

**PSE PRO MULTI-SPORT TAPER**

PSE PRO MULTI-SPORT TAPER	13 DAYS OUT	12 DAYS OUT	11 DAYS OUT	10 DAYS OUT	9 DAYS OUT	8 DAYS OUT	7 DAYS OUT *For a 1-Week Taper, Start Here*
<b>PHASE 1</b>	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold	<b>REST DAY</b> 30 minutes of smashing anything sticky	PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold
<b>PHASE 2</b>	PSE PRO Tri Warm Up	PSE PRO Tri Warm Up	A) Perform your Sport w/nasal breathing only (unless Swimming) as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10  B) 1x 10x Good Morning + Air Squat 10x Planche Push Up 5x Down Dog to Up Dog (:05 Pause in each position)	PSE PRO Tri Warm Up	A) Perform your Sport w/nasal breathing only (unless Swimming) as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10  B) 1x 10x Good Morning + Air Squat 10x Planche Push Up 5x Down Dog to Up Dog (:05 Pause in each position)		A) Perform your Sport w/nasal breathing only (unless Swimming) as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10  B) 1x 10x Good Morning + Air Squat 10x Planche Push Up 5x Down Dog to Up Dog (:05 Pause in each position)
<b>PHASE 3</b>	PSE PRO Tri Training	PSE PRO Tri Strength	Pick one of the following: Swim: 6 - 10 x 100m Intervals @ Race Pace, Rest 1:00 Bike: 4 - 8 x 5:00 Intervals @ Race Pace, Spin Rest 2:30 Run: 3 - 6 x 1M Intervals @ RRace Pace, Rest 3:00  ***Higher volume for long course (IM) only	PSE PRO Tri Conditioning Only	Pick one of the following (that you have not done): Swim: 6 - 10 x 100m Intervals @ Race Pace, Rest 1:00 Bike: 4 - 8 x 5:00 Intervals @ Race Pace, Spin Rest 2:30 Run: 3 - 6 x 1M Intervals @ Race Pace, Rest 3:00  ***Higher volume for long course (IM) only		Pick one of the following (that you have not done): Swim: 6 - 10 x 100m Intervals @ Race Pace, Rest 1:00 Bike: 4 - 8 x 5:00 Intervals @ Race Pace, Spin Rest 2:30 Run: 3 - 6 x 1M Intervals @ Race Pace, Rest 3:00  ***Higher volume for long course (IM) only
<b>PHASE 4</b>	PSE PRO Tri Recovery	PSE PRO Tri Conditioning	A) 3:00/side Couch Stretch B) 2:00/side Ankle Stretch	PSE Tri Recovery	A) 2:00/side Internal Hip Rotation Stretch B) 2:00 Internal Rotation Shoulder Stretch		A) 2:00/side Bone Saw B) 2:00/side TFL Hip Smash
<b>PHASE 5</b>	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	PSE PRO Tri Recovery	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol		POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol
<b>PHASE 6</b>	N/A	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	N/A	N/A	N/A		N/A

**PSE PRO MULTI-SPORT TAPER**

	6 DAYS OUT	5 DAYS OUT	4 DAYS OUT	3 DAYS OUT	2 DAYS OUT	1 DAY OUT	RACE DAY
<b>PHASE 1</b>	<p>PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold</p>	<p>PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold</p>	<p>PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold</p>	<p>PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold</p>	<p>PRE-TRAINING BREATHWORK Step Up Protocol 3 rounds of: Rnd 1 - 5 cycles Cadence 1a @ 3030 or 4040 or 5050 (choose one based on your needs) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 2 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 1 protocol (eg, 4040 or 5050 or 6060) into 20 Superventilation 1 Breaths + :30 Exhale Hold Rnd 3 - 5 cycles Cadence 1a @ add 1-sec to your Rnd 2 protocol (eg, 5050 or 6060 or 7070) into 20 Superventilation 1 Breaths + :30 Exhale Hold</p>		
<b>PHASE 2</b>	<p>A) Perform Run/Row/Bike/Ski Erg w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10  B) 1x 5x Inchworm w/ Pushup 5/side Grasshopper 5/side Mountain Climber Step Up w/ :05 pause 5x Plank to Squat 10x Sumo Bodyweight Squat</p>	<p>A) Swim 10x 25y easy/25y fast  B) 1x 10x Good Morning + Air Squat 10x Planche Push Up 5x Down Dog to Up Dog (:05 Pause in each position)</p>	<p>A) 3:00-5:00 Run/Bike/Row/Ski Erg/Jump Rope w/nasal breathing only  B) 10x 4-Point Squats  C) 3x Basic Clean W/Up w/PVC or empty barbell</p>	<p>A) 5:00 Run, Bike, or Jump Rope  B) 1x 5 Inchworm w/ Pushup 5/side Grasshopper 5/side Mountain Climber Step Up w/ :05 pause 5 Plank to Squat 10 Sumo Bodyweight Squat</p>	<p>A) With nasal breathing only perform Bike or Run as, 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10  B) 1x 10x Good Morning + Air Squat 10x Planche Push Up 5x Down Dog to Up Dog (:05 Pause in each position)</p>	<p><b>The only training you're doing today is breath work and mobility. No rolling or smashing!</b> <b>Spend 1 hour on recovery practices and tap out your glycogen stores with a real food starch at lunch time. Hydration should also be a focus.</b></p>	<p align="center"><b>RACE DAY!</b> <b>Arrive 2 hours early and get your equipment set up</b> <b>Aim for the 2nd hour to be spent warming up.</b>  <b>Good Luck!</b></p>
<b>PHASE 3</b>	<p>5x3 Deadlifts @ 70% of your 1RM (or RPE 7)</p>	<p>PSE Tri Training SWIM Training @ 80% effort and 50% volume (i.e. Swim 10 x 100m @ 100%, change to 5 x 100m @ 80%)</p>	<p>10 Hang Power Cleans w/bar only 8 Hang Power Cleans w/Bar + 5-20lbs (2.5-10kg) added 6 Hang Power Cleans w/5-20lbs (2.5-10kg) added 4 Hang Power Cleans w/5-20lbs (2.5-10kg) added 3 Hang Power Cleans w/5-20lbs (2.5-10kg) added Continue with doubles and adding load until weight for working sets is found.  Then,  Every 1:30 for 8 sets, perform 1-2 Hang Power Cleans @ 50-70% RM</p>	<p>PSE Tri Conditioning ONLY. Perform at 70% intensity w/nasal breathing ONLY</p>	<p>Short Course: Bike 6 Mile @ 70% race pace into Run 2 Mile @ 70% race pace Long Course: Bike 4 Mile @ 70% race pace into Run 1 Mile @ 70% race pace</p>		
<b>PHASE 4</b>	<p>2:00/side Elevated Pigeon D) 2:00/side Banded Ankle Distraction E) 2:00/side Seated or Standing Shin Opener</p>	<p>A) 3:00/side Couch Stretch B) 2:00 Internal Rotation Shoulder Stretch</p>	<p>Perform Bike or Run for 20:00-40:00 @ 60-70% (RPE 6-7) w/nasal breathing only</p>	<p>A) 3:00/side Couch Stretch B) 2:00/side Ankle Stretch</p>	<p>A) 2:00/side Couch Stretch B) 2:00/side Foot Smash</p>		
<b>PHASE 5</b>	<p>POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol</p>	<p>POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol</p>	<p>A) 2:00/side Basic Hamstring Stretch B) 3:00/side Couch Stretch</p>	<p>POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol</p>	<p>POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol</p>		
<b>PHASE 6</b>	N/A	N/A	<p>POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol</p>	N/A	N/A		