

PSE PRO SINGLE SPORT TAPER

SINGLE 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*
COACH'S NOTES	The next 2-weeks are all about making sure you arrive on race day prepared, but fresh.	Sport efforts today are short but at quite a high intensity with plenty of rest. Aim to maintain a consistent pace across all 8-10 efforts.	Power cleans at 50-70% of your max. This lower % work ensures you can move the bar with maximum speed. If it becomes a grind, or the bar speed slows, terminate the set and reduce the load. This is followed by a conditioning piece with interspersed rest periods. Perform a movement, take a short rest, perform the next. Keep your movements clean and rapid.	Time-based sport efforts today, again at 80-90% effort. Tough but not all out. You should have a little left in the tank. With the 1:1 ratio, you should be able to maintain consistency across efforts.	Objective for the next 9 days is to dial back volume but keep moving in order to be prepared and fresh going into the event. Today we are moving with load (Front Squats) then hitting a simple full body calisthenics circuit with plenty of rest.		Base today on how long your sport is. The shorter your sport, the closer you'll be to 30:00 today. For longer sport athletes, you can push out to 60:00 max.
PHASE 1	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		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
PHASE 2	A) 3:00-5:00 Run/Bike/Row/Ski Erg/Jump Rope w/nasal breathing only B) 1x 10 Barbell Good Mornings w/bar only 3/side Samson Stretches w/:03 pause at end range	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10	A) 3:00-5:00 Run/Bike/Row/Ski Erg/Jump Rope w/nasal breathing only B) 1x Burgener Warm-up w/:03 pauses in each position 3/side Samson Stretches w/:03 pause at end range	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10	A) 3:00-5:00 Run/Bike/Row/Ski Erg/Jump Rope w/nasal breathing only B) 1x 10 Inchworm Sun Salutation 2/side Hip Opener Complex 2 (Spiderman+Hip Drop+Hamstring)	REST DAY	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10
PHASE 3	10 Deadlifts w/bar only 8 Deadlifts w/Bar + 5-20lbs (2.5-10kg) added 6 Deadlifts w/5-20lbs (2.5-10kg) added 4 Deadlifts w/5-20lbs (2.5-10kg) added 3 Deadlifts w/5-20lbs (2.5-10kg) added Continue with doubles and adding load until weight for working sets is found. Then, Every 2:00 for 5 sets, perform 3-5 Deadlifts @ 80% 3-5RM (RPE 8)	Perform your sport for 8-10 x :45 sec @ 80-90% effort (RPE 8-9) Rest 1:30 b/t intervals	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 10 sets, perform 3 Hang Power Cleans @ 50-70% RM (RPE 5-7)	Perform your sport for 4-5 x 3:00 @ 80-90% effort (8-9 RPE) Rest 3:00 b/t intervals	10 Front Squats w/bar only 8 Front Squats w/Bar + 5-20lbs (2.5-10kg) added 6 Front Squats w/5-20lbs (2.5-10kg) added 4 Front Squats w/5-20lbs (2.5-10kg) added 3 Front Squats w/5-20lbs (2.5-10kg) added Continue with doubles and adding load until weight for working sets is found. Then, Every 2:00 for 5 sets, perform 3-5 Front Squats @ 70% 3-5RM (RPE 7)		Perform your sport for 30-60:00 @ <80% effort (RPE 6-7)
PHASE 4	3x 10-20 Russian Kettlebell Swings @ 26-53lb (12-24 kg) Rest 1:00 b/t sets Rest 5:00 then, 20:00/AMRAP w/:30 rest b/t each round of: 3 Deadlifts @ 85% of load used in strength 6 Burpees 9 Narrow Grip Overhead Squats w/bar (Scale: Front Squat)	A) 2:00/side Elevated Pigeon B) 2:00 Gut Smash	3 rounds, EACH, for time of: Run 400m Rest :30 21 Kettlebell American Swings @ 26-53lb (12-24 kg) Rest :30 15 Push Ups Rest 1:30 b/t rounds	4-5 x 3:00 @ 80-90% effort (8-9 RPE) Rest 3:00	For 10:00, complete 5 Pull Ups (or Ring Rows) 10 Push Ups 15 Squats Rest 2:00 between rounds		A) 2:00/side Bone Saw B) 2:00/side TFL Hip Smash
PHASE 5	A) 2:00/side Anterior Hip Distraction+Floss w/Band B) 2:00 Internal Rotation Shoulder Stretch	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	A) 3:00/side Couch Stretch B) 2:00/side Ankle/Calf Stretch	A) 2:00/side Basic Hamstring Stretch B) 2:00/side Bone Saw	A) 3:00/side Couch Stretch B) 2:00 Internal Rotation Shoulder Stretch		POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol
PHASE 6	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	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		N/A

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	6 DAYS OUT	5 DAYS OUT	4 DAYS OUT	3 DAYS OUT	2 DAYS OUT	1 DAY OUT	RACE DAY
COACH'S NOTES	We return to our body weight calisthenics movements today but with a different protocol. If you can't complete the 5-10-15 reps within :45, reduce the reps to 3-7-10. Again, this workout is designed to keep your whole body moving without fatiguing you.	Sport work today. We have a 1 or 2 Tabata's. Base this on how you're feeling. During the :20 work, go at 80-90% effort while maintaining technique. During the :10 rest, focus 100% on your breath	Working on Power generation today. Only 50-70% of your max though. Focus on fast, clean movement. This is followed by 20:00-40:00 of your sport. Easy paced with nasal breathing only. Base how long you go for on your sport distance.	Today we want to hit some short efforts at your goal race pace. It's always good practice to get a feel for your race pace BEFORE the race. This should give you some confidence going into race day. OR it may cause you to revise your pacing goals. Today, either rest completely or spend 20:00 to 30:00 visualizing your race.	Visualization has been used by elite sportspeople for a number of decades to prepare them for their events. Many of the world's top athletes have already run their race completely, several times, well before race day, in their head. Doing this really preps you so that when you come to race day, everything feels familiar, you can relax and focus on doing what you need to do.	We're a day out and the focus today is short efforts at your race pace. This reinforces the work from a couple of days ago and makes sure you're fully prepped. Finish with the recovery work. Add in any individualized recovery work you feel you need but steer clear of smashing. We don't want to start digging around gnarly tissues the day before a race. You've done the work. You're ready. Good luck!	
PHASE 1	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	REST or 20:00-30:00 of Sport Specific visualization	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	
PHASE 2	A) 3:00-5:00 Run/Bike/Row/Ski Erg/Jump Rope w/nasal breathing only B) 1x 10x Inchworm w/Push Up 3x Side Hip Opener Complex 1 (Cossack+Hip Flexor+Pigeon)	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10	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	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10	2:00/side Couch Stretch	A) 3:00 Jump Rope w/nasal breathing only B) Perform your Sport w/nasal breathing only as 1:00 easy/1:00 fast then :50/:50 :40/:40... all the way down to :10/:10	RACE DAY
PHASE 3	10:00/EMOM 5 Pull Ups (or Ring Rows) 10 Push Ups 15 Squats *Scale to 3-7-10 if you cannot finish work <:45	1-2x 8x :20 hard/:10 easy or rest *5:00 rest between rounds if you do 2 **These are not all out intervals use 80-90% of normal effort	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 (RPE 5-7)	Perform your sport for 5 x 1:00 working up to race pace efforts by last :10 3:00 easy between	A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) or perform your personalized PM breath protocol	5 x :30 working up to race pace efforts 3:00 rest between	
PHASE 4	A) 3:00/side Couch Stretch B) 2:00 Internal Rotation Shoulder Stretch	A) 2:00/side Elevated Pigeon B) 2:00/side Banded Ankle Distraction C) 2:00/side Seated or Standing Shin Opener	Perform 20:00-40:00 @ 60-70% (RPE 6-7) w/nasal breathing only	1:00/side Shin Opener		A) 3:00/side Couch Stretch B) 2:00 Internal Rotation Shoulder Stretch	
PHASE 5	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	A) 2:00/side Basic Hamstring Stretch B) 3:00/side Couch Stretch	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	POST-TRAINING BREATHWORK A) 5 cycles Cadence 1a (1010) B) 5-10 cycles Apnea 1 (121) *or perform your personalized post-training breathing protocol	
PHASE 6	N/A	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	