at 108% FTP · 3 min at 50% between · 10 min either side First 4x4 of the block. Hold the low end of the band; 115% is available from Week 05.		
Tue Sep 29 AEROBIC	RUN ULTRA LEGS · FULL	55 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20		
Wed Sep 30 STRENGTH	LIFT PM EASY	Back squat 4 × 5 @ 170 · RFESS 3 × 8 ea · Weighted pull-up 4 × 5 · Overhead press 3 × 8 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 35 min easy · run or bike, Zone 2 or 60% FTP		
Thu Oct 1 THRESHOLD	WARM-UP MAIN SET · R2 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 4 × 6:00 at HR 153–160 · 90 s jog float 1.5 mi easy · total roughly 7 mi One rep short of the full session on purpose. Five arrives in Week 05.		
Fri Oct 2 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 4 × 5 @ 140 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Suitcase carry 3 × 40 m ea · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · carry medley		
Sat Oct 3 LONG	RUN	11 mi Zone 2 · rolling · cap 140		
Sun Oct 4 RIDE	BIKE EVENING	2:15 endurance at 60–70% FTP Full mobility and tissue		

03 BUILD

OCT 5 - OCT 11

RUN	SATURDAY	BIKE	LIFTS
23 mi	12 mi	4:30	3

PURPOSE

Loads reach eighty percent, sweet spot enters on the bike, and the Sunday ride gets its first tempo work.

KEY ADAPTATION

Strength carried underneath accumulated aerobic work, which is the premise of the whole block.

MINDSET

Saturday is the day the fifty was going to be. It is a twelve instead and there is nothing sad about that.

Mon Oct 5 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 235 · Med ball overhead throw 4 × 5 · Box step-up 3 × 8 ea · Farmer carry 4 × 50 m 4 × 4:00 at 110% FTP · 3 min at 50% between The 4×4 runs every build week from here. It is the most effective twenty-eight minutes in this document for VO2max, and the reason sweet spot moved to the Sunday ride.
Tue Oct 6 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20
Wed Oct 7 STRENGTH	LIFT PM EASY	Back squat 4 × 5 @ 180 · RFESS 3 × 8 ea · Weighted pull-up 4 × 5 · Overhead press 3 × 8 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 35 min easy · run or bike, Zone 2 or 60% FTP
Thu Oct 8 HILLS	WARM-UP MAIN SET · R3 COOLDOWN	2 mi easy · full dynamic series 10 × 60 s uphill hard, HR to 168 or above by the top · jog down under control 1.5 mi easy · total roughly 7 mi Hills are VO2 work with the speed constrained by the gradient, which makes them the safest way to reach 170 on foot.
Fri Oct 9 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 4 × 5 @ 150 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Suitcase carry 3 × 40 m ea · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · sled
Sat Oct 10 LONG	RUN	12 mi Zone 2 · the hilliest loop you have · 60 g carbohydrate per hour Keep fuelling the long run even when the distance does not demand it. The stomach is trained the same way the legs are.
Sun Oct 11 RIDE	BIKE · B4 EVENING	2:30 endurance at 65% FTP · 3 × 10:00 at 80% in the back half Full mobility and tissue

04 ABSORB AND TEST

OCT 12 - OCT 18

RUN		SATURDAY	BIKE	LIFTS
19 mi		10 mi	3:00	3
PURPOSE		KEY ADAPTATION		MINDSET
Everything comes down for a week and the block ends by finding out what three weeks of fives actually bought.		Absorption. Whatever made you stronger is already in; this is the week it surfaces.		The top triple is a measurement, not a max attempt. Stop the moment bar speed changes and the number is still good.
Mon Oct 12 POWER	LIFT · TRAP BAR PM BIKE	4 × 3 @ 205 · moved fast · Farmer carry 3 × 50 m 45 min easy spin at 60% FTPNo bike quality and no capacity piece. Intensity is the first thing out of a down week.		
Tue Oct 13 AEROBIC	RUN ULTRA LEGS · REDUCED	45 min easy Step-down 2 × 10 ea · Reverse hyper 2 × 15 · Calf raise 2 × 15 · Tibialis raise 2 × 20		
Wed Oct 14 TEST	LIFT ACCESSORY PM	Back squat 3 × 5 @ 160 · then work to one top triple, starting at 205 and adding ten at a time RFESS 2 × 8 ea · Weighted pull-up 3 × 5 · Overhead press 3 × 8 · Hanging leg raise 3 × 12 30 min walk · mobility The triple that slows on rep three is one set past the number you wanted. Whatever the last clean triple was, that is the new working max.		
Thu Oct 15 EASY	RUN	45 min easy · 6 × 20 s strides		
Fri Oct 16 TEST	LIFT · UPPER ACCESSORY PM EASY	Bench press 3 × 5 @ 130 · then work to one top triple, starting at 165 and adding five at a time Chest-supported row 3 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 30 min easy · run or bike, Zone 2 or 60% FTP		
Sat Oct 17 LONG	RUN	10 mi easy, by feel, no cap and no plan		
Sun Oct 18 RIDE	BIKE BEFORE WEEK 05	1:45 easy at 60% FTP Write the two triples into the Block B column. If the squat triple came in at 215 or better, run Block B off 240. Lower and you run it off what you got, and lose nothing by it.		

THE STRENGTH BLOCK

Reps drop from fives to fours and the loads climb. This is where the squat, the bench and the trap bar actually move, and everything else in the week is arranged to protect Wednesday.

The bike takes more of the aerobic load as the daylight goes and the Sunday ride reaches three hours. Running holds at twenty-two to twenty-five miles and the Saturday stays at eleven or twelve. It does not grow. Growing it here would be running third priority as though it were first.

Week 08 comes down and tests again.

05 LOAD

OCT 19 - OCT 25

RUN		SATURDAY	BIKE	LIFTS
23 mi		11 mi	4:45	3
PURPOSE		KEY ADAPTATION		MINDSET
Fours instead of fives, loads off the new numbers, and the 4x4 goes to the top of its band.		Maximal strength. The first week of the year where lifting is the priority and everything else is support.		Fewer reps at more weight is a different session rather than a harder one. Do not add sets to make it feel like enough.
Mon Oct 19 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 235 · Med ball overhead throw 4 × 5 · Box step-up 3 × 8 ea · Farmer carry 4 × 50 m 5 × 4:00 at 110% FTP · 3 min at 50% between		
Tue Oct 20 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20		
Wed Oct 21 STRENGTH	LIFT PM EASY	Back squat 5 × 4 @ 180 · RFESS 3 × 8 ea, a pair of thirty-fives · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 35 min easy · run or bike, Zone 2 or 60% FTP		
Thu Oct 22 THRESHOLD	WARM-UP MAIN SET · R2 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 5 × 6:00 at HR 153–160 · 90 s jog float 1.5 mi easy · total roughly 8 mi Full session for the first time. Rep five within five seconds a mile of rep one, or the dose was wrong rather than the legs.		
Fri Oct 23 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 4 × 4 @ 150 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Suitcase carry 3 × 40 m ea · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · engine		
Sat Oct 24 LONG	RUN	11 mi Zone 2 · rolling		
Sun Oct 25 RIDE	BIKE · B4 EVENING	2:45 endurance at 65% FTP · 3 × 10:00 at 80% in the back half · gravel if it is dry Full mobility and tissue		

06

LOAD

OCT 26 - NOV 1

RUN		SATURDAY	BIKE	LIFTS
24 mi		12 mi	4:45	3
PURPOSE		KEY ADAPTATION		MINDSET
Second week at the new loads, which is the week strength is actually built rather than introduced.		Repeat exposure. Almost nothing adapts to the first week at a weight.		The clocks change this weekend. Decide now which sessions move indoors instead of deciding at five in the morning.
Mon Oct 26 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 250 · Med ball overhead throw 4 × 5 · Box step-up 3 × 8 ea · Farmer carry 4 × 50 m 5 × 4:00 at 112% FTP · 3 min at 50% between		
Tue Oct 27 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20		
Wed Oct 28 STRENGTH	LIFT PM EASY	Back squat 5 × 4 @ 190 · RFESS 3 × 8 ea · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 35 min easy · run or bike, Zone 2 or 60% FTP		
Thu Oct 29 VO2	WARM-UP MAIN SET · R5 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 5 × 3:00 at HR 168–174 · 3 min jog · flat or gently rolling 1.5 mi easy · total roughly 7 mi First running VO2 session. Heart rate should arrive in the band in the last ninety seconds of a rep rather than the first thirty.		
Fri Oct 30 UPPER	LIFT · UPPER CAPACITY PIECE PM	Bench press 4 × 4 @ 160 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Suitcase carry 3 × 40 m ea · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · mixed 3 mi easy, flat		
Sat Oct 31 LONG	RUN	12 mi Zone 2 · rolling		
Sun Nov 1 RIDE	BIKE EVENING	2:45 endurance at 65% FTP Full mobility and tissue · feet on a ball		

07

PEAK LOAD

NOV 2 - NOV 8

RUN		SATURDAY	BIKE	LIFTS
24 mi		12 mi	5:00	3
PURPOSE		KEY ADAPTATION		MINDSET
The heaviest week of Block B, and the longest ride so far. The lifting and the bike both peak; the running holds exactly where it was.		Strength under accumulated fatigue, which is the quality that transfers to a gravel race and to the back half of an ultra.		Three hours on the bike on Sunday is a session, not a weekend activity. Fuel it like one.
Mon Nov 2 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 265 · Med ball overhead throw 4 × 5 · Farmer carry 4 × 50 m · Sled push 6 × 20 m 5 × 4:00 at 112–115% FTP · 3 min at 50% between Top of the band. It sits five days from Saturday and one day off the long ride, which is exactly why it can be here.		
Tue Nov 3 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20		
Wed Nov 4 STRENGTH	LIFT PM EASY	Back squat 4 × 4 @ 205 · RFESS 3 × 8 ea, a pair of forties · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 30 min easy · run or bike, Zone 2 or 60% FTP Heaviest squat of Block B. One set fewer than the last two weeks because the load went up, not because the week is easy.		
Thu Nov 5 THRESHOLD	WARM-UP MAIN SET · R2 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 5 × 6:00 at HR 153–160 · 90 s jog float 1.5 mi easy · total roughly 8 mi		
Fri Nov 6 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 4 × 4 @ 165 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · carry medley		
Sat Nov 7 LONG	RUN	12 mi Zone 2 · rolling · 60 g carbohydrate per hour		
Sun Nov 8 RIDE	BIKE · B4	3:00 endurance at 65% FTP · 3 × 12:00 at 80% in the back half · 60 g carbohydrate per hour		

08

ABSORB AND TEST

NOV 9 - NOV 15

RUN		SATURDAY	BIKE	LIFTS
19 mi		10 mi	3:00	3
PURPOSE		KEY ADAPTATION		MINDSET
Down week after the heaviest block, then the second test. These numbers run the heaviest lifting of the year.		Absorption. Four weeks of fours surface here.		Feeling flat in the middle of a down week is normal and arrives on schedule. Do not fix it by adding work.
Mon Nov 9 POWER	LIFT · TRAP BAR PM BIKE	4 × 3 @ 220 · moved fast · Farmer carry 3 × 50 m 45 min easy spin No bike quality and no capacity piece this week.		
Tue Nov 10 AEROBIC	RUN ULTRA LEGS · REDUCED	45 min easy Step-down 2 × 10 ea · Reverse hyper 2 × 15 · Calf raise 2 × 15 · Tibialis raise 2 × 20		
Wed Nov 11 TEST	LIFT ACCESSORY PM	Back squat 3 × 5 @ 170 · then work to one top triple, starting at 215 RFESS 2 × 8 ea · Weighted pull-up 3 × 5 · Overhead press 3 × 8 · Hanging leg raise 3 × 12 30 min walk · mobility		
Thu Nov 12 EASY	RUN	45 min easy · 6 × 20 s strides		
Fri Nov 13 TEST	LIFT · UPPER CAPACITY CHECK PM EASY	Bench press 3 × 5 @ 140 · then work to one top triple, starting at 175 Farmer carry 50 m: repeat the Week 01 protocol · Weighted pull-up: heaviest clean 5 · Overhead press: heaviest clean 5 30 min easy · run or bike, Zone 2 or 60% FTP Halfway measurement on the three capacity markers. If they have not moved and the barbell has, the emphasis is drifting and Block C needs more carrying in it.		
Sat Nov 14 LONG	RUN	10 mi easy, by feel		
Sun Nov 15 RIDE	BIKE EVENING	1:45 easy at 60% FTP Full mobility and tissue		

CONSOLIDATE

Triples. The heaviest lifting of the year, and the point at which the squat going to 255 and the bench to 205 either happens or does not.

Threshold enters the bike as two by twenty, which is the specific session that a gravel race asks for, and the Sunday ride holds at three hours or more. Thanksgiving sits inside Week 10 and the week is written to absorb it rather than to work around it.

Week 12 measures everything: two top triples, the three capacity markers, and a second FTP test.

09

TRIPLES

NOV 16 - NOV 22

RUN	SATURDAY	BIKE	LIFTS
23 mi	11 mi	5:00	3
PURPOSE		KEY ADAPTATION	MINDSET
Sets of three at the new numbers, and bike threshold enters as the gravel-specific session.		Peak strength expression. Low reps, high load, full recovery between sets.	Triples ask for patience between sets. Three minutes, not ninety seconds, and the session takes longer than it used to.
Mon Nov 16 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 270 · Med ball overhead throw 4 × 5 · Farmer carry 4 × 50 m · Sled push 6 × 20 m 4 × 5:00 at 108–110% FTP · 4 min at 50% between	
Tue Nov 17 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20	
Wed Nov 18 STRENGTH	LIFT PM EASY	Back squat 5 × 3 @ 210 · RFESS 3 × 8 ea, a pair of forty-fives · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 30 min easy · run or bike, Zone 2 or 60% FTP Three minutes between squat sets from here. Rushing the rest turns a triple into a slow double.	
Thu Nov 19 V02	WARM-UP MAIN SET · R5 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 6 × 3:00 at HR 168–174 · 3 min jog 1.5 mi easy · total roughly 8 mi Judge it by rep six. If it is visibly slower than rep two the early reps were run too hard, which is the only mistake available here.	
Fri Nov 20 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 5 × 3 @ 170 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · sled	
Sat Nov 21 LONG	RUN	11 mi Zone 2 · rolling	
Sun Nov 22 RIDE	BIKE · B3 FUEL	3:00 total · 2 × 20:00 at 95–98% FTP in the middle, 8 min easy between · rest endurance 60 g carbohydrate per hour, same as a long run The gravel race session. It is the hardest ride of the block and it belongs on a Sunday, not next to the lifting.	

10

THANKSGIVING

NOV 23 - NOV 29

RUN		SATURDAY	BIKE	LIFTS
21 mi		11 mi	3:45	3
PURPOSE		KEY ADAPTATION		MINDSET
Load holds, volume comes down, and the week is built so the holiday does not have to be worked around.		Maintaining the triple through a disrupted week. The point is that the week still happens.		A week that gets eighty percent done on a holiday is a successful week. The failure here is skipping it entirely because it could not be perfect.
Mon Nov 23 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 3 @ 270 · Med ball overhead throw 4 × 5 · Farmer carry 4 × 50 m 4 × 5:00 at 110% FTP · 4 min at 50% between		
Tue Nov 24 AEROBIC	RUN ULTRA LEGS · FULL	55 min easy · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20		
Wed Nov 25 STRENGTH	LIFT PM	Back squat 5 × 3 @ 215 · RFESS 3 × 8 ea · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Hanging leg raise 3 × 12 30 min walk · mobility		
Thu Nov 26 HOLIDAY	RUN	45–60 min easy, whatever the day allows · strides if you feel like it A turkey trot counts and it is not a threshold session. Run it at whatever pace the company calls for and let this week lose its quality day without comment.		
Fri Nov 27 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 5 × 3 @ 175 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · engine		
Sat Nov 28 LONG	RUN	11 mi Zone 2 · rolling		
Sun Nov 29 RIDE	BIKE OR HIKE EVENING	2:00 easy at 60–65% FTP Full mobility and tissue		

11 THE HEAVIEST WEEK

NOV 30 - DEC 6

RUN	SATURDAY	BIKE	LIFTS
23 mi	12 mi	5:00	3
PURPOSE	KEY ADAPTATION	MINDSET	
The heaviest squat and bench of the year, and the longest bike day of the block, in the same week on purpose.	The premise tested in one week. Maximal strength and a long aerobic day coexisting is what this block claims to produce.	Wednesday is not a max attempt and Sunday is not a race. Both are clean executions of numbers already decided.	
Mon Nov 30 POWER	LIFT · TRAP BAR PM BIKE · B1	5 × 2 @ 285 · Med ball overhead throw 4 × 5 · Farmer carry 4 × 50 m · Sled push 6 × 20 m 5 × 4:00 at 112–115% FTP · 3 min at 50% between If readiness is under eight on Monday morning, the 4×4 is the first thing out and the doubles become a spin.	
Tue Dec 1 AEROBIC	RUN ULTRA LEGS · FULL	60 min easy, cap 140 · 6 × 20 s strides Step-down 3 × 12 ea · Reverse hyper 3 × 15 · Calf raise 3 × 15 · Tibialis raise 3 × 20	
Wed Dec 2 STRENGTH	LIFT PM EASY	Back squat 5 × 3 @ 225 · RFESS 3 × 8 ea, a pair of fifties · Weighted pull-up 4 × 5 · Overhead press 4 × 6 · Overhead carry 4 × 50 m · Hanging leg raise 3 × 12 30 min easy · run or bike, Zone 2 or 60% FTP Heaviest squat of the block. Everything after this is maintenance at seventy-five percent and below.	
Thu Dec 3 THRESHOLD	WARM-UP MAIN SET · R2 COOLDOWN	2 mi easy · full dynamic series · 4 × 20 s strides 5 × 6:00 at HR 153–160 · trainer is fine and counts the same 1.5 mi easy	
Fri Dec 4 UPPER	LIFT · UPPER CAPACITY PIECE	Bench press 5 × 3 @ 180 · Chest-supported row 4 × 8 · Face pull 3 × 18 · Pallof press 3 × 12 ea · Side plank 3 × 45 s · Dead bug 3 × 10 ea 10 min · mixed	
Sat Dec 5 LONG	RUN	12 mi Zone 2 · dress for mile three, not for the driveway	
Sun Dec 6 RIDE	BIKE · B3 FUEL	3:15 total · 2 × 20:00 at 98–100% FTP · rest endurance at 65% 60–70 g carbohydrate per hour	

12 MEASURE

DEC 7 - DEC 13

RUN		SATURDAY	BIKE	LIFTS
19 mi		10 mi	3:15	3
PURPOSE		KEY ADAPTATION		MINDSET
The block gets measured rather than extended. Two top triples, three capacity markers, and the second FTP test.		None. This is the week the previous eleven get collected.		Whatever the numbers are, they are the numbers. Twelve weeks of honest work does not need a good Wednesday to have counted.
Mon Dec 7 POWER	LIFT · TRAP BAR PM BIKE	3 × 3 @ 240 · moved fast · Farmer carry 3 × 50 m 40 min easy spin Speed work, not load work. No 4×4 and no capacity piece.		
Tue Dec 8 AEROBIC	RUN ULTRA LEGS · REDUCED	45 min easy Step-down 2 × 10 ea · Reverse hyper 2 × 15 · Calf raise 2 × 15 · Tibialis raise 2 × 20		
Wed Dec 9 MEASURE	LIFT ACCESSORY PM	Warm up thoroughly, then work to one heavy triple. Start at 225 and add ten at a time. RFESS 2 × 8 ea · Weighted pull-up 3 × 5 · Overhead press 3 × 8 30 min walk · mobility Stop the moment bar speed changes. A grinding triple is not a data point, it is an injury with a number attached.		
Thu Dec 10 FTP TEST	THE PROTOCOL EXPECT	Same as Week 01 · 20 min easy · 3 × 1:00 hard · 5 min easy · 20 min even and hard · 10 min cool Eight to twelve percent. A fifteen-percent jump usually means September was paced badly.		
Fri Dec 11 MEASURE	LIFT · UPPER CAPACITY MARKERS PM EASY	Work to one heavy triple. Start at 180 and add five at a time. Farmer carry 50 m · Weighted pull-up heaviest clean 5 · Overhead press heaviest clean 5 30 min easy · run or bike, Zone 2 or 60% FTP		
Sat Dec 12 STEADY	RUN	10 mi steady · slightly quicker than Zone 2, by feel, no watch decisions Not a test and not a race. This is the run where you find out that a winter of heavy squats made the easy pace quicker on its own.		
Sun Dec 13 RIDE	BIKE EVENING	2:00 easy at 60% FTP Full mobility and tissue		

DECEMBER 14 - DECEMBER 31 · THE FLEXIBLE WEEKS

HOLD

Two and a half weeks written loosely on purpose. Travel, family, a house full of people, weather that makes the roads useless. Nothing here is built to progress and nothing here should regress either. The block already happened; this is the part where it does not get undone.

KEEP	AT WHAT
Three lifts a week	Seventy-five to eighty percent. No triples, no testing. The pattern matters more than the load.
The Saturday run	Ten to twelve miles. The one non-negotiable line in these two weeks.
One hard thing a week	Either the 4x4 or a threshold session. Not both, and not on consecutive days.
One long ride	Ninety minutes to two hours, trainer or outside. It counts the same either way.
The evening twelve minutes	Mobility and tissue. Cheapest thing on the list and the first to disappear in December.

IF A FUN WINTER RACE TURNS UP

Take it. A December or January race with no stakes is one of the better things available in a winter block. It takes that Saturday from the long run, Sunday becomes a walk, and the Monday lift comes down to sixty-five percent. It does not need a taper.

If it is longer than a half marathon, give it the week: drop the Monday bike quality and the Thursday session and treat the race as the long run.

DECEMBER 28 TO 31

Four days, and the only thing they owe you is not starting January from zero. One lift at seventy-five percent, one easy run, one ride of any length, and a walk on the day that has no room in it.

The last useful act of the year is writing the numbers down. Two triples, three capacity markers, the December FTP, and one line on whether the three-hour ride felt like a session or an event. Those are the starting numbers for the spring build.

JANUARY AND FEBRUARY

WHAT COMES NEXT

January keeps the three lift days and holds the strength that Block C bought, while the Sunday ride grows and the Saturday run starts inching up from twelve. Lifting is still first through the whole month; nothing is peaking and nothing needs to.

February has Hawaii in it, and the trip is not a problem to solve. It is a week of running outdoors in a place where running outdoors is pleasant, plus whatever lifting the hotel allows. Come back and the spring build starts properly, which is where the lifting drops to two maintenance days and the miles that come off the bar go into the long run.

The 2027 race slate gets picked in January rather than now: one gravel or mountain bike goal event and one ultra, spaced far enough apart that neither one has to be trained for badly.

THE PREMISE, ONE MORE TIME

Max strength first. Aerobic base and durability second. Running economy third. Body composition is a consequence, not a target.

9:03
THE
COLLECTIVE

Project 47 · The Athlete Operating System
Part Three · The Winter Build

BUILT FOR A LIFETIME
OF ADVENTURE.