

STRENGTH

AND

METCONS



PICKLES
& ICE CREAM

BUILDING YOUR METCON

EXAMPLE:

185 lb. male looking to build muscle and get more conditioned.

Athlete has a back squat max of 385 lb

Based on Prilepin's Chart we know **3 sets of 6 reps @ 290 lb** (~75%) will help him build muscle (hypertrophy).

BUILDING YOUR METCON

EXAMPLE:

3 sets of 6 reps @ 290 lb. ← This will be **20%** of his total volume for the day.

Now we find the 80% needed for the METCON.

- $3 \times 6 \times 290 = 5,220$ lb of strength volume (20% of today's session)
- $5,220 \times 100 / 20 = 26,100$ lb TOTAL Volume for the day
- $26,100 \times .8 =$ **20,880 lb will be needed in the METCON**

BUILDING YOUR METCON

20,880 lb will be needed in the METCON

5 rounds x 12 Pull-ups x 185 lb bodyweight =
11,100 lb of volume

Proposed METCON:

5 rounds of...

12 Pull-ups

16 Barbell Lunges @ 135 lb

200m Run

5 rounds x 16 lunges x 135 lb barbell =
10,800 lb of volume

Total Volume = **21,900 lb of volume**
(within 4% of volume goal)

First, warm-up then...

3 sets of 6 reps @ 290 lb. with 2-3 min
rest between sets

Rest 3-5 before METCON

Then...

5 rounds of,
12 Pull-ups, 16 Barbell Lunges @ 135 lb,
200m Run

Lastly, cool down.

THE FULL TRAINING SESSION

*Note: This is just an example and does not take into account the full breadth needed to train all aspects of an athlete. Rather, this is an example of a solid training session that will produce MORE results than random mishmash programming.


**THIS LEVEL OF DETAIL IS WHAT WE
PROVIDE OUR ATHLETES ON A DAILY
BASIS...**

And it's **RIDICULOUSLY effective :)**



Keith December 18 at 10:30am

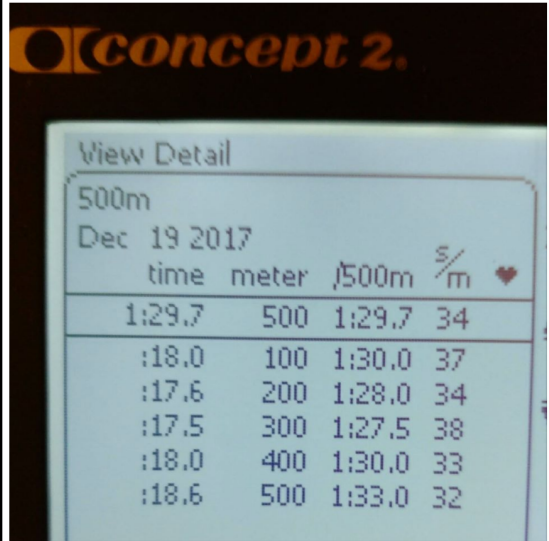
New bench press PR. 15# increase over my 1RM test in October.
I'm looking forward to wearing that PR shirt, and of course more PR's!
I need to work on my video setup for next time. I wedged my phone between two cardboard boxes. Not the best video.



4 Comments

Reto Yesterday at 12:52am

Thank you AER-STRK and Jerred for helping me reach a long-time goal - a sub-1:30 500m row. I almost died on the last 100m, but it's a PR nonetheless. 😊



time	meter	/500m	s/m
1:29.7	500	1:29.7	34
:18.0	100	1:30.0	37
:17.6	200	1:28.0	34
:17.5	300	1:27.5	38
:18.0	400	1:30.0	33
:18.6	500	1:33.0	32

4 Comments


Sean December 18 at 11:29am

Quadruple PRs in the McCool house today.
Sean 375# Deadlift & 1:35 500m Row.
Tamara 200# deadlift & 1:53 500m Row

Here are the lift videos. And my screenshot for the Row

Videoing me crying during the Row would not have been pretty. That hurt.

Jerred Moon, we need those #PR shirts.



2 Comments



Coree **👤**

16 hrs · **👤**

Jerred, maybe you should call this PR Week instead of Fit Week! Looks like lots of people are hitting some new numbers! I got another 5# PR on my Clean and upped my pull-ups by 2. In the words of our fearless leader..."super pumped!" 🙌



Like



Comment

#Eo3 FITNESS

👤, **👤** and 6 others



Tiffany **👤**

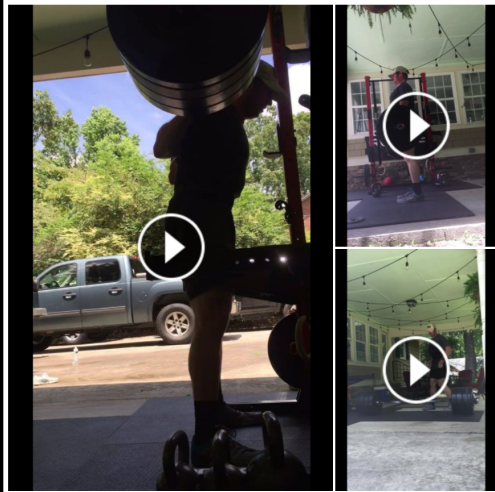
22 hrs

What a week so far. Hit a 125 squat clean, and a 155 power clean!!!!
Pretty freaking surprised given we have not been doing this movement

#Eo3 FITNESS

Allen 20 hrs

PR'd back squat (385#) and deadlift (415#). Unfortunately, iPhone decided to declare full storage in the middle of 415, so I added the full video of 405. The PR's weren't huge increases numbers wise, but form/speed are 10x better. Also down from 220 to 208 in the last 6 months when I previously hit around those numbers. I consider both PRs with the much improved form and body fat loss, while maintaining and increasing overall strength. Also, I credit the increased form to finally taking the warmup seriously, and putting serious time into mobility work (the same person Jerred Moon linked to in the five line Friday email). Good luck everyone.



Like Comment

Kyle July 3 at 2:05pm

245# (+15) back squat and 315# (+40) deadlift. I've squatted more in the past but the deadlift is a new PR. I also caved a little on the squat so I didn't want to push any further. Loved this program and I'm pumped for Elevate!



Like Comment

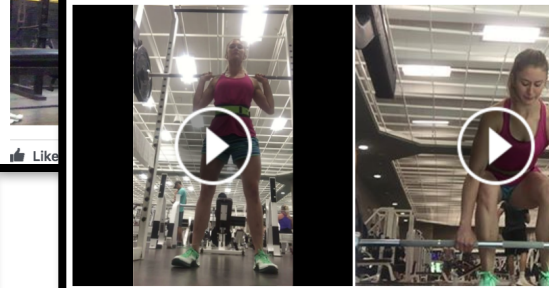
Jimmie July 3 at 11:18am

315# squat (+30) and 385# dead lift (+100)(I had never really used conventional dead lift before.) I love the program. Thanks for all the advice and support from the group and Coach Jerred Moon!



Taylor July 3 at 4:56pm

Excited I PR'd my back squat (165lb to 190lb) and my deadlift (200lb to 225lb)! I never imagined I would be able to hit numbers like that. Love the programming and tell people about it every chance I get. Cannot wait to start Elevate! P.S. If my form isn't what it should be, please give correction!



Like Comment